

Eat well and save the planet!



Did you know that the food you eat is responsible for about one fifth of the greenhouse gases that are causing climate change? But you can eat well and help to save the planet. Here are our top seven tips for a climate-friendly diet:

- ♥ **Eat more plants** - a delicious variety of fruit, vegetables, beans, nuts, pulses, bread and cereals;
- ♥ **Eat less meat** - and make sure the small amounts of farmed meat, fish and dairy products are produced to very high welfare standards (or are wild fish from certified sustainable stocks);
- ♥ **Eat in season** - don't buy the same things all year round, and instead choose fresh food in the right season;
- ♥ **Don't waste food** - buy and cook just the food you need - don't throw it away - and compost or recycle any unavoidable waste;
- ♥ **Buy local and fair-trade** - if we can grow it here, buy it from here - if not, choose fair trade (but don't buy food brought to this country by air);
- ♥ **Leave the car** - walk, cycle or go by public transport to do your food shopping - don't go by car (but if you do, share with a friend!);
- ♥ **Support good companies** - buy from food companies, restaurants, food growers and farmers' markets that tell you about the full impact of their products, and promise to improve - don't buy from companies that tell you next to nothing.