

10 WAYS TO SECURE FOOD SUSTAINABILITY

1 BUY SEASONAL

Not only is it normally cheaper to buy fresh foods when they are in season, but they will also taste better and have a higher nutritional value.

2 BUY LOCAL

Buying local means that food stays fresher for longer as it has not travelled across long distances. Make friends with local farmers to see what they could offer.

10 REFILL

Find out if you have a local refill store nearby - this will increase the use of fresher products and also cut down on packaging waste.

3

STORAGE

Think about the way you store food. Could it be frozen to make it last longer?

9

COMPOST

Hopefully, you have been able to reduce the amount of wasted food being thrown away but there will always be an element of food waste - put it to good use and turn it into compost for your growing projects.

4

REVIVE

You can revive wilting vegetables and fruit by placing them in either water or ice overnight.

8

TOO GOOD TO GO!

Some supermarkets also have the option to sign up to schemes where you can pick up cheaper food before the end of a day which is too good to throw out. Check your local area.

5

GROW YOUR OWN

There is only one way to ensure your food is fully local and seasonal and that is to grow your own. This will also cut down on food waste as you can harvest it as needed.

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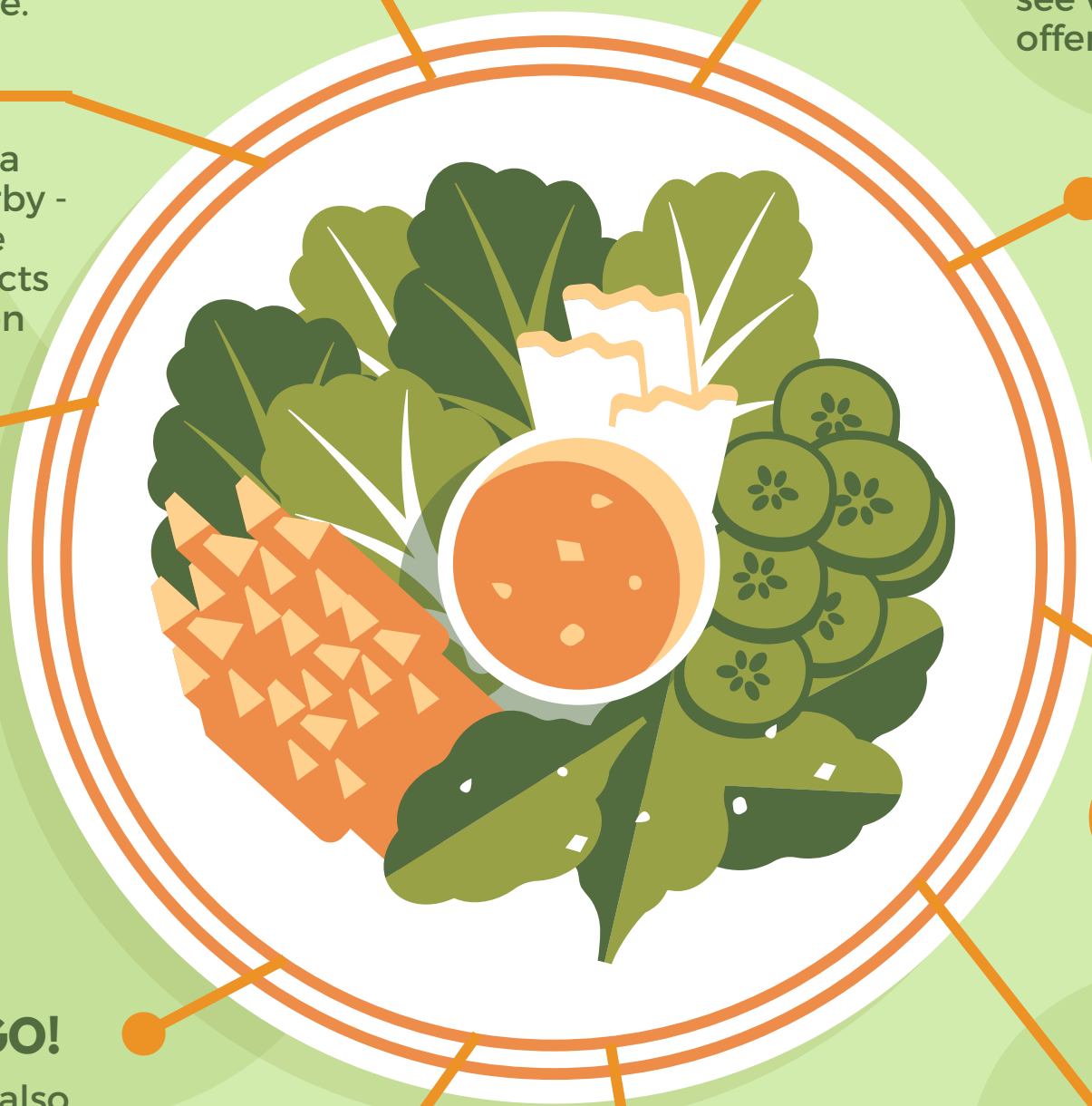
CHECK THE LABEL

When buying your food provisions check the labels - do you understand the difference between Sell By, Use By and Best Before?

6

GO WONKY!

Lots of supermarkets now sell Wonky Veg as a cheaper alternative. The quality and taste will be the same as the regular packs but at a fraction of the cost.



10 WAYS TO BECOMING SUSTAINABLE

1 GO NATURAL

Plastic isn't always fantastic - there are so many resources around us that are sustainable and free.

2 THINK TINY

Micro plastics are so bad for us and our environment. Think before you buy or use things like glitter.

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8 GO PLASTIC FREE

See how many sustainable swaps you could make for everyday items, such as bags, cups, bottles etc.

7 RE-DIRECT

Find out about local services and providers that could offer activities around repairing, reusing and re-sharing.

6 SWAP SHOP

Set up your own swap shop for families to be able to access toys, books, and even school uniforms which they can swap with each other.

3 PAPER USAGE

Do you need to print? Could you use an alternative to paper? If you are using paper is it recycled?

4 REUSE

You will naturally have waste from your programmes, so think about how this can be reused before it is thrown away.

5 JOIN A RECYCLING SCHEME

There are many products that cannot be recycled in your domestic recycling. This is often because of the materials they are made from, or because they use multiple materials.



PECT
CREATING SUSTAINABLE PLACES