Principles of Sustainable Food

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

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

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.

Request local, seasonally available produce!

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

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

Ask where your food comes from!

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.

Grow your own!