

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

- The food and drink we eat in Olly B accounts for nearly a quarter of our community's carbon footprint\*
- Growing our own salad, vegetables and fruit reduces food miles and carbon emissions
- Eating **seasonal** vegetables, salad and fruit grown in the UK will reduce your carbon footprint AND support our farmers.
- Composting kitchen waste reduces greenhouse gases AND produces compost to grow more plants in. (A win-win!). You can compost everything that's biodegradable, even paper
- Greenhouse gas emissions from edible food wasted in UK homes is equal to 25% of emissions from UK cars. Wasting food feeds climate change! #
- Neighbours and friends would like to eat your surplus crops
- Fresh crops picked straight from the garden are tasty
- Growing your own food is fun & healthy exercise for body & mind
- Herbs are easy to grow and good for wildlife too
- You can collect rainwater from downpipes into water butts

Useful web sites:

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

[www.rhs.org.uk/advice/grow-your-own](https://www.rhs.org.uk/advice/grow-your-own)

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

[www.recyclenow.com/compost](https://www.recyclenow.com/compost)

[www.getcomposting.com](https://www.getcomposting.com)

[www.wnahs.org.uk](https://www.wnahs.org.uk)

[www.wrap.org.uk](https://www.wrap.org.uk)

giving surplus food: <https://olioex.com/>

\*[impact-report-olivers-battery.pdf \(winacc.org.uk\)](https://winacc.org.uk)

#[Food Waste Emissions – Winchester Action on Climate Change \(winacc.org.uk\)](https://winacc.org.uk)