

HH Enviro-news

Your local monthly green update

Food Actions you can take to reduce your Carbon Footprint

1. Consider having one or more plant-based meals each week.

Eating less meat is good for the environment because it reduces pressure on forests and land used to grow animal feed, which in turn protects biodiversity, the earth's ecosystems, and people living in poverty who are bearing the brunt of climate change. It is the single most significant action you can take to help our environment by reducing greenhouse gas emissions, deforestation, and soil degradation. Reduction of meat consumption will also save an enormous amount of land and water and increase biodiversity. Eating less meat helps the environment because it lowers the demand for meat products, and in turn reduces the land use and environmental damage of the meat industry. Plant based recipe books will be in the Heron Cafe Library Box soon.

2. Did you know food waste can go in with your garden waste (in your Brown Bin).

If you would like advice on good plant-based recipe books or recycling food and other items text.

Cllr Marilyn Stone on 07944490903

