



EAT SMART

SUSTAINABLE
FOOD FOR
PEOPLE
& PLANET

IMPACTS,
IDEAS &
CHANGE

Environmental
SMART

www.environmental-smart.co.uk

Community
Smart

www.communitysmart.org

We examine the sustainability of food available and the potential benefits for you, the planet and your pocket

- ▶ **What is the impact of various food groups?**



- ▶ **Benefits of eating, shopping locally & seasonal food**



- ▶ **Food Waste & Packaging: Impacts and advice**



- ▶ **Examples of food waste apps to help share food together**



For Each Section:

1. Environmental impact of food related behaviour

2. Actions on how to reduce this impact

3. Advice on the positive impact of this change



For footnotes and to consult references, see the digital version of this leaflet on: www.environmental-smart.co.uk





IMPACT OF FOOD GROUPS

ENVIRONMENTAL IMPACTS

- The environmental impact of food groups is not the same. For instance, meat has a greater impact than plant products with some meat (beef and lamb) much worse than others¹.
- **Did you know that livestock production produces around 3 times more methane emissions than energy production.**
- Just producing one quarter-pound beef burger uses enough water to fill 10 bathtubs + uses the same amount of energy as powering an iPhone for 6 months².

RECOMMENDATIONS

- Why not try eating less meat or switching to lower impact meat such as chicken or pork?
- There are numerous meat alternatives including tofu, or a Quorn type product that are great substitutes or additions to reduce meat in a dish.
- Meat free Monday? Perhaps have a meat free day once a week or month.

BENEFITS OF BEHAVIOUR CHANGE:

- Reducing meat consumption will not just reduce your environmental impact but also reduce the cost of your groceries and improve your health.
- **Save Money:** meat accounts for £645 of annual spending³. A study found that by reducing meat consumption £209 per person could be saved, that's £3 billion across the UK⁴!
- **Health Benefits:** eating differently could decrease the risk of type II diabetes, high cholesterol, heart disease⁵ and help maintain a healthy weight.
- **Environmental Benefits:** skipping meat every Monday reduces your annual carbon footprint equal to driving 348 miles in a car².



EATING LOCALLY & SEASONALLY

ENVIRONMENTAL IMPACTS

- Food sourced internationally needs to be flown or shipped in, this increases the carbon footprint of the food significantly and 3 days after being picked, fruit and veg loses 30% of its nutrients.



RECOMMENDATIONS

- Support UK producers where possible and buy local if you can.
- Be aware of when certain foods are in season and where they come from.

BENEFITS OF BEHAVIOUR CHANGE:

- Shopping locally can help bring a greater sense of community.
- Improved health for you and your family.
- **Reduced waste:** longer food miles usually results in more food spoiling before it can be eaten.
- Seasonal and British grown food is often cheaper.

Did you know that over 50% of the UK food and animal feed comes from abroad?

APPLES, BRAMLEY								JUL	AUG	SEP						
APPLES, COX												OCT				
ASPARAGUS					MAY	JUN										
BEANS, BROAD						JUN	JUL	AUG								
BEANS, RUNNER							JUL	AUG	SEP	OCT						
BLACKBERRIES									SEP	OCT						
BLUEBERRIES							JUL	AUG	SEP							
BRUSSELS SPROUTS	JAN	FEB							SEP	OCT	NOV	DEC				
CABBAGE, SPRING GREEN	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC				
CABBAGE, WHITE									SEP	OCT	NOV	DEC				
CABBAGE, SAVOY	JAN	FEB	MAR					JUL	AUG	SEP	OCT	NOV	DEC			
CABBAGE, RED									AUG	SEP	OCT	NOV				
CARROTS	JAN	FEB					JUN	JUL	AUG	SEP	OCT	NOV	DEC			
CAULIFLOWER	JAN	FEB	MAR	APR	MAY			JUL	AUG	SEP	OCT	NOV	DEC			
CELERY								JUL	AUG	SEP	OCT					
CHERRIES								JUL	AUG							
COURGETTE							JUN	JUL	AUG	SEP						
CUCUMBER				APR	MAY	JUN	JUL	AUG	SEP							
KALE	JAN	FEB	MAR	APR						SEP	OCT	NOV	DEC			
LEeks	JAN	FEB	MAR							SEP	OCT	NOV	DEC			
LETTUCE, COS								JUL	AUG	SEP						
LETTUCE, CURLY					MAY	JUN	JUL	AUG								
LETTUCE, ICEBERG								JUL	AUG	SEP						
MARROW									AUG	SEP	OCT					
PEAS							JUN	JUL	AUG	SEP						
PLUMS									AUG	SEP						
POTATOES, MAINCROP											OCT	NOV	DEC			
RASPBERRIES								JUL	AUG							
RHUBARB					MAY	JUN	JUL									
SPINACH					MAY	JUN	JUL	AUG	SEP	OCT						
STRAWBERRIES						JUN	JUL	AUG								
SQUASH										SEP	OCT					
SWEETCORN									AUG	SEP	OCT					

THE EAT SEASONABLY CALENDAR

EVERY FRUIT OR VEGETABLE HAS ITS SEASON, THE TIME OF THE YEAR WHEN YOU CAN ENJOY IT AT ITS VERY BEST. THIS SIMPLE TOOL WILL GUIDE YOU THROUGH WHAT'S IN SEASON WHEN SO YOU CAN ENJOY FRUIT AND VEG THAT TASTES BETTER, IS BETTER VALUE AND IS BETTER FOR THE PLANET.

FOR TIPS, RECIPES AND MORE VISIT
EATSEASONABLY.CO.UK

Information on seasonal food production cycles has been provided by Bill Kirkup of the North East Improvement and Efficiency Partnership. It is based on data derived from several sources including the NFU, Horticultural Development Company and ADAS. Data on retail price variations across the year was supplied by TNS Worldpanel. The 'Eat Seasonably' calendar has been compiled by The Climate Group.

<http://eatseasonably.co.uk/what-to-eat-now/calendar/>

See also:

www.bbcgoodfood.com/seasonal-calendar



FOOD WASTE

The average family of four could save £60 per month by reducing food waste!

ENVIRONMENTAL IMPACTS

- Producing, moving, storing food uses fuel & water and produces green house gases.
- Food Waste is losing resources used to produce it and a large amount of food waste can end up in landfill sites where it releases greenhouse gases like methane.

If we stop throwing food away we could together save 17m tons of CO2 being released. That is the equivalent of taking 20% of cars off the UK roads!

Did you know it takes 100 buckets of water to produce one loaf of bread?

RECOMMENDATIONS

- More than 30% of food waste can be composted. Opportunity for community gardens or allotments.
- Shop at an ingredient-led retail outlet – buy what you need.
- Have a list/meal plan.

COMPOSTING!

BUY ONLY WHAT YOU NEED

MAKE A PLAN

BENEFITS OF BEHAVIOUR CHANGE:

- Enriches soil for growing veg
- Reduces use of chemical fertilisers worldwide
- Encourage bacteria and fungi to break down organic matter to create nutrient-filled material
- Reduces greenhouse emissions from landfills
- Lowers your carbon footprint

If you've got the space, make this a family or community activity! It doesn't cost a lot to start a compost!



FOOD PACKAGING

The plastic packaging industry is worth \$198 billion annually!

ENVIRONMENTAL IMPACTS

- Producing packaging uses a lot of resources such as energy, water, fossil fuels and chemicals. It also generates greenhouse gas emissions, wastewater, toxic sludge.
- Packaging ends up in the environment with plastics harming wildlife. For example, plastic outnumbers sea life by six to one

Did you know that a year's worth of plastic waste can circle the earth 4 times?

1 million plastic bottles are sold every minute. Just 7% of the plastic bottles are transformed into new bottles worldwide.

RECOMMENDATIONS

- Use a bag for life or look for Green packaging made from renewable and recycled materials
- Replace plastics with paper
- Reduce and reuse packaging
- Ask your local shop to use green packaging

BAMBOO!

BIODEGRADABLE CARRIER BAGS!

NO-PACKAGING PACKAGING!

BENEFITS OF BEHAVIOUR CHANGE:

- Environmental packing helps raise eco-awareness
- We all use products that can be easily recycled and are safe for the environment and people
- Less waste in landfills
- Less pollution in the air/soil/water
- Less carbon emissions

Save money by reusing your bags.

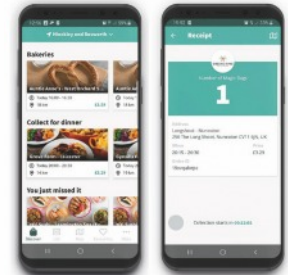


ADDITIONAL RECOMMENDATIONS

Too good to go

Links people to food that is past 'sell by' but still perfectly fine (Costa coffee, Morrisons, YO! Sushi...)

- Understanding food labels
- Meal planning
- Food storage



Olio

- Completely free (App store / Google Play)
- Links up people who are getting rid of food and people who want food
- Browse through lists of items that people near you are giving away



No Waste

- Helps to manage the food you have in your home
- Log 'use by' dates of items of food as you buy them
- The app will:
 - tell you which food needs eating first
 - give you meal plan suggestions
 - create a shopping list
- Avoids unnecessary food waste and food purchasing
- Do your part to save the planet AND saves money AND saves you time and effort in food management!



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