

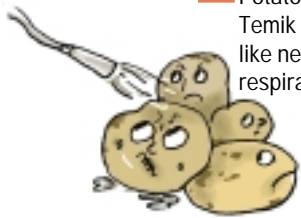


# No One Can Eat This One...

Those crispy, crunchy potato chips are so tempting! Especially when they come in colourful packages...But every time we take a bite we are also swallowing a mouthful of pesticides and additives like sulfites and Temik. Potatoes are rich with vitamins, minerals and starch. But they are stripped—stage-by-stage—of their nutrients..before they are put in those dazzling plastic wrappers. And the packets we throw away take a toll on environment...

## 1 Raw materials

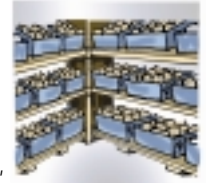
Potato crops: Pesticide Temik sprayed to kill pests like nematodes. Creates respiratory problems.



## 2 Travel toll

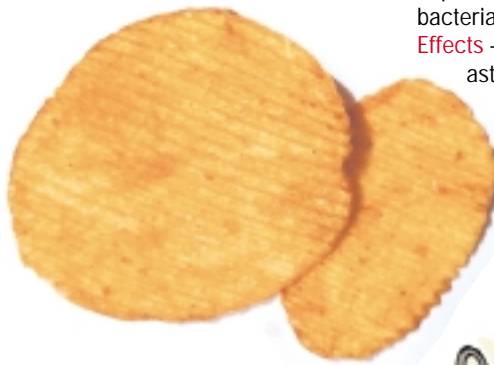
Storage, energy spent in fuel consumption. Potatoes are frozen to prevent oxidation. Sulphites (Sulphur dioxide, sodium bisulphite) added to prevent discolouration, oxidation and bacterial growth.

**Effects** - Destroys Vitamin B-1. Irritant for asthmatics.



## 5 Disposal into landfills

Release greenhouse gases. Only 10% of plastic waste from potato chips wrappers is recycled globally.



## 3

### Processing

Restaurants – slice, fry, dry, additives

Frying: BHA & BHT added to frying oil to prevent oxidation,

check rancidity. A carcinogen called acrylamide forms when starch-rich potatoes are fried at high temperatures.

**Effects:** BHA causes tumours; BHT & acrylamide induces cancer

**Steam drying:** Controls oil over chip's surface

**Effects:** Burns away vitamins



## 4

### Packaging

Plastic & aluminium bag  
Toxic, non-biodegradable



Remaining oil from drying is recycled for reuse



How creatively do you reuse the plastic bag in your school?

Write to Panditji at: Gobar Times, Centre for Science and Environment,  
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