

## Contest

Participate in our contest and win attractive prizes. Simply answer the following question and fill out the questionnaire.

### 1. Prize:

**500 CHF voucher for the prestigious vegetarian restaurant Hiltl in Zurich.**

Join a cooking class or invite your friends for dinner. A selection of products offered can be found at [www.hiltl.ch](http://www.hiltl.ch).

### 2.–3. Prizes:

**Two 200 CHF vouchers for FREITAG.**

Strong and unique backs for your books or laptop made of truck tarpaulins.

### 4.– 8. Prizes:

**Six 50 CHF vouchers for food and drink at all SV canteens and cafeterias in Science City.**

### Contest question:

How many kilos of CO<sub>2</sub> equivalents will be saved due to the eaternity meal at the Physikrestaurant in Science City from 23<sup>rd</sup> November to 11<sup>th</sup> December 2009?

- ☐ Less than 1'500 kilo CO<sub>2</sub> equivalents  
☐ Between 1'500 and 3'000 kilo CO<sub>2</sub> equivalents  
☐ More than 3'000 kilo CO<sub>2</sub> equivalents

Surname, Name .....

E-mail .....

☐ Student ☐ Staff ☐ Visitor

### Closing date: 11<sup>th</sup> December 2009

There will be no correspondence about the contest. Legal action is excluded. The winners will be contacted by E-mail. No cash payments of the prizes possible.

eaternity is an association that wants to get climate-friendly foods on your table. eaternity's aim is to raise awareness of the connection between our food and climate change, and make scientific knowledge available to a larger public. At the same time, we emphasise a balanced diet and enjoy culinary diversity.

**More information on the internet: [www.eaternity.ethz.ch](http://www.eaternity.ethz.ch).**

The eaternity idea has been made possible due to the support of, among others, ecoworks, the ETH platform for environmental and energy-efficient projects.



# Less CO<sub>2</sub> 100 % taste

**Climate-friendly lunch  
at the Physikrestaurant Science City**

**23<sup>rd</sup> November to 11<sup>th</sup> December 2009**

**Enjoy saving CO<sub>2</sub>. Help reduce your CO<sub>2</sub> emissions by trying the eaternity meal.  
Your choice counts.**

The eaternity meal is a student initiative and is supported by SV Schweiz and the ETH Zurich.

**SV**  
catering & services

**ETH**  
Eidgenössische Technische Hochschule Zürich  
Swiss Federal Institute of Technology Zurich



Our foods are responsible for about one third of the greenhouse gases emitted in Europe. ETH Zurich, SV Schweiz and the eaternity association therefore want to make their contribution to improving the climate by reducing the CO<sub>2</sub> emissions of the Physikrestaurant..

**Get involved in improving the climate by choosing the CO<sub>2</sub>-optimized eaternity meal for lunch.**



**The eaternity meal emits 65% less CO<sub>2</sub> than a normal meat containing meal.**

5 tons of CO<sub>2</sub> equivalents\* could be saved every day if the 2'000 people eating daily at the Physikrestaurant chose an eaternity meal.

\*CO<sub>2</sub> equivalents give the global warming potential of all released greenhouse gases converted into CO<sub>2</sub>. The eaternity values include the whole production chain from the farm up to the point of sale.

### Ingredients

1  
vegetarian instead of animal based

### Season

2  
no aeroplane  
no greenhouses  
short storage time

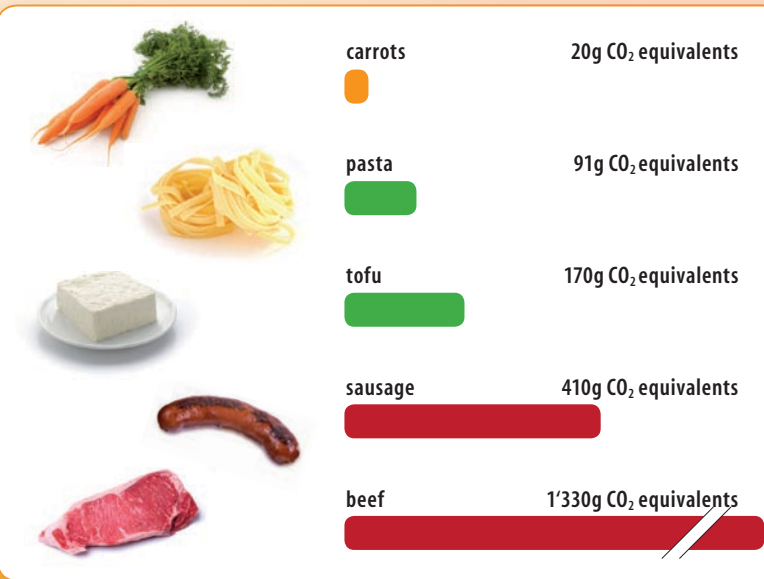
### Region

3  
local fresh produce instead of deep frozen products

**Factors that are relevant for climate-friendly foods ordered by efficiency.**

## Facts

- 70 percent of all agricultural land worldwide is used for livestock production and only 50 percent of all cereal production is used for direct human consumption.
- On an equivalent area of land, one could produce either 1 kilo of beef, 105 kilos of tomatoes or 130 kilos of potatoes.
- Changing to a vegetarian diet is more CO<sub>2</sub> efficient than than exchanging your car for a hybrid model.
- Vegetarian foods lower blood pressure, strengthen your bones and lengthen your life expectancy by 3.6 years.
- Eating less CO<sub>2</sub> isn't all about restrictions – there is a huge variety of vegetables nuts and spices to be (re)discovered!



**CO<sub>2</sub> equivalent value of different products per 100 g**  
CO<sub>2</sub> calculator at [www.eaternity.ethz.ch](http://www.eaternity.ethz.ch)

## We are interested in your opinion

In order to be able to offer climate-friendly foods also at the ETH Zurich in future, we would very appreciate it to have your feedback and suggestions by filling out the following questionnaire.

### How did you hear about the eaternity action/campaign?

- ☐ the internet
- ☐ word-of-mouth
- ☐ ETH-Life/Polykum
- ☐ Information booth
- ☐ Other.....

### Why did you choose the eaternity meal?

- ☐ it was cheaper
- ☐ I always eat vegetarian
- ☐ I liked the look of it
- ☐ to save CO<sub>2</sub>
- ☐ curiosity
- ☐ I did not try it

### Should the eaternity meal also be offered in future?

- ☐ definitely
- ☐ yes, as well as a climate-friendly meal with meat
- ☐ don't have a strong opinion either way
- ☐ no

### Will you eat in future more climate consciously?

- ☐ yes, sure
- ☐ rather not
- ☐ no

### Comments and Suggestions:

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.....  
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Please put the filled out form into the mailbox at the entrance of the Physikrestaurant, hand it into the eaternity information booth or send it by mail to the following address:  
ETH Zürich, Projekt Science City, HIT E 43.1, Wolfgang-Pauli-Strasse 27, 8039 Zürich.  
You can also participate in the contest and give your feedback online at [www.eaternity.ethz.ch](http://www.eaternity.ethz.ch).