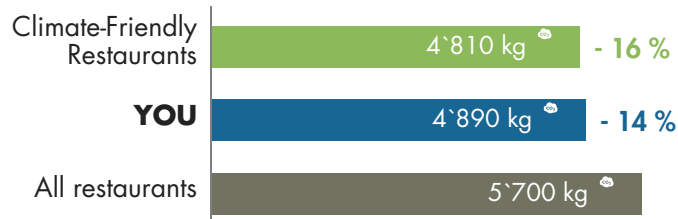# Monthly CO₂ Report
RESTAURANT

Restaurant CO₂ - Emissions
March 2020

This month you caused **14% LESS** CO₂ emissions than the average restaurant in your category
- but more than the climate-friendly restaurants.

14%
LESS CO₂-emissions

Climate-Friendly Restaurants	4`810 kg	- 16 %
YOU	4`890 kg	- 14 %
All restaurants	5`700 kg	

GREAT 😊 😊

► **GOOD** 😊

MORE CO₂

**Which restaurants are you compared with?**

■ **All restaurants**
123 comparable restaurants, categorized by the size of the business in regard to the number of sold portions.

■ **Climate-Friendly Restaurants**
The top 20 percent of the "All Restaurants" group.

What is 1 kg CO₂ - emissions?

Burning half a litre of petrol creates 1kg of CO₂ emissions. An oak tree binds up around 106 kg of CO₂ per year. By eating climate-friendly food three times a week for a year, one person reduces CO₂ emissions by the same amount as 1.5 oak trees could in the same period.

1/3

CO₂
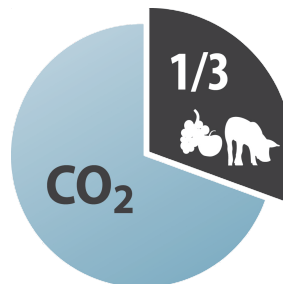
Food causes ⅓ of our CO₂ - emissions.

CLIMATE FRIENDLY

9%
of the prepared menus in this restaurant are climate-friendly

Overview

What is ? Not all greenhouse gas emissions impact the climate in the same way. Methan, nitrous oxide and ammonia for example have a stronger greenhouse potential than CO_2. Most products cause different kinds of greenhouse gas emissions. Therefore the total impact is calculated into the amount of CO_2-equivalents. All values consider the complete life-cycle of a product or meal – from the farm to fork, including transportation and seasonal influences.

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Analysis of the Product Choice

CO_2 - emissions caused by the purchase, broken down into individual product categories.
Comparison with all restaurants of their category.

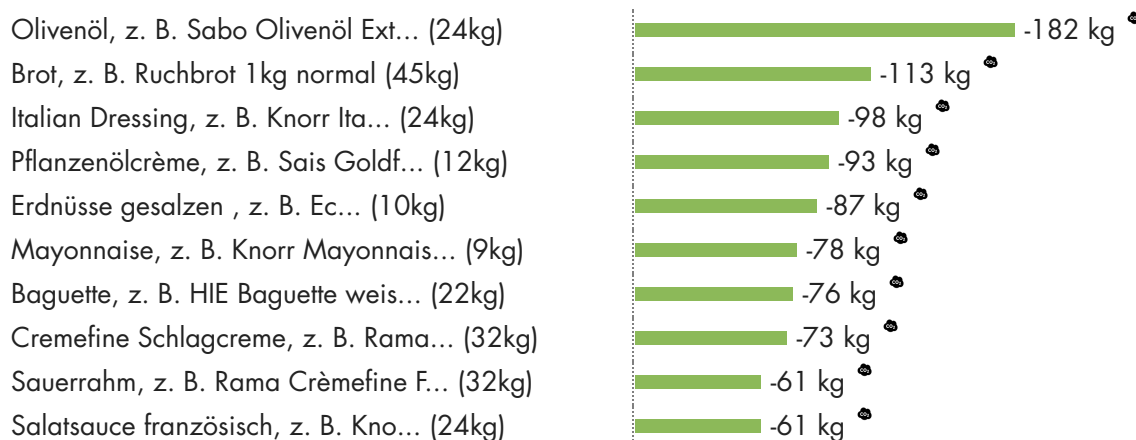| CO_2-emissions per Category		Comparison
Plant based products (1`375 kg)	1`472 kg	- 1%
Grains (231 kg)	196 kg	+ 12%
Rice (25 kg)	55 kg	- 40%
Plant based oil (162 kg)	383 kg	+ 76%
Legumes (15 kg)	16 kg	- 71%
Fruits (111 kg)	81 kg	+ 25%
Vegetables (481 kg)	231 kg	- 3%
Mushrooms (8 kg)	8 kg	- 68%
Nuts and seeds (25 kg)	56 kg	+ 46%
Sugar (45 kg)	23 kg	- 12%
Salt (31 kg)	6 kg	+ 110%
Spices and condiments (155 kg)	236 kg	+ 102%
Conservation and baking additives (6 kg)	7 kg	- 0%
Tealeaves (11 kg)	71 kg	+ 176%
Juice (9 kg)	6 kg	- 88%
Coffee beans (2 kg)	23 kg	- 83%
Alcohol (20 kg)	28 kg	- 52%
Other plant-based (37 kg)	46 kg	- 84%
Animal products (504 kg)	2`807 kg	- 23%
Meat products (105 kg)	895 kg	- 58%
Beef and veal (33 kg)	420 kg	- 63%
Pork (20 kg)	186 kg	- 63%
Poultry (36 kg)	183 kg	- 48%
Fish and seafood (16 kg)	106 kg	- 55%
Eggs (26 kg)	68 kg	+ 12%
Dairy (254 kg)	1`411 kg	+ 9%
Milk (49 kg)	448 kg	- 8%
Butter (9 kg)	109 kg	- 27%
Ripened cheese (59 kg)	468 kg	+ 70%
Fresh cheese (8 kg)	34 kg	- 66%
Cream (55 kg)	195 kg	+ 25%
Curd and yoghurt (74 kg)	157 kg	- 12%
honey (< 1 kg)	< 1 kg	- 91%
Other animal products (119 kg)	433 kg	+ 127%
Other (70 kg)	2 kg	- 82%

Plant based is better than animal based:
The product choice matters. Vegetables, wheats, legumes and nuts have a significant lower climate impact than meat or dairy products. However, choosing meat types and milk products with a lower climate impact can make a big difference.
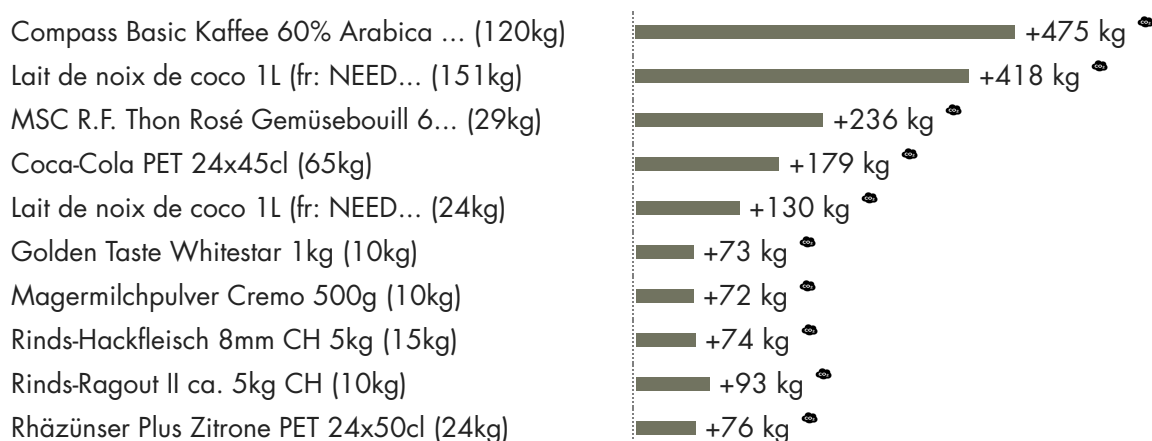
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The 10 best climate-friendly food products

Products which **reduced the most** amount of CO_2	
Olivenöl, z. B. Sabo Olivenöl Ext... (24kg)	-182 kg
Brot, z. B. Ruchbrot 1kg normal (45kg)	-113 kg
Italian Dressing, z. B. Knorr Ita... (24kg)	-98 kg
Pflanzenölcrème, z. B. Sais Goldf... (12kg)	-93 kg
Erdnüsse gesalzen , z. B. Ec... (10kg)	-87 kg
Mayonnaise, z. B. Knorr Mayonnais... (9kg)	-78 kg
Baguette, z. B. HIE Baguette weis... (22kg)	-76 kg
Cremefine Schlagcreme, z. B. Rama... (32kg)	-73 kg
Sauerrahm, z. B. Rama Crèmefine F... (32kg)	-61 kg
Salatsauce französisch, z. B. Kno... (24kg)	-61 kg

Shown is the CO_2 saving for the total weight (in parentheses) of the supplies of the month.
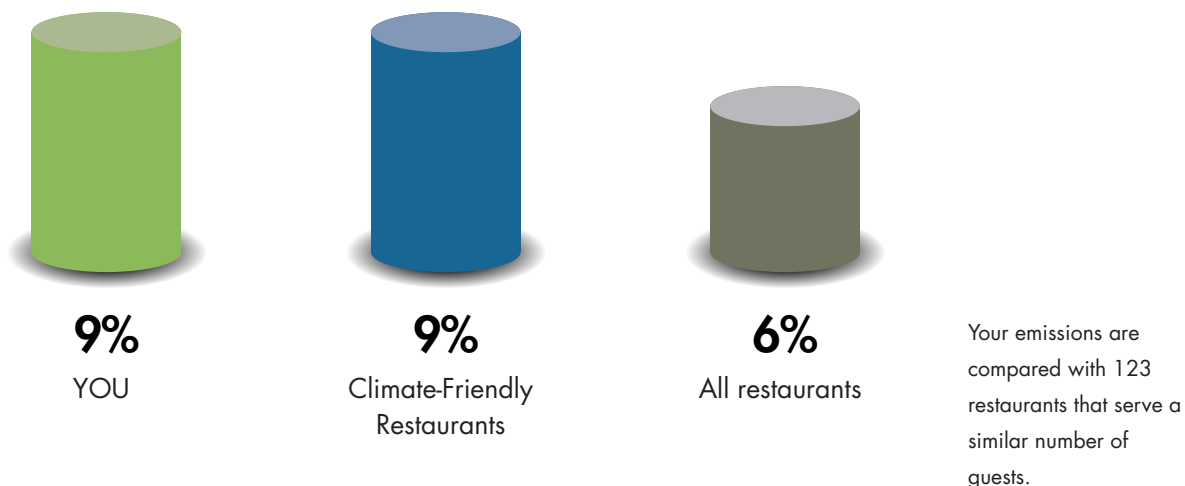
The 10 least climate-friendly food products

Products which have contributed the most to **deterioration** of the CO_2 balance	
Compass Basic Kaffee 60% Arabica ... (120kg)	+475 kg
Lait de noix de coco 1L (fr: NEED... (151kg)	+418 kg
MSC R.F. Thon Rosé Gemüsebouill 6... (29kg)	+236 kg
Coca-Cola PET 24x45cl (65kg)	+179 kg
Lait de noix de coco 1L (fr: NEED... (24kg)	+130 kg
Golden Taste Whitestar 1kg (10kg)	+73 kg
Magermilchpulver Cremo 500g (10kg)	+72 kg
Rinds-Hackfleisch 8mm CH 5kg (15kg)	+74 kg
Rinds-Ragout II ca. 5kg CH (10kg)	+93 kg
Rhäzünser Plus Zitrone PET 24x50cl (24kg)	+76 kg

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Analysis of the Product Choice

Percentage of climate-friendly meals being prepared in this restaurant compared to other restaurants:

9%
YOU

9%
Climate-Friendly
Restaurants

6%
All restaurants

Your emissions are compared with 123 restaurants that serve a similar number of guests.

Meals are awarded as climate-friendly if they cause at least 50% percent less CO_2 than the average meal. In this restaurant the climate-friendly meals have **57% LESS** CO_2 than the average meal.

CLIMATE FRIENDLY

The 10 best climate-friendly menus

Menu	Value
Eco Monday,Sweet potato stew,with… (0 g)	364 (732 per serving) g
Eco Monday,Penne all'arrabbiata,a… (0 g)	514 g
Couscous,with turkey strips (HU),… (0 g)	554 g
Baked beans,with fresh vegetables… (0 g)	558 g
Eco Monday,Spaghetti with pesto G… (0 g)	589 g
Classic Edition,Perch fillets in … (0 g)	594 g
Saftiger Vegi Burger im Vollkorn … (0 g)	614 g

To make the menus comparable, we adapt the portion sizes (in grams) as specified. This way, we can rate the climate friendliness fairly across menus, snacks and buffets.

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Best and Worst Meals

The **climate-friendliest** meal this month:

Best: Eco Monday, Sweet potato stew, with fried cheese, I…

64 g	Lorenz Erdnüsse geröstet gesalzen 1kg	134 g
32 g	Züger Bratkäse Block 400g	103 g
8 g	B.Zwiebeln ganz geschält 5kg	3 g
6 g	Zitronen 6kg	2 g
< 1 g	Knorr Tomatenmark 12x800g	1 g
< 1 g	Quality Pfeffer weiss gemahlen 390g	< 1 g
< 1 g	Quality Pfeffer schwarz gemahlen 355g	< 1 g
< 1 g	Knoblauch geschält 500g/ Beutel	< 1 g
< 1 g	Feinkristallzucker 10x1kg	< 1 g
< 1 g	Breitsamer ausländisch.Blütenhonig 4,5kg	< 1 g
134 g	… other ingredients	119 g
SUM		**364 g**

364 g CO_2

The meal with the **most** CO_2 - emissions served in this restaurant:

CO_2

Worst: Hungarian, beef goulash (CH), Mashed potato, Cucumb…

188 g	Rinds-Ragout II ca. 5kg CH	2`514 g
50 g	Sais Kartoffelstock ohne Glutamat 10x1kg	241 g
13 g	Stangensellerie grün ca. 8kg,	7 g
3 g	Phase Prof.wie Butter 20x250g	5 g
13 g	B.Rüebli ganz geschält 5kg	4 g
< 1 g	Quality Paprika mild, 2,5kg	4 g
3 g	Chirat Weissweinessig 12L	3 g
< 1 g	Wiberg Paprika scharf 260g	3 g
5 g	Feinkristallzucker 10x1kg	2 g
2 g	Knoblauch gehackt 1kg	< 1 g
233 g	… other ingredients	353 g
SUM		**3`136 g**

3`136 g CO_2

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Monthly CO₂ Report
RESTAURANT

Restaurant CO₂ - Emissions
March 2020

14%
LESS CO₂-emissions
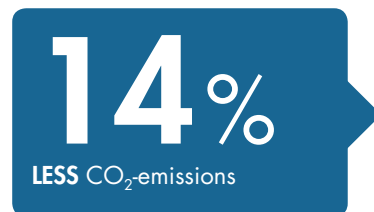
GREAT 🙂 🙂
GOOD 🙂
MORE CO₂

This restaurant
4`890 kg CO₂

All restaurants
5`700 kg CO₂

This restaurant causes **14% LESS** CO₂ emissions than the average restaurant. This is equivalent to the amount of carbon that 92 oak trees can sequester in one month (809 kg CO₂). Emissions of this restaurant are compared with restaurants that serve a similar number of guests. The number of guests per month varies. So do the average restaurants emissions therfore.

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Meal CO$_2$ - Emissions
March 2020

Take notice of the Eaternity Award
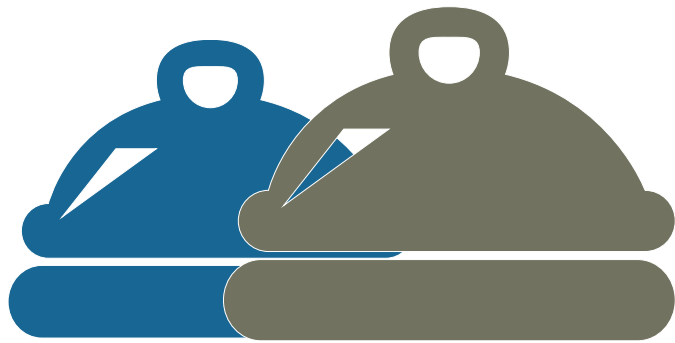when you choose your meal.

CLIMATE FRIENDLY

9%
of the prepared menus in this
restaurant are climate-friendly

∅ climate-friendly meals
541 g CO$_2$

∅ meals of this restaurant
1`230 g CO$_2$

∅ meals of all restaurants
1`258 g CO$_2$

CLIMATE FRIENDLY

Meals are awarded as climate-friendly if they cause at least 50% percent less CO$_2$ than the average meal. In this restaurant the climate-friendly meals have **57% LESS** CO$_2$ than the average meal.

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