



Local & Sustainable Food

Food facts

- Food and farming accounts for 20% of our greenhouse gas emissions (as much as our transport or residential power use).
- 50 traditional food shops - local bakers and greengrocers - close every week. 97% of food is sold through supermarkets.
- 3 million tonnes of food is wasted by the food industry and 5 million tonnes of safe food (worth more than £12 billion) is thrown away in the UK. That's £50 per person each month!
- 80,000 acres of urban abandoned or underused land could be used for food growing for local communities.

Choose local



Tick when complete

- Grow your own! Even if it's just a few pots of lettuce, the food you grow yourself has the lowest carbon footprint. It can save you money too.
- Use smaller, independent shops on your high street. This keeps your money in the local economy and supports working people in your community.
- If you use a supermarket, read the labels on food packets and choose those that are grown closest to Middlesbrough or are produced in the UK.
- Visit www.growingmiddlesbrough.org.uk and look for the logo above to find local food businesses.



Healthy eating

Tick when complete

- Cook meals from scratch wherever possible using fresh and local ingredients.
- Limit the amount of meat you eat. Meat has the biggest impact on the environment of all the food groups and a large amount of meat can be bad for your health.
- Choose the right portion sizes. Overeating can lead to obesity and you're more likely to waste food.

Fairtrade and fair food



- Look for the Fairtrade logo. This means the farmers abroad have been paid a fair wage.
- Download the Middlesbrough Fairtrade Directory at www.mencity.org.uk/fairtrade
- Support your local farmers by buying close to home, buying food that is in season and paying a fair price. Try the farmers' market at Stewart Park.

Food waste

- Make a shopping list and buy only what you need. Plan the meals you're going to eat through the week.
- Use your leftovers - visit www.lovefoodhatewaste.com for recipe ideas or share with hungry family or friends! Freeze what you can't eat for another night.
- Choose products with as little packaging as possible and try and recycle the wrappings.
- Compost your own vegetable peelings, skins and cores with your garden green waste. Your compost can be used for growing seeds in the future.

Find out how sustainable you are at www.surveymonkey.com/s/one_planet_middlesbrough

**For further advice www.mencity.org.uk • 01642 243183
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