

LCA MEAL: Beer, Homemade Pasta with veggies

Item	Quantity	Cost	Calories	CO2e (kg)
Thomas Creek Red Ale	1 bottle	\$1.79	169	0.3
Homemade pasta	8 oz.	\$0.42	224.1	0.0013
Tomatoes	1 lb	\$0.79	82	0.14
Mushrooms	8 oz	\$2.58	50	0.05
TOTAL		\$5.58	525.1	0.4913

Thomas Creek Life Cycle Assessment for 1 beer

Upstream			
Type	Percent	Total CO2e (kg)	Comments
Transportation	2%	0.006	Low raw material transportation emissions due to location of other manufacturers and NBB percentages.
Ingredients (wheat, barley etc.)	36%	0.108	Many ingredients are not local and must be sent to the brewery.
Glass Production	38%	0.114	When not utilizing recycled glass, production is definitely the most energy intensive.
TOTAL	76%	0.228	
Entity			
Heating system	5%	0.015	Heating systems are electric
Fermentation	4%	0.012	Releases CO2
Cooling system	5%	0.015	Cooling systems are also electric
Packaging system	3%	0.009	Electricity used to bottle and package beer
TOTAL	17%	0.051	
Downstream			
Transportation	2%	0.006	Local beer=local drinkers
Cooling system in retail store	5%	0.015	Energy needed to keep beer cool before it is bought
TOTAL	7%	0.021	
TOTAL		0.3	

Home-made Pasta

Pasta LCA	Total CO2e (kg)
Eggs	0.00096
Flour	0.0003

Life Cycle Assessment for 1lb of tomatos

Type	Percent	Total CO2e (kg)	Comments
Production	57%	0.08	Water, fertilizer, equipment, and cardboard boxes for packaging
Transportion	36%	0.05	Shipped from Immokalee, Flordia (695 miles)
Waste	7%	0.01	Tomatoe stems cut off and disposed of
TOTAL		14%	

Life Cycle Assessment for 8 oz of mushrooms

Type	Percent	Total CO2e (kg)	Comments
Production	80%	0.04	Water, fertilizer
Transportation	20%	0.01	Grown locally - Mushroom Mountain in Liberty, SC
TOTAL		0.05	