We made this game because millions of people go to the grocery store and buy food without thinking about the sources. Every product has a backstory, and we want to show the systems and potential dangers involved in their creation. There are consequences to your convenience.

**Chocolate**

* There are no machines for harvesting cocoa, therefore people have to work long hot days picking the beans.
* High demand for cocoa and a need for low production costs, leads to child labor. Children are recruited through trafficking and are forced to work long hours often in danger of chemical and physical harm.
* As a consequence of being out in direct sunlight, workers frequently get heat exhaustion and develop skin cancer/abrasions. They frequently get cuts and injuries from dangerous tools, and poisoned from the pesticides.

<http://www.worldagroforestry.org/treesandmarkets/inaforesta/documents/cocoa_child_labour/Hazardous_child_labour.pdf>

**Sugar**

* Sugar cane workers in Central America work five hour shifts in the sun with no breaks, frequently working double shifts to earn enough to support their families. This leads to kidney failure and death.

<https://www.theguardian.com/world/2012/oct/14/kidney-disease-killing-sugar-cane-workers-central-america>

**Cherries**

* The dye used in making maraschino cherries comes from cochineal bugs.
* 70,000 insects are needed to produce a pound of dye.
* The dye is listen as ‘natural flavor’, but can cause severe allergic reactions

<https://www.livescience.com/36292-red-food-dye-bugs-cochineal-carmine.html>

**Dairy**

* In 2008, more than 9.3 million cows were used to produce milk in the United States
* 1000 liters of water are required to produce just one liter of milk.
* One cow can emit 100-200 liters of methane a day. Methane is 25 times more powerful than carbon dioxide as a greenhouse gas. Manure also contaminates drinking water by seeping into rivers, streams an the ground.
* After birth, dairy cows are separated from their mothers within days or sometimes hours. The mothers are milked until they can’t produce more, then after just a couple months rest, are impregnated again. They live this life for about five years before they are sent to slaughter.
* For dairy farms trying to fill the high demand for milk they over milk cows which causes high levels of painful swelling of glands of the udder.
* Cows used by the dairy industry are confined, continually impregnated, and bred for high milk production with little concern for their well-being

https://www.cawrecycles.org/dairy-waste-pollution/

https://www.farmsanctuary.org/learn/factory-farming/dairy/

Be aware of the systems you are supporting.