

## **Cut the carbon footprint of your food**

1. Grow your own fruit and veg or use locally produced food
2. Eat what is in season in this country.
3. Eat less meat, and meat from animals that are grass-fed, wild or free range, and fish that is sustainably sourced.
4. Buy organic food, if it's from the UK.
5. Use tap water – filtered if you prefer.
6. Reduce food waste.
7. Compost everything that is bio-degradable (except cooked food).
8. Refuse packaging, or re-use it or recycle.

July 2011