“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, thelittlevegco.com, 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