



**AND YOU?
WHAT
CAN YOU
DO?**



Every time we shop for food or decide what to cook or sit down at the table, there's always something positive we can do to reduce our food's impact on the climate and the environment.

WHEN YOU ARE SHOPPING FOR FOOD ...

1. Make a list of what you need and avoid making impulse buys.

A third of food produced is wasted: at the table, in the home, in the fields, in school or company cafeterias, at the distribution stage. Goods past their sell-buy date, unsold goods or goods disposed of before being sold. 1.3 billion tons of food are wasted every year, enough to feed the 800 million people who suffer from hunger four times over, and 3.3 billion tons of greenhouse gases are produced uselessly.

So let's start checking sell-buy dates and stop buying overlarge packages, let's learn to manage food better, especially if it's fresh and perishable.

2. Try to vary your purchases: biodiversity is a friend of the climate.

Today 75% of food in the world depends on 12 plant and five animal species, with wheat, rice and corn supplying more than 60% of the calories we consume.

Biodiversity is in danger and a food system as uniform as ours is incapable of adapting to climate change. Biodiversity is the foundation of food security: with many varieties available, each can adapt to different climate conditions, enabling us to adjust production in the event of climate change.

3. Don't buy food for aesthetic reasons.

A twisted carrot or an irregularly shaped apple are nonetheless healthy and nutritious, so don't seek out aesthetic perfection at all costs.

4. Look for seasonal food.

Produce that is 'out of season' has less flavor and lacks the nutrients that only natural ripening can ensure. Seasonality is important for fruit and vegetables in particular, but also for fish. Consumption of fish out of season, during the reproduction period, may cause imbalances to marine ecosystems.

5. Buy local food: it's fresher and has travelled less.

Many foodstuffs are produced in faraway places: the more miles they travel, the more they increase pollution. They require more fuel and energy for refrigeration and packaging. On average, to reach western tables a meal travels about 1,500 miles!

Choosing local produce means shortening the distribution

system and eating more nutritious food. And buying food directly at farms means getting to know one's local area and the people behind it.

6. Go for unpackaged food or food packaged using recycled materials.

Packaged and precooked foods are often made with ingredients from intensive farming, some of which have travelled thousands of miles before being processed industrially. And the packaging itself is made of unsustainable materials that are hard to dispose of.

7. Go for produce from sustainable farming.

The dominant food system, based on monocultures, intensive livestock farming and the large-scale use of chemicals and fossil fuels, aims at yield and profit. It creates harmful consequences in terms of CO² emissions and causes a loss of biodiversity, soil degradation and pollution.

Sustainable agriculture doesn't use chemical fertilizers and pesticides, employs renewable sources wherever it can, follows the rhythms of the seasons and respects animal welfare.

IN THE KITCHEN ...

8. Keep an eye on the contents of your fridge: it's not a coffin and what's kept in it has to be consumed fast!

9. Recycle more and waste less: make better use of the food you buy and exploit leftovers creatively to make new dishes.

10. Don't underrate vegetable waste: skins and stalks contain vital nutrients and a blender can work miracles!

11. Conserve your food well: you can make it last longer in airtight boxes, bottles and jars, or in the freezer.

12. Keep an eye on expiry dates: 'best before ...' doesn't mean that food has to be thrown away the next day.

13. Make your own compost: always separate organic waste from other refuse and, if you have a garden or an orchard (even if it's tiny!), make your own compost. Otherwise recycle it.

14. Cook more and prepare your own food: the benefits for yourself and the environment will be much greater than you think.

15. Respect every drop of water and

moderate your water consumption!

Soak fruit and vegetables in water to which you've added bicarbonate of soda, not under running water. Limit your use of bottles made of PET: it takes almost half the water they contain to make the bottles themselves. If you have an orchard, preserve rainwater and irrigate with it.

AT THE TABLE ...**16. Eat less meat but of higher quality:**

that of meat is the form of food production that has most impact on the climate and the environment.

If every family bought 30% less meat and only from local, extensive farms, it would reduce its CO2 emissions by about 1,000 kilos a year. An adult needs only half a kilo of meat a week, white and cured meats included. And let's not forget offal and lesser known cuts, which are easy to cook, cheaper to buy and very tasty to eat. After all, if we only ate fillets, what would happen to the rest of the animal?

17. Avoid fish from intensive farms.

It's not only meat that comes from intensive farms. Tropical prawns, salmon and shark catfish are also raised in overcrowded enclosures, treated with antibiotics and nourished with feed. These farms are very harmful to the environment and produce unwholesome fish.

18. Talk to other people about these topics and spread the word about the Menu for Change campaign!

Find all the Menu for Change materials here:

<https://drive.google.com/drive/>

[folders/0B0AGohh9ejWDSVdRUKtCTEczWjA](https://drive.google.com/drive/folders/0B0AGohh9ejWDSVdRUKtCTEczWjA)

