

**Avoid bottled water – drink plain or filtered tap water to minimise packaging and transport costs.**

**Buy local, seasonally available ingredients to minimise energy used in food production, storage and transport.**

**Only eat fish from sustainable sources, and avoid fish identified as at risk by The Marine Conservation Society.**



# Principles of Sustainable Food



**Request local, seasonally available produce!**

**Protect your health – eat plenty of vegetables, fruit and whole grains: reduce salt, fats and oils, and cut out artificial additives.**

**Ask where your food comes from!**

**Choose Fairtrade products – imported from poorer countries to ensure a better deal for producers.**

**Look for food from farming systems that minimise harm to the environment, such as certified organic produce.**

**Reduce food waste by making the most of the food you buy.**



**Limit the amount of animal produce (meat, dairy and eggs) in meals, and eat more fruit, vegetables, pulses, whole grains and nuts.**

**Grow your own!**