



# “Smart Food for Climate Resilience”

Or: How to eat better, grow your own, favour the local markets and save money and the environment all at once!

# Smart Food #1: Why avoid Waste?

- It is the worst kind of waste to throw food in the bin.
- Scotland throws away an incredible 630 000 tonnes of food and drink every year. Most of this could've been eaten!
- Food waste produces harmful gases (methane)
- Reducing food waste would save up to a shocking **£470** a year – to your own pocket!

# Smart Food #2: Know your Labels

- Confused by all the different phrases? Not anymore:
- “**Sell by**” and “**Display until**”: guidelines for the shop; still safe to eat after the date
- “**Best before**”: produce tastes the best before, but still safe to eat after the date
- “**Use by**”: absolutely the final date when the produce should be used – do not use after this date
- Always give food a good sniff before consuming



# Smart Food #3: Use Food in Season

- Buy and eat food that is in season in Scotland: e.g. root vegetables in winter, cabbage and leeks in spring, berries and vegetables in summer, apples and beans in autumn (see food calendar)
- Less produced: less additives and chemicals – healthier!
- Often also cheaper and grown local (less food miles)
- Local + seasonal = Greener!
- Better for the environment = better for you

# Smart Food #4: Grow your Own Food at Home

- Growing your own food is not only for those living in the countryside – you can do it in the city, too!
- If you're lucky enough to have a garden or a greenhouse:
  - Grow potatoes, carrots, cucumbers, leeks, tomatoes, peppers, herbs, berries
- Or even a window box?
  - Grow herbs, lettuce, peas, rocket salad.
- Get to know your Community Gardens

# Smart Food #5: Grow your Own Food in a Garden

- Find a Community garden: plenty available in Glasgow! (Great activity to do with and without children)
  - The Hidden Gardens @ Pollokshields
  - The Children's Garden @ The Botanic Garden
  - Urban Roots @ Prospecthill Rd
  - And **six** more around Glasgow area where you can grow your own/ buy locally grown (see the map)

## Smart Food #6: Be Greener

- Watch the packaging when you buy food, choosing the ones with **less plastic** wrapping
- Choose produce that is **in season**
- When you can, **recycle & compost!**
- Remember that food can be frozen in the freezer any point before “Use By” date; if you buy more than you can use in a week, just pop it in the freezer and use later!

# Smart Food #7: Be Greener

- Shop local: find farmer's markets and community gardens around Glasgow
- Join a veg box scheme – have your veggies delivered to you!
  - E.g. [growwild.co.uk](http://growwild.co.uk), [thelittlevegco.com](http://thelittlevegco.com), [mollinsburnorganics.com](http://mollinsburnorganics.com)
- Use your leftovers smartly; saves your money, your time, and our environment 😊



# Smart Food #8: Smart Tips

- Keep in mind **what's in your fridge and cupboards**
- Plan the week's menu in advance – make a **shopping list** of what exactly you need to buy
- **Check the labels** for best before – often the reduced items are about to expire so you want to use them straight away
- **Don't do impulse buying** – try not to shop with your kids!
- Also – don't go shopping when you're **hungry...**

# Smart Food #9: In a Nutshell

- Plan for the whole week and use portion planner (find it online, for example at <http://scotland.lovefoodhatewaste.com/portions/everyday> )
- Use the freezer for leftovers in airtight containers
- Watch the expiration dates in labels
- Recycle and/or compost food waste if you can