

# Super SWAPS



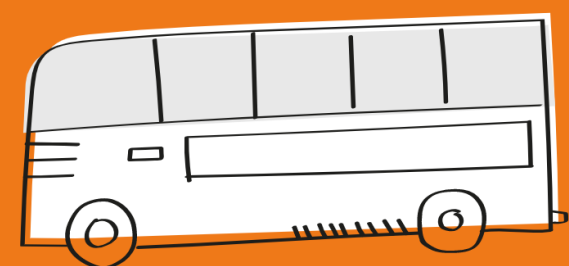
# Quorn MINCE



**What you save by swapping out  
regular mince to Quorn Mince for  
one week:**

These swaps have saved around

**24 kgCO<sub>2</sub>e**



Saves the equivalent  
emissions of driving

**18 miles in a  
school bus**



Or saves the equivalent  
emissions of powering

**5 computers in a  
school for a year**



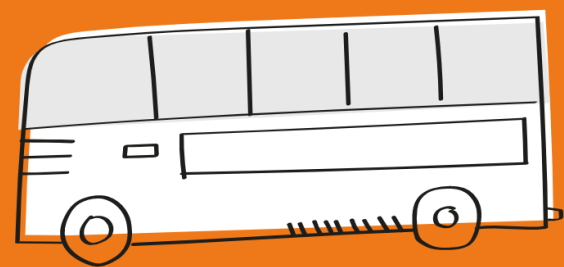


# Quorn PIECES



**What you save by swapping out  
chicken to Quorn Pieces for  
one week:**

These swaps have saved around  
**5 kgCO<sub>2</sub>e**



Saves the equivalent  
emissions of driving  
**3 miles in a  
school bus**



Or saves the equivalent  
emissions of powering  
**1 computer in a  
school for a year**





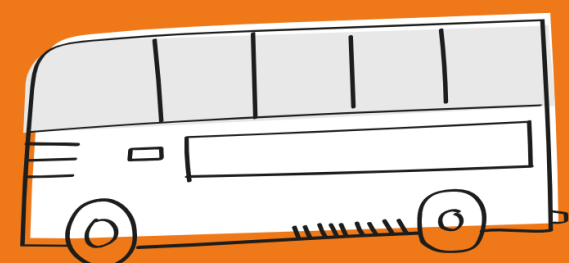
# Quorn SAUSAGES



**What you save by swapping out  
pork sausages to Quorn Sausages  
for one week:**

These swaps have saved around

**6 kgCO<sub>2</sub>e**



Saves the equivalent  
emissions of driving

**4 miles in a  
school bus**



Or saves the equivalent  
emissions of powering

**1 computer in a  
school for a year**

