



ST AUSTELL BAY | PARISH
COUNCIL

SERVING OUR COMMUNITY, PRESERVING OUR HERITAGE
SERVYA AGAN KEMENETH, GWITHA AGAN ERTACH



The **Environment & Climate Crisis** Action **Group**

FOOD FOCUS FEBRUARY

Around a quarter of our total personal carbon footprint comes from our food so what we eat has a huge impact on our health and our planet!

In the UK £19 million worth of food is uneaten and thrown away. What a waste!

So how can we eat healthier and greener?

- * Don't be scared of "best before" labels. If it looks and smells ok it probably is!
- * Eat local food, in season, whenever possible.
- * Plan your meals, saving time, money and creating less food waste.
- * Cook in bulk and freeze.
- * Have a meat-free day each week.
- * Ditch the junk food!
- * Increase the amount of fruit and vegetables in your diet.
- * Reduce the amount of fatty foods you eat.
- * Make sure any food waste goes into the new food waste recycling caddy for collection.