

Item	Amount (kg)	CO2 (kg)
cabbage	1,9	0
leeks	1	0
onion (spring)	0,75	0
beans (broad)	7	0
garlic	5	0
carrots	8	0

Total CO2 (kg) 0

Item	Amount (kg)	CO2 (kg)
courgettes	9,6	0,56
corn	2,6	0,56
celery	2,6	0,56
pumpkin	1	0,56
onion	0,8	0,56
beetroot	7,4	0,56
eggplant	0,4	0,56
tomatoes	2,4	0,56
peppers	0,1	0,56
beans (string)	0,7	0,56
cucumbers	2,8	0,56

Total CO2 (kg) 24.64

Item	Amount (kg)	CO2 (kg)
pumpkin	8	26.23
mushrooms	2,8	36.62
seasonal fruit	7,6	25.64
carrots	14	35.11
califlower	9,5	28.45
onions	15	36.59
potatoes	10	54.43

Total CO2 (kg) 945.18

Item	Amount (kg)	Frequency (per month)	CO2 (kg)
sugar	5	1	3563,80
salt	4	1	88,20
olive oil	9	2	49,50
sunflower oil	4,5	2	307,90
vinegar	4,5	2	214,82
rice	25	1	84,38
lentils	5	1	40,78
garbanzos	5	1	92,98
flour (rye)	25	1	84,38
flour (wheat)	25	1	84,38
spelt	5	1	40,78

Total CO2 (kg) 4651,90