Scaling Global South Climate Solutions | The Climate Cards deck - Global





A deck of cards that shows the climate impact of 60 common food ingredients, used as an interactive tool to teach how to cook within the boundaries of a CO2 budget aligned with planetary limits.

Challenge

I am addressing the lack of awareness of the impacts of food systems and the lack of planning when thinking about climate impacts of everyday choices, whether personal or professional. Sustainability needs to be addressed as an integral part of any decision making process and the cards are meant to explain this: you can plan your diet (as a metaphor for anything else) within the Planetary Boundaries if you have awareness of your impacts from the get-go.

Solution

The Climate Cards – Food Edition deck consists in 60 cards representing the most common food ingredients in Western-global diets. CO2e, use of water, use of land, eutrophication are the metrics shown on the card to display its impact, per 1kg of ingredient. Each card also shows the recommended daily intake of the food category, according to EAT Lancet' Planetary Health Diet (updated to 2025) and the kilocalories, plus some general description.

The workshop organised with the cards requires the use of the deck together with an A3 template where participants first calculate the CO2 of their favourite food, and then they are challenged to review the recipe allowing max 1 kg of CO2e max per meal portion (500gr of ingredients), which is the goal by 2050 according to CO2e emissions allowed to individuals (2 tonners per person per year, out of which 1/3 is food). This will lead them to switch to more plant based ingredients of change the recipe. They will also have to draw the new recipe.

A discussion follows on the impact of individual choices vs systemic circular economy solutions that will reduce the overall CO2e of the ingredients, and that they can implement as professionals (or future professionals if students).

Contact

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Impact
The cards have been used in my university classes to explain that anything can be designed with climate goals in mind if I have the data. They have been presented at the EU Climate Pact Ambassadors general meetings in Brussels in 2025 and 2026, at Al Gore's Climate Reality Training in Rome 2024 and Milano Design Week 2024 and 2025. In total, more than 2000 people have played with the Climate Cards – Food Edition. A building and fashion materials version will follow soon.

Partners
Personal project, no funding or external support







