



FOOD: Take home task

This session's take home tasks focus on helping you take a more active approach to managing the way you shop and cook, and creating an action plan to help lower the greenhouse gas emissions associated with the food you buy.

PLAN YOUR PERFECT LOW-CARBON SHOPPING LIST

Write yourself a shopping list based on some of the items you regularly purchase. For each item, can you think of a lower-carbon alternative? To help you with this task think about the food's journey to your plate:

Farm → Manufacturing/packing processing → Transport → Retail distribution (eg supermarket) → Home

Your usual shopping list

Your low-carbon shopping list

Tips:

What vegetables and fruits are in season? There is lots of info about what's in season at: <https://www.bbcgoodfood.com/seasonal-calendar/all>. There are also some great recipes on the same site.

Could you replace some meat and cheese meals with veggies and pulses? The 'Love Food Hate Waste' website has lots of mouth-watering suggestions for what do with leftovers. Soups and sandwich-fillers are often a popular choice. See <http://www.lovefoodhatewaste.com/>.

Low Carbon Oxford North also has some excellent advice at <http://www.lcon.org.uk/food/> and Good Food Oxford (<http://goodfoodoxford.org/>) works for a better, more sustainable food system in Oxford. This document is available from www.lowcarbonwestoxford.org.uk.

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