

# Food for thought

Whatever your dietary preferences make well-produced food a high priority in your household budget.

Better for us - Better for the Environment.

## Plan your meals before shopping

One third of the food produced is thrown away: wasting land, water and energy to grow, harvest, process and transport food, which is not used. The [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) has recipes and ideas to help us avoid waste.



## Eat local, British and seasonal food

Produce sold out of season may have been grown in fossil-fuel heated glasshouses and almost half our food is now imported. Imported food may come from irrigated crops, leading to water shortages in countries with water stress, or from areas of land use change. Take an interest in where your food and drink comes from.



## Cook from scratch

Anyone can cook! The Internet can help you find a recipe for the ingredients that you have. Freshly prepared food is generally much better for you as it retains more nutrients, has no preservatives and will often have less salt and sugar than processed food. Less processed food may also mean less packaging.



## Source better food

Eat plenty of sustainably produced local fruit and veg. When buying meat, dairy or eggs choose free range and organic, if you can afford it. Buy British - RSPCA Assured and Organic (eg Soil Association) ensure high animal welfare standards. Buying from a trusted local producer or outlet is a good choice.



## How was it produced?

Pulses, grains, nuts, bread, pasta (and other grain products), oils, spreads, fruit, veg and drinks are often produced from crops grown globally in intensive, agrichemical-dependent systems. Choose UK products when possible, and look after the soil and biodiversity by buying organic if cost allows. Look for Fairtrade (high environmental and ethical standards) on imported goods.



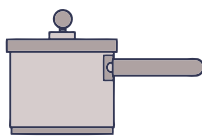
## Sustainably sourced fish

The NHS recommends eating two portions of fish a week, including one portion of oily fish. Note the Marine Conservation Society (MCS) rating:  
1 and 2 = Best Choices  
3 and 4 = 'Think' as there are better rated alternatives  
5 = 'Fish to Avoid'  
Alternatively look for the Marine Stewardship Council (MSC) logo.



## Cook Efficiently

Save energy and money by cooking with the lid on, using the correct size hob and fill the oven by batch cooking. Slow cookers and pressure cookers have very low energy expenditure and are good for cheaper cuts of meat and pulses with long cooking times.



## Have fun growing your own food!

Home grown fruit and vegetables taste delicious and save you money.



Use your garden, tubs or windowsills, or an allotment.

## Compost your food waste

Wiltshire County Council subsidises the cost of compost bins.



If short for space why not try a wormery or bokashi bin instead?

**Healthy soil and water produce healthier food and support more biodiversity, carbon storage and other environmental benefits.**

For your core diet choose well-produced food and drink from as close to home as possible.

Enjoy good food.

For more information

email

[climatechampions@gmail.com](mailto:climatechampions@gmail.com)

or visit

[www.climatefriendlybradfordonavon.co.uk](http://www.climatefriendlybradfordonavon.co.uk)