

## Food and drink

Ref	Item
1	Aim never to waste food – save leftovers in freezer for soups or future meals
2	Go vegan (or at least flexitarian, minimising meat and dairy). Large scale studies show that diets low in animal products are the healthiest.
3	Cook from scratch and eat out only as a treat. Batch cook and freeze meals.
4	Buy organic fruit and veg. This is much better for biodiversity as chemical fertilisers pollute and cause CO <sup>2</sup> emissions.
5	Become aware of the seasons: Buy foods in season (to reduce the products flown in from around the world) and grow your own, if possible. Even on balconies!
6	Shop where you can refill containers if possible or run your own SUMA (a food cooperative) for bulk buying.
7	Compost food waste if you have a garden. If not, use the council food waste system if it exists, and if it doesn't, lobby the council to provide one.
8	Boycott palm oil and try to reduce your coffee and chocolate intake – rainforests around the world are being cut down to grow these crops.
9	Carry your own water bottle; avoid buying bottled water as much as possible