

## Feel Good Food Day Meal Guidance

We're delighted that you're considering running a Feel Good Food Day. As well as having less but better quality meat and dairy produce on the menu on the day, there are some other things you can do / avoid to make your menu more healthy and sustainable...

Please <i>do</i> serve	Please <i>don't</i> serve...	Why are we asking this?*
<p>Meat and dairy produce. We're <b>not</b> asking you to exclude meat completely (see our meat tips below) from the menu but we are asking you to <i>reduce the meat portion size and then make up the difference on the plate with fresh seasonal vegetables, beans and pulses.</i></p> <p>You may also want to feature a vegan option (with no foods of animal origin included).</p>	<p>Large meat or dairy portions</p>	<p>Producing foods of animal origin for human consumption (including dairy produce and eggs) causes more greenhouse gas emissions than all of the cars, lorries and planes in the world put together, and the effect is increasing. Animal feed contributes enormously to this – for example, producing soy, routinely fed to all types of livestock worldwide, is often grown on land that was previously rainforest. The destruction of these forests not only accelerates climate change but also endangers precious biodiversity.</p> <p>Please therefore serve smaller portions of meat and dairy produce.</p> <p>For more information about this issue please see <a href="http://www.sustainweb.org/sustainablefood/meat_and_dairy_products_less_is_more/">http://www.sustainweb.org/sustainablefood/meat_and_dairy_products_less_is_more/</a></p>
<p>Sustainable fish. Please serve fish carrying the Marine Stewardship Council logo <a href="http://www.msc.org/cook-eat-enjoy/fish-to-eat/">http://www.msc.org/cook-eat-enjoy/fish-to-eat/</a></p> <p>You may also want to look at the Marine Conservation Society fish to eat list. <a href="http://www.mcsuk.org/">http://www.mcsuk.org/</a></p> <p>Please ensure all the specific advice about fishery and capture method is available from your supplier <a href="http://www.fishonline.org/advice/eat/">http://www.fishonline.org/advice/eat/</a></p>	<p>Any fish rated as at risk by the Marine Conservation Society <a href="http://www.fishonline.org/advice/avoid/">http://www.fishonline.org/advice/avoid/</a></p>	<p>With 80% of the world's fisheries either overexploited or fully exploited this is an area where urgent action is needed. We hope that you adopt these policies in your catering every day, not just on Feel Good Food Days.</p> <p>Please see <a href="http://www.sustainablefishcity.net">www.sustainablefishcity.net</a> for more ways to help protect the fish in our seas.</p>
<p>Lots of delicious, in season fruit and vegetables.</p> <p>Ask your caterer / supplier to use seasonal fruit and veg. Not only are they likely to be fresher and tastier, because of seasonal gluts they're also likely to be cheaper. Here's a link to a seasonal food wallchart <a href="http://www.schoolfoodtrust.org.uk/doc_item.asp?DocCatId=9&amp;DocId=72">http://www.schoolfoodtrust.org.uk/doc_item.asp?DocCatId=9&amp;DocId=72</a></p>	<p>Imported fruit and vegetables which can be grown in this country</p>	<p>Out of season fruit and veg lose freshness, flavour and variety. Importing fruit and veg, even if it is not by air, creates greenhouse gas emissions that are contributing to the increasingly devastating effects of climate change.</p> <p>At the same time, when, for example, orchards are destroyed, we not only lose the fruit but also the local jobs it generated and the birds, bees and other biodiversity that relied on it.</p>

For more ideas on how to make your menus sustainable, and for more detail please see [www.sustainweb.org/sustainablefood](http://www.sustainweb.org/sustainablefood)

## Meat and dairy tips

- Avoid intensively reared meat and choose meat and dairy produce made from animals that have been predominantly fed on grass and natural foods outside or in an environment where they can behave naturally. The best way to know this is the case is to choose meat that is organically certified or meat reared according to standards set by the RSPCA under the Freedom Food certification. See: <http://www.rspca.org.uk/freedomfood/foodservice>
- Please reduce the amount of processed meat you serve e.g. burgers and sausages. These products are often high in fat and salt, so should not feature very often on an ethical menu.
- You may want to use vegetarian alternatives e.g. lentil burgers, as alternatives to processed meat products. Make sure, though, that the recipe is not just as high in fat and salt as their meaty versions.
- Choosing cuts that are less commonly used like oxtail, beef brisket, shoulder of lamb, and chicken wings and thighs will be cheaper than cuts such as breast and rump and are often tastier. These cuts can offset the cost of using higher welfare/organic meats.

## Portions

The World Cancer Research Fund (WCRF) recommends people avoid eating processed meat as a precaution as its consumption is associated with bowel cancer risk - see [http://www.wcrf-uk.org/PDFs/processed\\_meat.pdf](http://www.wcrf-uk.org/PDFs/processed_meat.pdf). For more information and for practical guidance on portions use <http://www.wcrf-uk.org/PDFs/Portionsposter.pdf>. These have been used in Sustain's Healthy and Sustainable Food Policy.