

# Food: Did you know that ....?

- Food accounts for 1/4 to 1/3 of global greenhouse gas emissions?
- The food we choose has a huge impact on world climate and wildlife.
- Each Olly B resident is responsible for about 3000 tonnes of carbon dioxide emitted in producing our food & drink each year.
- You can reduce your carbon footprint AND improve your health by eating more plants
- Reducing food waste reduces your carbon footprint, so don't bin food, eat leftovers – it saves you money AND is good for the planet.
- Avoid flown food - try to eat seasonal foods. (Food imported on ships, eg bananas, oranges, out-of-season apples, have low carbon footprints.)
- Meat is a good source of protein & other micro-nutrients, but it creates much more greenhouse gas emissions than growing plants.
- Choose pork & chicken over beef & lamb to reduce your emissions.
- Choose meat from **grass fed** animals - healthier for you and our planet.
- Insects are essential for growing food (they pollinate £690 million worth of UK crops each year AND create fertile soil for growing our food!)

Useful web sites to find out more:

<https://www.winacc.org.uk/take-action/lower-your-carbon-footprint>

[www.winacc.org.uk/what-can-i-do/food-what-can-i-do](http://www.winacc.org.uk/what-can-i-do/food-what-can-i-do)

[Scientific and Technical Reports – Winchester Action on Climate Change](#) [winacc.org.uk](http://winacc.org.uk)

[www.bbc.co.uk/news/science-environment-46459714](http://www.bbc.co.uk/news/science-environment-46459714)

<https://www.msc.org/what-we-are-doing/our-approach/what-does-the-blue-msc-label-mean>

[www.wwf.org.uk/what-we-do/livewell](http://www.wwf.org.uk/what-we-do/livewell)

[How to eat sustainably - Sustainable Food Trust - Sustainable Food Trust](#)

[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

[Action on food waste | WRAP](#)