

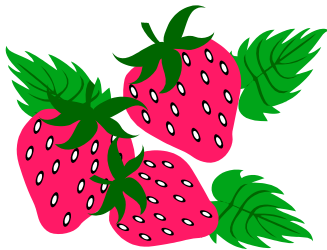


Food miles

Today our food is travelling increasing distances 'from the plough to the plate.' We refer to these distances as "food miles."

Flying commodities by air uses nearly 40 times the amount of fuel as sea transport.

Find out about local food—what does this term mean?
<http://www.cpre.org.uk/what-we-do/farming-and-food/local-foods/the-issues>



We are importing lettuces from California and strawberries from Israel partly because we no longer pay attention to seasonality.

What does "seasonality" mean?
<http://www.bbcgoodfood.com/content/local/seasonal/table/>

There is an increasing environmental cost associated with food miles.



Sustain says that for every calorie of carrot flown in from South Africa, we use 66 calories of fuel.

Do food miles always contribute to climate change?
<https://ccaafs.cgiar.org/blog/eating-local-good-climate-thinking-beyond-food-miles#.WN0IH9UrLIU>

Try out the Food Miles Calculator here:
<http://www.foodmiles.com/>

Another issue you might like to consider is Fair Trade. What does this mean?
www.fairtradefederation.org/

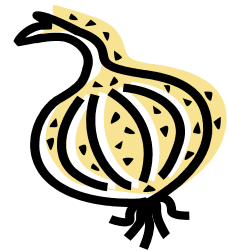
<http://www.fairtrade.org.uk/en/what-is-fairtrade>

Maybe you'd like to buy local or regional foods. Why might local foods be good?

<http://bit.ly/2oC0nBx>



Find out about farmers' markets
<http://myfarmersmarket.co.uk/what-is-a-farmers-market/>



Allotments and Community Gardens are other ways of ensuring a supply of locally grown food. Find out about them at
www.nsalg.org.uk/

www.allotment.org.uk/

