

Two different sample calculation: Baked beef with fresh vegetables

1. 100% organic share = 0.98 EUR or 88% extra cost per meal

The attached example shows how you can change a meat dish in a manner that the described strategies are used.

In the example, the costs of one portion of sliced beef with fresh vegetables are calculated with conventional and with organic prices. Without varying the quantity proportions of the recipe, the costs will increase by 88% from EUR 1.12 to EUR 2.10.

| Products | Quantity/ Portion | Quantity 100 Port. | Unit | Dish with conv. Products | | Dish with org. Products | | Extra Costs ecological [%] |
|---------------------|----------------------|-----------------------|------|-----------------------------|-------------------|----------------------------|-------------------|----------------------------------|
| | | | | Price/ Unit | Price complete | Price/ Unit | Price complete | |
| Beef stew | 0,135 | 13,50 | kg | 3,99 | 52,65 | 8,18 | 118,94 | 105% |
| Leeks | 0,025 | 2,50 | kg | 1,56 | 3,90 | 2,58 | 6,45 | 66% |
| Kohlrabi | 0,020 | 2,00 | kg | 2,56 | 5,12 | 2,91 | 5,82 | 14% |
| Carrots | 0,020 | 2,00 | kg | 1,20 | 2,40 | 1,51 | 3,02 | 26% |
| Celeriac | 0,020 | 2,00 | kg | 2,53 | 5,06 | 2,76 | 5,52 | 9% |
| Mushrooms | 0,020 | 2,00 | kg | 3,22 | 6,44 | 6,19 | 12,38 | 92% |
| Pepper | 0,025 | 2,50 | kg | 3,37 | 8,43 | 4,35 | 10,88 | 29% |
| Brown Sauce | 0,050 | 5,00 | l | 0,91 | 4,55 | 1,32 | 6,60 | 45% |
| Cream | 0,020 | 2,00 | l | 1,80 | 3,60 | 2,99 | 5,98 | 66% |
| Summer Vegetable | 0,050 | 5,00 | kg | 1,18 | 5,90 | 2,02 | 10,10 | 72% |
| Butter | 0,010 | 1,00 | kg | 3,91 | 3,91 | 6,01 | 6,01 | 54% |
| Milk | 0,040 | 4,00 | l | 0,49 | 2,45 | 0,95 | 3,80 | 95% |
| Beans | 0,030 | 3,00 | kg | 0,90 | 2,70 | 1,56 | 4,68 | 73% |
| spicery, other | | | | | 5,00 | | 9,71 | 95% |
| WE complete: | | | | | 112,11 | | 209,89 | |
| WE Portion: | | | | | 1,12 | | 2,10 | 88% |

Quelle: aid infodienst 2001

2. 27% organic share (leeks, carrots, celery) + adaptation = no extra costs

In the following example, the proportions have been changed in the recipe. The proportion of favorable seasonal vegetables available has been increased. The proportions of expensive peppers and summer vegetables have been reduced. Mushrooms, which are in their unit value nearly twice as expensive as conventional commodities have been deleted.

The quantity of meat per dish was reduced. By these measures 27% of organic products could be used while the costs per dish have increased by 4% only.

| Products | Quantity/ Portion | Quantity 100 Port. | Unit | Dish with conv. Products | | Dish with org. Products | | Extra Costs ecological [%] |
|---------------------|----------------------|-----------------------|------|-----------------------------|-------------------|----------------------------|-------------------|----------------------------------|
| | | | | Price/ Unit | Price complete | Price/ Unit | Price complete | |
| Beef stew | ↓ 0,100 | 10,00 | kg | 3,99 | 52,65 | 3,99 | 39,90 | 0% |
| Leeks | ↑ 0,030 | 3,00 | kg | 1,56 | 3,90 | 2,58 | 7,74 | 66% |
| Kohlrabi | ↑ 0,030 | 3,00 | kg | 2,56 | 5,12 | 2,91 | 8,73 | 14% |
| Carrots | ↑ 0,050 | 5,00 | kg | 1,20 | 2,40 | 1,51 | 7,55 | 26% |
| Celeriac | ↑ 0,050 | 5,00 | kg | 2,53 | 5,06 | 2,76 | 13,80 | 9% |
| Mushrooms | 0,020 | 2,00 | kg | 3,22 | 6,44 | 6,19 | 0,00 | 92% |
| Pepper | ↓ 0,020 | 2,00 | kg | 3,37 | 8,43 | 4,35 | 8,70 | 29% |
| Brown Sauce | 0,050 | 5,00 | l | 0,91 | 4,55 | 0,91 | 4,55 | 0% |
| Cream | 0,020 | 2,00 | l | 1,80 | 3,60 | 1,80 | 3,60 | 0% |
| Summer Vegetable | ↓ 0,030 | 3,00 | kg | 1,18 | 5,90 | 2,02 | 6,06 | 72% |
| Butter | 0,010 | 1,00 | kg | 3,91 | 3,91 | 3,91 | 3,91 | 0% |
| Milk | 0,040 | 4,00 | l | 0,49 | 2,45 | 0,49 | 2,45 | 0% |
| Beans | 0,030 | 3,00 | kg | 0,90 | 2,70 | 1,56 | 4,68 | 73% |
| spicery, other | | | | | 5,00 | | 5,00 | 0% |
| WE complete: | | | | | 112,11 | | 116,67 | 4% |
| WE Portion: | | | | | 1,12 | | 1,17 | |

Quelle: aid infodienst 2001