

# Food action plan & ideas

The birds and the bees, the butterflies, the beetles, the brambles, the biodiversity of every living thing in Nature's system is important to the health and wellbeing of humans. The choices we make affect the diversity of life on Earth. What seem like small decisions about how much energy or water we use, what or how often we buy, or what chemicals we flush away, has a good or bad effect on our local and global eco-systems and species.

The opportunity to make a positive difference comes from making a conscious decision to do more good rather than just less bad. Here are 9 actions you can take, regardless of your financial situation. Which ones would you choose?

	To Do	Done
1. Reduce food waste by just buying what you need, buying local, loose and making soups, casseroles and smoothies with leftovers. Tips here <a href="http://www.sussexgreenliving.org.uk/green-ideas/food-waste/">www.sussexgreenliving.org.uk/green-ideas/food-waste/</a>		
2. Buy and freeze more fruit and vegetables when they're in season to make meals later on		
3. Compost food waste to naturally enrich the soil in our gardens without buying chemical fertilizer. Learn more here <a href="http://www.getcomposting.com/">www.getcomposting.com/</a> and <a href="http://www.eastsussex.gov.uk/rubbish-recycling/reducing-waste/composting-at-home/compost-bins">www.eastsussex.gov.uk/rubbish-recycling/reducing-waste/composting-at-home/compost-bins</a>		
4. Switch to MEAT FREE MONDAYS or reduce meat consumption to just a couple times a week and buy high-quality, local and organic if possible		
5. Buy less dairy products including cows milk. Ideally swap dairy milk to an alternative like oat m*lk. Sussex Green Living offers this as a refill service once a month a <a href="http://www.sussexgreenliving.org.uk/sussex-green-hub/">www.sussexgreenliving.org.uk/sussex-green-hub/</a> . Learn more and get 15% off your first order here <a href="http://www.sussexgreenliving.org.uk/give-dry-a-try/">www.sussexgreenliving.org.uk/give-dry-a-try/</a>		
6. Grow your own herbs, fruit and vegetables organically in the garden		
7. Make plants the main component of every meal and learn more vegetarian recipes		
8. Learn more about the ethical and environmental issues around the foods we eat - <a href="http://www.ethicalconsumer.org">www.ethicalconsumer.org</a>		
9. Eat a greater variety of beans and legumes. Find out why the fibre, protein and minerals matter by reading more <a href="http://www.hodmedods.co.uk">www.hodmedods.co.uk</a>		

## Here are a few more resources to help you tread more lightly on the Planet and take action for nature:

- Find your nearest Community fridge, grab yourself some free food and save it being thrown away here [www.faredivide.org.uk](http://www.faredivide.org.uk)
- Download these apps – [www.olioapp.com/en/](http://www.olioapp.com/en/) free, local sharing app that connects neighbours and local businesses to share surplus food and other items, aiming to reduce waste and build community.- or [www.toogoodtogo.com](http://www.toogoodtogo.com) is a platform that connects users with local restaurants, cafes, and stores to "rescue" unsold food at a discounted price, preventing it from going to waste
- Lots of great ideas here [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)
- Read about Ultra Processed Food in the book by Chris Van Tulleken
- Listen to Tim Spector's podcast or book Food for Life by Tim Spector (also available in an audiobook)
- Great cookbooks: Future 50 Foods written by WWF, Knorr and Dr Adam Drwenowski and One Pot, Pan, Planet by Anna Jones
- Find our favourite environmental books and films here [www.sussexgreenliving.org.uk/resources/filmsbooks](http://www.sussexgreenliving.org.uk/resources/filmsbooks)
- Find your nearest repair café here [www.sussexgreenliving.org.uk/repair](http://www.sussexgreenliving.org.uk/repair)
- Find your nearest refill or zero waste shop here [www.sussexgreenliving.org.uk/zero-waste](http://www.sussexgreenliving.org.uk/zero-waste), if you know of others please let us know on [info@sussexgreenliving.org.uk](mailto:info@sussexgreenliving.org.uk)
- Learn how your business or employer can work with our charity [www.sussexgreenliving.org.uk/businesses](http://www.sussexgreenliving.org.uk/businesses)
- Read about our work in schools and colleges here [www.sussexgreenliving.org.uk/green-education](http://www.sussexgreenliving.org.uk/green-education)
- Find a green space outside your place of work, church, school or green space and sponsor a Pollination Education Station, learn all about this exciting project here [www.sussexgreenliving.org.uk/renature](http://www.sussexgreenliving.org.uk/renature)
- Will you make a pledge of action to tread more lightly on the Planet? You can do so by completing this pledge form [www.sussexgreenliving.org.uk/8-pledges-form](http://www.sussexgreenliving.org.uk/8-pledges-form)
- Sign up to our once a month newsletter by completing this form [www.sussexgreenliving.org.uk/contact-us](http://www.sussexgreenliving.org.uk/contact-us)