



















3-Star Rating System of Studierendenwerk Hamburg's Environmental Score

| CO ₂ -Emissions | | | |
|---|---|---------------------------------------|---|
| Symbols | Number of stars | Valuation for an exemplary portion | Explanation |
|  | 3 stars  | Better than 649 g CO ₂ eq | Is in line with the goal of climate-friendly nutrition. At least 50% better than the average. |
|  | 2 stars  | Better than 1298 g CO ₂ eq | On the home straight to a climate-friendly nutrition. Better than average. |
|  | 1 star  | Better than 2596 g CO ₂ eq | Is below the average of a climate-friendly diet. |

3-Star Rating System of Studierendenwerk Hamburg's Environmental Score

| Water | | | |
|---|---|------------------------------------|--|
| Symbols | Number of stars | Valuation for an exemplary portion | Explanation |
|  | 3 stars  | Better than 31 Liter | Optimum consumption of scarce water. Better than average. |
|  | 2 stars  | Better than 61 Liter | Very low consumption of scarce water. |
|  | 1 star  | Better than 122 Liter | Low consumption of scarce water. |

3-Star Rating System of Studierendenwerk Hamburg's Environmental Score

| Rainforest | | | |
|---|---|------------------------------------|---|
| Symbols | Number of stars | Valuation for an exemplary portion | Explanation |
|  | 3 stars  | Protected | Is in line with the goal of climate-friendly nutrition. At least 50% better than the average. |
|  | 2 stars  | Partially protected | Contains certified and critical products or only certified products, but not all of which explicitly protect against deforestation. |
|  | 1 star  | Contains critical products | Contains critical products |