

Food production is responsible for a quarter of all greenhouse gas emissions, but we can make some small changes that can help reduce our impact on the planet.



Allotment and home grown foods are a great way to reduce the impact of the food we eat.

There are a few key way we can reduce the emissions of what we eat:

- Reduce meat and dairy
- Eat seasonal and local
- Grow your own
- Use FairTrade where possible



FairTrade is not only an ethical choice, but a sustainable one; with standards promoting environmentally friendly practices and climate change adaptation.