

Food Miles Swaps



Checking where you food has come from can help you to eat more healthily, through eating local and seasonal food. It will also cost less and reduce your impact on the environment.

Check your food labels to see where your fresh produce has come from - is it seasonal and local e.g. grown/produced in the UK? Check how far it has travelled by using www.foodmiles.com

Food	Produced/Grown in?	How Far has this food travelled?	Can this be sourced from the UK?	When is it in season in the UK?	Will you make a change?