



**ST AUSTELL BAY** | PARISH COUNCIL

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



The **Environment & Climate Crisis** Action Group

## **\*February's Focus on Food\***

**Sustainable food production protects our planet, preserves biodiversity and supports local communities**

**So how can we eat healthier and more sustainably?**

- \* Eat local food, in season, whenever possible.**
- \* Plan your meals, saving time, money and creating less food waste.**
- \* Have a meat-free day each week.**
- \* Ditch the junk food and minimise packaging.**
- \* Increase the amount of fruit, vegetables and grains in your diet.**
- \* Use up leftovers for something tasty.**
- \* If you have the space try growing some at home.**
- \* Look out for organic, fair trade or animal welfare certified labels.**

