

*Do you know your
carbon footprint?*

Try the WWF calculator
footprint.wwf.org.uk



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About this leaflet

There are many ways to reduce the carbon footprint of your diet. This leaflet explores Food Types, Food Waste and more – hopefully some of the ideas here will prove useful.

DID YOU KNOW ?

The **carbon footprint of food** is surprising large, with a typical UK diet accounting for around 3-4 tonnes of greenhouse gas per person each year.

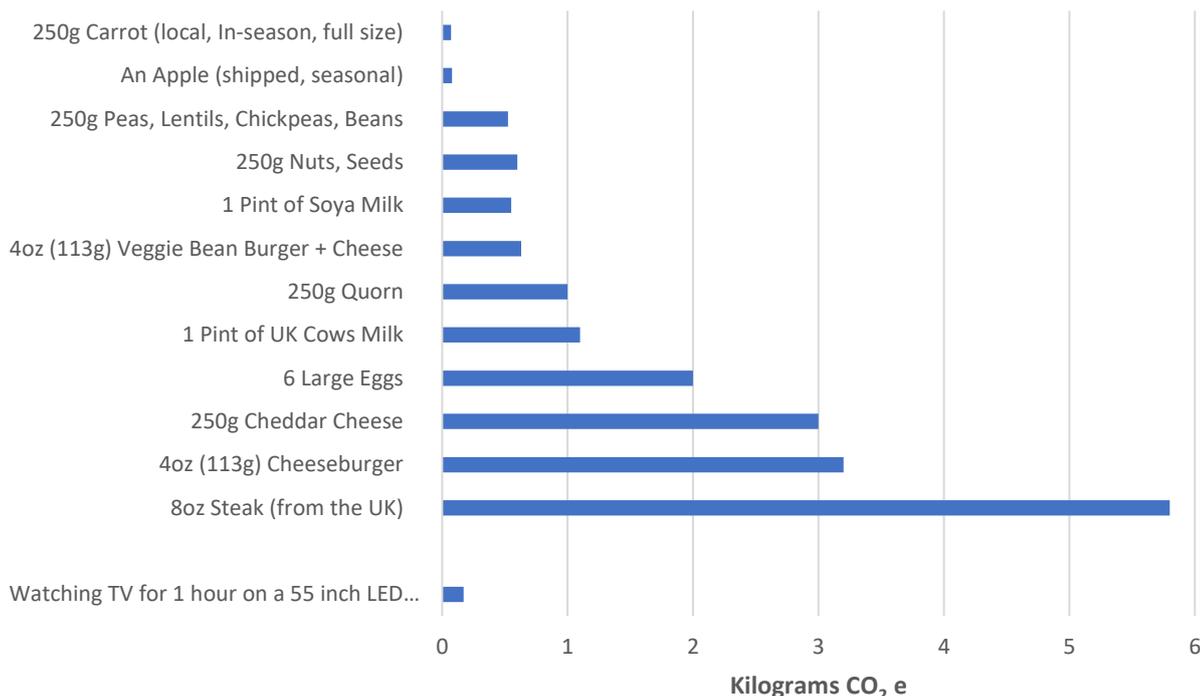
Food Types

The biggest influence on the size of your food footprint will be the **type of food** consumed.

- **Animals-based** foods have a high carbon footprint – particularly meat from beef and lamb, as well as other meats and items such as eggs, cow's milk and cheese.
- **Plant-based** foods generally have a low carbon footprint. They also happen to be good for human health - fruit, vegetables, nuts, seeds, whole grains, legumes.

Carbon footprint of Food

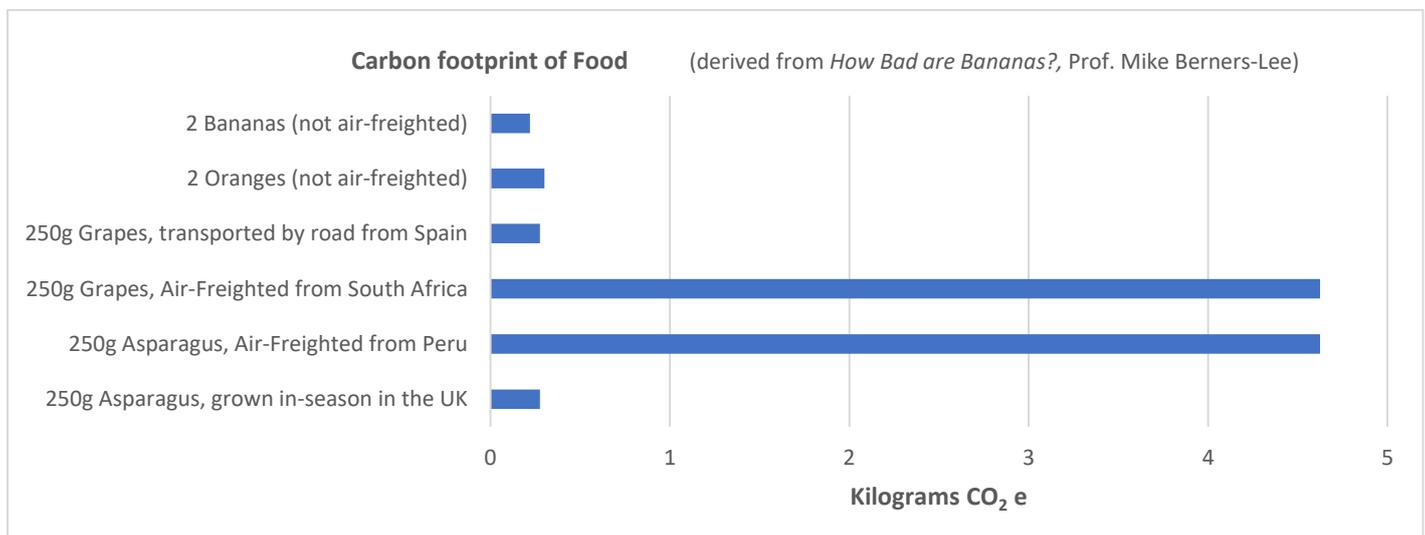
(derived from *How Bad are Bananas?*, Prof. Mike Berners-Lee)



Air-freighted Food

A lot of the food we buy comes from overseas. Perishable, out-of-season fruit & veg such as raspberries, blueberries, salad vegetables and green beans are often flown into the UK, usually from southern hemisphere countries like Peru and South Africa. **Air-freighted food** has a relatively high carbon footprint. Its packaging should identify the food's country of origin, but unfortunately, not its method of transport.

Other (less perishable) foods like bananas, potatoes or nuts can be transported by **boat, rail and road** and for these, transport makes up a small part of that food's overall carbon footprint



If you would like to know more about the carbon footprint of food, try the BBC food calculator [BBCFoodCalculator](#) which utilises Oxford University research data.

Eat Seasonally

Buying in-season produce is a good way to avoid air-freighted food, as well as food which has been grown more locally but in a hot house. In-season produce invariably tastes better as well! For help with knowing when foods are in season try www.eat-seasonal.co.uk

Food Box Schemes are a way to buy seasonal produce. The following schemes have been recommended by members of [Facebook-Sustainable Charlton Kings](#):

- Slipstream Organics www.slipstream-organics.co.uk/box-scheme
- Riverford Organic www.riverford.co.uk

Food Waste



UK households **waste 16%** of food purchased (Source: WRAP).

This equates to £470/year for the average UK family (Friends of the Earth).

The UK's top 10 most wasted foods:

- | | | |
|---------------------|----------------|-----------|
| 1. Bread | 5. Fresh Fruit | 8. Cheese |
| 2. Bagged Salad | 6. Milk | 9. Meat |
| 3. Fresh Vegetables | 7. Eggs | 10. Fish |
| 4. Cooked Leftovers | | |

Avoiding food waste is an excellent way to reduce a carbon footprint. Of course, it is not necessarily easy to avoid wastage. Here are some ideas – hopefully they'll prove useful.

Tips - Keep Food Fresher For Longer

1. Keep your fridge temperature at 5°C or below. This temperature range preserves food for longer. It is also the temperature recommended by the *Food Standards Agency*.
2. Some fruit & veg produce ethylene gas when they ripen. Others spoil prematurely when exposed to ethylene. So, try to keep ethylene producing foods (bananas, avocados, tomatoes, peaches, pears, apples) away from ethylene-sensitive produce (onions, carrots, leafy greens, berries, peppers, cucumber). More information can be found at www.eatthis.com/foods-ethylene-never-store-together/
3. Foods like lettuce, tomatoes, cucumber and peppers should be kept as dry as possible - damp food perishes more quickly. Dry these foods before putting them in the fridge. You could also line the bottom of the salad draw with absorbent paper.
4. These websites contain further information on the best ways to store foods...

www.nhs.uk/live-well/eat-well/how-to-store-food-and-leftovers

www.lovefoodhatewaste.com/article/food-storage-a-z

www.bbcgoodfood.com/howto/guide/top-tips-freezing-food

Tips - Planning

1. Planning weekly meals and making a shopping list takes the guesswork out of shopping. This is especially important when buying more perishable items like lettuce and berries.
2. WRAP suggest taking a **shelfie**, a photo of your fridge and cupboards, before shopping.
3. Some people create a **Use Next** space in their cupboard or fridge, ensuring food is never left lurking in the dark recesses.

4. Batch cook and freeze. A great way to use ingredients before they have a chance to perish.

Give Away Surplus Food

If you have food which is likely to perish or that you simply don't want, why not give it away?

'Olio' App - the Olio App provides a way to offer unwanted food to others in Charlton Kings (or just your neighbourhood). A pint of milk, those potatoes that you're not going to use – just offer them via Olio. [//olioex.com/](http://olioex.com/)

Food Banks – residents of Charlton Kings do a fantastic job in helping Cheltenham's Food Banks. *Friends Of Charlton Kings* support collection in Charlton Kings; similarly the Charlton Park community provides food collection points, supporting www.cornerstonecentre.org.uk

Eating Out – Food Waste

The UK hospitality sector waste a million tonnes of food per year, with 34% coming from the customer's plate (source: WRAP). Salad, spuds and rice are the worst offenders. Some ideas:

- Ask for a smaller portion if the standard portion will be too much. Or, perhaps ask whether a single meal can be shared by two.
- If part of the meal won't be eaten (eg. the salad garnish), ask for it to be left off the plate
- Make the chef happy by asking that your delicious leftovers are boxed up for you

Grow your own?

Lots of people in Charlton Kings grow their own food. If you've space for a few pots or better still, a fruit & veg patch, you could produce food with **NO** carbon footprint. And save money, and eat better tasting food that's free of chemicals.

If you'd like some friendly help, you'll find a brilliant group of green fingered neighbours on Facebook www.facebook.com/groups/charltonkingsgardenersupportandswaps

Charlton Kings Parish Council own four Allotment sites. If you were interested in taking on an allotment more info can be found at www.charltonkingsparishcouncil.gov.uk/allotments

The 'Community Allotment' is located at the Sappercombe Lane Allotments. As its name suggests, this allotment is for the people of CK to dig, chat, plant, learn and grow some produce. If you're interested in getting involved, visit ...

www.facebook.com/groups/charltonkingscommunityallotment