



# I M P A C T S

## THE CLIMATE IMPACT OF FOOD

### MEAT AND DAIRY

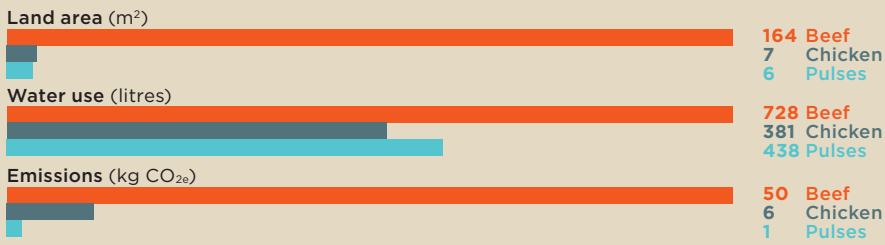
1/4 of global greenhouse gas emissions come from agriculture.

**1** OF GLOBAL GREENHOUSE GAS EMISSIONS ARE FROM **8** ANIMAL-BASED FOODS.



Beef and lamb are the worst offenders.

### RESOURCES REQUIRED TO PRODUCE 100G OF PROTEIN



### WHAT A WASTE

**1** OF ALL FOOD IS THROWN AWAY

The production, transport and rotting in landfill sites of wasted food creates a 1/12 of global greenhouse gas emissions.

**3** IF FOOD WASTE WERE A COUNTRY, IT WOULD BE THE WORLD'S 3RD HIGHEST EMITTER.

### FOOD MILES = EMISSIONS

Flying food by plane can produce more emissions than shipping food.



FOODS GROWN OUT OF SEASON NEED ARTIFICIALLY WARM, BRIGHT CONDITIONS SO ARE MORE CARBON INTENSIVE THAN THOSE GROWN IN SEASON.

Turn over to see what you can do →

# WHAT CAN I DO?

## 3 STEPS TO MORE SUSTAINABLE EATING

### 1. EAT LESS MEAT AND DAIRY

This is one of the most important things you can do to reduce your climate impact.

**1. Miss meat? Top plant-based meat alternatives to add to burgers/ bolognese/ stir fry/ chilli and curries include:** **lentils,**

**beans, tofu, tempeh, mycoprotein.**

**These can be cheaper than meat!**

**2. Pack a flavour punch with seasonings and sauces like garlic, chilli, lemon juice, miso paste, soy sauce, curry paste, coriander, mint, nutritional yeast and smoked spices.**

### 2. WASTE LESS

1. Avoiding food waste helps the climate – and saves you money.

**2. If and when possible, plan meals, write a shopping list of what you need, batch cook and freeze extras.**

3. Use your food waste recycling bin.

**4. Avoid canned and bottled drinks and use a reusable water bottle.**

### 3. CHOOSE LOCAL AND IN-SEASON

1. Growing locally can prevent emissions from chilling and transporting food.

2. Seasonal foods grow in natural heat and light. Look for foods produced close to home e.g. from a local farmers' market, a community garden, or join an allotment, or grow your own, even tomatoes and herbs in a window box.

**There's always something delicious in season in the UK.**



Find out more about what you can do to eat a more climate friendly diet, including recipes: [bit.ly/Grantham-climate-friendly-kitchen](https://bit.ly/Grantham-climate-friendly-kitchen)