

CLIMATE CONVERSATIONS

COMPOSTING IS *NOT* GOOD ENOUGH

Food Waste
 We use masses of energy, water and fuel to grow and transport the food we eat every day. So wasting it once it has been grown, transported and sold just adds to the causes of climate change.

1. LET'S GET GROWING

By growing some of our own food, it helps us to appreciate everything that has gone into making it.

Get some vegetable seeds: you could buy them or take your own from tomatoes or peppers at home. Or ask other people if they have some going spare.

Collect together some reusable containers from your recycling box.

You are now ready to start planting! See our tips for more ideas...

TIPS

If you don't have a garden to get some soil from, ask the person who gave you the seeds for a small bucket full.

Put your seed trays on a window sill and remember to water regularly.

You could use old lolly sticks to label up what the types of seeds are.

Runner beans, peas, carrots or tomatoes can be good plants to grow to start with.

HOW do I plant them?
 Fill the pots with soil and push in your seeds. Stand the small pots in a larger container from your recycling box, such as a fruit punnett.

When they have grown too big for their little pots, replant them into a garden or big tubs and watch them grow! What recycled or reused containers could you use as tubs?

WHAT could I use?
 Small tubs like yoghurt pots, egg boxes or - for tiny seeds - you could even use loo roll tubes cut in half. See what else you can find!

WHO could I ask for a few seeds?
 A neighbour, friend, or grandparent? Or maybe a local gardening club?

What I am growing:

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What month they'll be ready:

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Who will you tell about what you have grown - and why? Could you encourage them to do the same?

2. COOKING A MEAL

Decide on a menu or recipe that you are going to cook!

Check if you can use up any food that might otherwise be wasted, e.g. dry bread crusts for a breadcrumb topping or soft apples for a fruit pie.

Growing your own veg means

- No packaging waste
- Less fuel used to take food from farms to shops to home
- More money in your pocket!

What I will cook:

What I can use up:

How many I am cooking for:

Other ingredients I'll need to buy:

What I'll do to make sure that no food is wasted*:

Can you add a couple of ideas of your own?

3. BECOME A FOOD WASTE WARRIOR

Time to take a look in your food waste bin! Keep a list beside it for a week and write down what goes in it. Then list the 3 types of food that get put in it most often.

Make an action plan for how you can prevent these foods being wasted so often - or at all!

Food wasted most often in our house:

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*** Here are some hints to help prevent food waste:**
 Make a shopping list to be sure you only buy what you need. Cook just the right number of portions. Put any leftovers in the fridge for the next day or freeze for later. Put food scraps and peelings in the food waste bin.