

3000 km from Lisbon to Katowice: Showcasing the impact of mobility and lifestyle changes on our footprint.

TOILETS: 6 lpf (Liters per flush); Average of 5 uses per person/day
/ SHOWERS: 9,5 lpm (Liters per minute)



FOOD & BEVERAGE		LUÍS EXPERT AGE 40 PALEO	INÈS JOURNALIST AGE 29 OMNIVORE	LUÍS G. CAMERAMAN AGE 38 VEGETARIAN
During the trip, the passengers consumed Food Water Footprint and Carbon were:				
	Total Sum (kg)	24,9 kg	37,7 kg	16,0 kg
	Daily Average	2,8 kg	4,2 kg	1,8 kg
	Food item with the biggest footprint	SALMON	BEEF	CHOCOLATE
	Carbon Intensity (kg of CO2eq per kg of Product)	11,89 kg	67,8 kg	3,55 kg
	Total Consumption during the trip (g)	500 g	300 g	130 g
	Total Sum (L)	16.010 L	22.333 L	16.033 L
	Daily Average	1.779 L	2.481 L	1.781 L
	Food item with the biggest footprint *	NUTS	BEEF	CHOCOLATE
	Water Intensity (L of Water per kg of Product)	9.063 L	15.000 L	24.000 L
	Total Consumption during the trip (L)	215 L	300 L	130 L

*Used in food production

Main lessons:

- The eating habits of a person tend to change during a road trip. As such, though illustrative of the environmental impact of different lifestyles, the carbon and water footprint of the three diets (omnivore, paleo, vegetarian) during this trip may not fully reflect their differences on a day-to-day basis.
- The amount of food that was eaten is also an important factor to consider, and the reason why the vegetarian diet wasn't always responsible for the least amount of CO2 emissions.
- To calculate the carbon and water footprint associated with each diet, it was necessary to make certain estimates and approximations in terms of food types and weights. Similarly, to calculate the water consumption of each individual, average water use per flush and per minute of shower values were considered.