

## COOL IT!

### How to eat well and reduce your carbon footprint

- Reduce your meat intake, especially beef and lamb.
- Eat food which is grown locally.
- Cook from fresh ingredients.
- Eat food in season – resist buying strawberries in winter which are flown across the world to sell in UK shops.
- Eat vegetarian based meals with protein from beans, lentils and nuts.
- Buy fish from a sustainable source.
- Buy organic food if you can afford to do so.
- Imported food which travels by ship and does not require refrigeration e.g. bananas & citrus fruit have a much lower carbon footprint than those air freighted & requiring careful packing e.g. mangos & avocados.
- Avoid processed food which requires energy in the process of converting agricultural products into the final food items & refrigeration in display cabinets.
- Buy free-range chicken & eggs & pasture-fed beef.
- Methane (a powerful greenhouse gas) comes from cows, flooded rice paddies, fertilisers, manure & farm machinery.
- Palm oil production is a major factor in deforestation in Asia. Check the ingredient list on items when shopping and try to avoid palm oil.

