1. **Typical Food Intake**
   1. Breakfast
      * 1 pack of two cinnamon sugar pop tarts (yes, every single day!)
      * 1 bottle of juice (changes: apple, orange, cranberry, mango, strawberry kiwi)
   2. Lunch (McKinley’s daily)
      * Usually burger, chicken, pizza, or quesadilla
      * Bag of chips or French fries
      * Raspberry tea refill (20 oz)
   3. Dinner (Brooks daily)
      * Anything in main line (usually beef, chicken, or fish)
      * Vegetable of the day (sometimes 2)
      * Carbohydrate of some sort (cheap fillers for brooks!)
      * Milk / Chocolate Milk
   4. Snack (Usually home-made if and when I do have one, only one of the below)
      * Dessert bread (banana, pumpkin cream, zucchini, etc)
      * Ice Cream (Cookie dough, mint chocolate chip, pumpkin spice, etc)
      * Home-made crackers with PB+J
      * A should-be-lethal amount of Twix candy bars
2. The zucchini bread has many ingredients necessary to make it including but not limited to: salt, sugar, zucchini, flour, baking soda, etc. Many of these ingredients are only needed in extremely small quantities so I will not focus so much on the environmental impact of them. The main two ingredients volumetrically are cucumber and flour. The cucumber is easy to trace as we grow them at home though they will not have nearly the impact of a mass produced cucumber. Given that we still use fertilizer and water the garden daily, it affects our local ecosystem. We do not compost, so we need to buy pelletized fertilizer, which will include mining, processing, and transportation which all use fossil fuels that then release CO2 NOx, and other environmentally damaging pollutants. When watering the plants, the fertilizer may run down the storm drain and into a body of water, adding to the other pollutants and possibly helping cause an algae bloom.

As for the flour, I usually use Gold Medal brand, but was unable to trace its origins. I did however find that King Arthur, another popular brand, lists out the entire environmental impact of their whole production process! They claim that the agricultural process is BY FAR the worst part of the whole process. This would include operating the machinery, the water, pesticides, fertilizers, and the transportation of the wheat to the mills. This process produces nearly 20,000 tons of CO2, which will hold heat in the atmosphere, and slowly cause rises in temperatures. In addition, pesticides may kill good insects and could potentially kill off bees causing other issues.

1. Food Footprint: 1.1 earths ~25% Total Footprint: 4.4 earths

Compared to the land per person on Earth, I require much more than is available, over 4x the amount. It would take 4.4 earths to support my lifestyle if everyone lived the same way. With my lifestyle, there really would not be the resources available to sustain any other species on this planet if everyone lived this way. Seeing that it would take more than one planet just to sustain my eating habits really opened my eyes, It is around 25% of my total impact, which is staggering. It makes me think that I should rethink some of my choices and try to be more environmentally responsible with my choices.

# Works Cited

# INC., K. A. (n.d.). *Our Commitment to the Environment*. Retrieved 10 22, 2014, from King Arthur Flour: http://www.kingarthurflour.com/about/environmental-commitment.html

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