



## EcoNugget

### Environmental Impacts of Fast Food

1. **Fast Food relies on plastic.** Many Fast Food businesses have their ingredients shipped to them in plastic packaging. Businesses that prepare ingredients in-house eliminate this excessive use of plastic. Many Fast Food businesses also use plastic for takeout packaging.
2. **Drive-Thrus increase idling emissions.** According to studies, if all Canadians reduced idling time by just 5 minutes every day, over 2 million fewer tonnes of CO2 emissions would be produced.
3. **Overproduction is necessary.** Fast Food needs to overproduce to be prepared for potential orders which leads to excessive food waste. For example, vegetables need to be sliced in advance. Since they're no longer in an airtight package, they will not stay fresh for long. Any vegetables not used by the end of the day need to be thrown out.

#### What's The Alternative?

- Avoid chains when possible; buy from local and small businesses instead.
- If getting Fast Food, walk in instead of using the drive-thru to reduce idling. And refuse to accept plastic takeout containers!