



SUSTAINABILITY OF THE INFAMOUS DANISH SMØRREBRØD
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Innovative Education towards
Sustainable Food Systems



WHAT IS SMØRREBRØD MADE OF?

Egg and shrimp



Potato



SUSTAINABILITY CONCERNS

- Ingredients' country of origin
- Production method of ingredients (organic/conventional)
- Water usage
- Seafood population depletion
- Animal welfare

COUNTRY OF ORIGIN, WATER USAGE AND PRODUCTION METHODS – MAIN INGREDIENTS

All ingredients can be naturally produced in Denmark – except lemons (and shrimps)

Water usage

1 kg. potato: 500 liter (1/4 of what is needed for rice),

1 egg: 3,42 liter

Rye flour: normally no water needed

Wheat flour: water usage depending on climate and soil type

Emissions

Potato production: 19-29 tonnes of CO₂ per annum – same as grass or crops

Chicken produce 1/4 of emission when comparing CO₂ equivalents with beef or lamb,

Wheat: 5-10 more food per hectare than beef cattle grazing, rye even more productive

SEAFOOD DEPLETION AND ANIMAL WELFARE

Shrimps served in Denmark are mostly imported from the west coast of Greenland

Most shrimp fisheries here are MSC certified so that;

- Shrimps are caught below reproductive levels
- Minimized environmental impact
- Effective fisheries management is upheld
- Illegal fishing is combatted

Animal welfare – four types of production methods

- Organic
- Free range
- Barn
- Battery – most supermarkets have stopped sales

NUTRITION AND WAYS TO IMPROVE SUSTAINABILITY OF SMØRREBRØD

Co2 pyramid



Danish FBDG



HOW TO IMPROVE SUSTAINABILITY

The varieties chosen prove to be quite sustainable already – yet there is room for improvement!

Focus must be on varieties based on seasonal danish produce

Home produce – easy to do with potato, radish, onion, eggs and several other ingredients

Creating more vegetarian/vegan varieties

Purchasing only organic products