

The Cost of Moving Food

Exploring Food Sustainability Through the Lens of Transport
Time, Resources, Environmental Impact and Price

Rachel Manlove
Data Analytics Capstone Project
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A vertical strip of various food items including a strawberry, carrot, pizza slice, apple, ice cream cone, corn, cheese, watermelon, fish, chicken drumstick, asparagus, mushroom, tomato, egg, sandwich, hamburger, bread, donut, cake, banana, broccoli, garlic, onion, carrot, watermelon, strawberry, and ice cream cone.

- “Food” is a subject of great interest and passion for me. Not just recipes and foodie-trends, but also in the topics of gastro-anthropology, socio-ethics, accessibility, and sustainability.
- I desire to live a more deliberately sustainable lifestyle, including in the decisions I make regarding the food I choose to purchase and consume.
- I wish to better understand the impact of the choices that I make, both in how they affect my own life, and how they affect the world around me.



Motivation – Why you should care about this topic

- Food systems (including production, processing, and transport) are one of the leading sources of global greenhouse gas emissions, accounting for nearly 35% of the global total
- As a consumer, the decisions that we make (as an individual, a family, or a food-centric business) can have a significant cumulative effect on food production prices, practices, and environmental impact
- In terms of food transport, how far the food products we choose have to travel to get to us is something that we have the ability to influence

* Sustainable healthy diets – Guiding principles. Food and Agriculture Organization of the United Nations and World Health Organization, 2019.

Where to start:

How does food get from the source to the market?

Share of global food miles by transport method

Food miles are measured in tonne-kilometers, which is a unit of measure of freight transport which represents the transport of one tonne of goods over a distance of one kilometre. Shown is each transport method's share of global food miles.

