

## RUNNING A CARBONOSTICS ANALYSIS IN 10 SIMPLE STEPS

Carbonostics makes it easy to run an LCA on any food product or menu. Please follow these 10 Simple Steps:

Step 1 – Use the [Carbonostics Analysis Planner](#) worksheet to help map your product’s lifecycle and identify each of the ingredients, materials, transport, storage and energy that it uses.

Step 2 – Set up your free [Carbonostics account](#) and select your currency and payment options. No payment is required until you start a new analysis (see Step 3). You’ll find our data confidentiality statement here.

Step 3 – From your account page, hit the “Start New Analysis” button to create a new analysis. Enter the name of your product or menu and its mass and volume.

Step 4 – Enter the carbon emissions for each of your raw ingredients or select the best match from the Carbonostics database. Enter the cost per unit (optional) and its transport method. Review the additional optional inputs.

Step 5 – Enter the carbon emissions for each of your packaging materials or select the best match from the Carbonostics database. Enter the cost per unit (optional) and its transport method. Review the additional optional inputs.

Step 6 – Enter the carbon emissions for the **energy** used in processing or select the best match from the Carbonostics database.

Step 7 – Enter the carbon emissions for the transport, storage, and consumer use phase of the product’s lifecycle or select the best matches from the Carbonostics database.

Step 8 – Review the graphic views of your product analysis. Once the life-cycle measurement is complete, lock your baseline and review the data by table.

Step 9 - Find the perfect balance between cost, nutritional value, and environmental impact by creating an unlimited number of different scenarios for your product – for example: change your packaging materials, reduce the weight of an ingredient, add a new ingredient, change your transport method, etc.

View the results in graph and table format.

Step 10 – Develop conclusions from the results of your scenarios to support operational and management decisions about your supply chain and product design.

### Still have questions?

We can help!

Contact Carbonostics Support at +33/1.47.38.22.64 or at [data@carbonostics.com](mailto:data@carbonostics.com)