

## FOOD PROVENANCE/FOOD WASTE

### FOOD PROVENANCE

Food provenance means where food comes from.  
Where it is grown, reared or raised.

### WHY CHOOSE LOCAL?

- Food is fresher
- Better for the environment: lower carbon footprint
- Supports local producers and economy

### FOOD MILES



Food miles refers to the distance the food has travelled from farm to fork. It also refers to the potential impact on the products carbon footprint

### FOOD MILES

- Oranges—Spain—787 Miles
- Green Beans—Kenya—4237 Miles
- Lamb—New Zealand—11690 Miles



### REDUCING YOUR CARBON FOOTPRINT

- Shop locally
- Grow your own
- Eat food in season
- Walk to the supermarket
- Shop once a week



### LOGOS TO LOOK FOR



British Lion Eggs



European Origin and Tradition Protection



Soil Association, Organic



### FOOD POVERTY

Food poverty is the inability to access healthy and affordable food. This can be attributed to affordability of food due to financial issues or accessibility to food due to poor transport.

Due to food poverty people are likely to develop diet related issues such as obesity, type 2 diabetes and CHD.

### WAYS TO REDUCE FOOD WASTE

- Plan your meals and shopping, only buy what you need
- Cook the correct measurements of items such as rice and pasta
- Store food correctly
- Use leftovers to make other dishes
- Compost vegetable peelings
- Check use-by-dates regularly

### TYPES OF FOOD PACKAGING

#### Plastic

Not biodegradable but most plastics can be recycled. Used for bottles, trays, sandwiches



#### Paper/Card

Easily recycled and biodegradable, cheap to make. Used for pizza boxes, egg cartons.

#### Glass

Reusable and recyclable. doesn't biodegrade easily. Used for bottles and jars



#### Metal

Aluminium and steel both easily recycled. Doesn't biodegrade easily. Used for takeaway containers, tinned products

### FOOD PACKAGING

Packaging of food is essential to preserve freshness, to protect from damage and to prevent contamination

### 3 R's

- **Reduce**—choose items with the least amount of packaging. Reduce the time to cook items.
- **Reuse**—Reuse items such as carrier bags, glass jars. Reuse leftovers to make another meal
- **Recycle**—Recycle everything you can, use bottle banks and composters.

