

## Appetizer

Salsa and Chips



Fried shrimp with sweet  
and spicy sauce



Apples and cheese with  
Homemade bread



## Entree

Cod with garlic potatoes  
and carrots



Lamb Lasagna with  
garden salad



Vegetarian Massaman  
Curry over rice



## Drinks

Gull



Red Wine



Coca Cola



Welcome to Northern Latitudes Café...

- Salsa and Chips – Total distance = **20,156 + km**
  - Canned tomatoes - Italy = 3,298 km
  - Garlic – China = 7,738 km
  - Coriander – Israel = 5,240 km
  - Salt – England = 1,775 km
  - Chips – Belgium = 2,105 km
  - Onion? Chili pepper?



- Shrimp with Sauce – Total distance = **10,167 km**
  - Shrimp – Sauðárkróki = 430 km
  - Chili pineapple sauce – Thailand = 9,737 km



- Apples cheese and bread – Total distance = **20,824 km**
  - Granny smith apple – Argentina = 12,142 km
  - Brie – Reykjavik = 450 km
  - Blue Cheese - Akureyri = 552 km
  - Bread
    - Flour – Denmark = 1,810 km
    - Sugar – 1,810 km
    - Salt – England = 1,775 km
    - Yeast – Denmark = 1,810 km
    - Eggs – Iceland = 475 km



# Cod with Garlic Mashed Potatoes and Carrots

- Cod – Iceland = 450 km
- Garlic – China = 7,738 km
- Potatoes – Selfoss? = 475 km
- Carrots – Denmark = 1,103 km
- Parsley – Selfoss = 475 km
- Cream – Iceland = 450 km
- Salt – England = 1,775

Total distance = **12,466 km**



# Lamb Lasagna with Garden Salad

- Lamb – Iceland = 500 km
- Lasagna pasta – Italy = 3,247 km
- Ricotta Cheese – Iceland = 450 km
- Basil – Israel = 5,240 km
- Garlic – China = 7,738 km
- Tomato sauce – Turkey = 1,810 km
- Salad greens – Iceland = 450 km
- Carrots – Iceland = 450 km
- Red pepper – Iceland = 450 km
- Feta cheese – Iceland = 450 km

Total distance = **20,785 km**



# Vegetarian Massaman Curry over Rice

- Rice – Thailand = 9,737 km
- Red Pepper – Iceland = 450 km
- Sweet potato – USA = 5,000 km
- Coconut milk – Thailand = 9,737 km
- Soy sauce – California = 6,816 km
- Tofu – Thailand = 9,737 km
- Peanuts – The Netherlands = 1,103 km
- Basil – Israel = 5,240 km

Total = **47,820 km**



- Gull
  - Reykjavik = 450 km
- Red Wine – Villa Pucinni
  - Italy = 3,247 km
- Coca Cola
  - Akureyri = 552 km



- Remember this was all calculated based on the last leg of the ingredient's life – for example, the hops used to make the beer, where were they grown? Nor did I take into account where most things were processed.
- I did not add the 450 km to most ingredients from other countries that were probably shipped up from Reykjavik
- On the other hand, these items are not shipped one by one, they come in containers
- You could bring a simple item in from the supermarket, like a jar of salsa and have the students research where all the ingredients were grown, processed, and eventually shipped. Also, where does the packaging end up? Do they have to ship your garbage anywhere?
- It is also EXTREMELY important to think about the ecological impact and effect a food item has, not JUST the food miles (e.g. shrimp)