



How do I make choices about food to cut carbon?

Hertford And Our Changing Climate - 5 easy steps to a Climate Friendly diet

- 1. Switch meat based recipes for plant based recipes a few times a week.** Many of Hertford's cafés and restaurants offer mouthwatering plant-based cuisine. All the ingredients are available not only from Hertford's specialist vegan shop on Honey Lane, and Holland and Barrett, but also from the Saturday market and local supermarkets
Why? Meat production across the world, especially beef and lamb, has a **big impact on the production of greenhouse gases** which contribute to global warming. Studies suggest that 14.5 % of all greenhouse gases are produced by livestock. It is best to stick to locally produced meat, from animals reared non-intensively, using less fossil fuel.
- 2. Try out non-dairy milks – oat or soya milk for example.** Many of Hertford's cafés sell delicious non-dairy lattes, cappuccinos and more and non-dairy milks work just as well on cereal, in custard and tea or coffee.
Why? Dairy products, especially cheese and milk, also have a **much higher carbon footprint** than oats and soya, because of the methane produced by cows, and because of the amount of fossil fuels used in their production.
- 3. Buy locally produced food, and fruit and veg in season**
Why? To meet the demand for out of season food, it is transported further than ever before, often by air. That makes it a **major contributor to greenhouse emissions and climate change**. If fruit or veg comes from a long way away, and has a short shelf life, it has probably been flown in. Meat produced in the UK, normally has a lower carbon footprint than that produced abroad.
- 4. Take reusable veg bags to the supermarket or Saturday market** Make your own or buy them from Sainsbury's
Why? Much of the packaging used for food is single use plastic, which often cannot be recycled. Because **single-use plastic is produced from fossil fuels**, the process of extracting and creating these plastics emits an estimated 12.5 to 1.5 million metric tons of greenhouse gases per year.
- 5. Re-use and recycle as much packaging as you can**
Why? Packaging which is not re-used or recycled, goes to **landfill sites**. These account for over 15% of **methane emissions**, which contribute to global warming. The disposal of more packaging to landfills leads to increases in landfill size and these emissions.

Eating Out – Some Recommendations for Sustainable Choices (these are not recommendations or comprehensive just suggestions we know of)

- Mudlarks, Fore Street – all vegetarian menu
- www.vegheadsfood.co.uk - Veg Heads – plant based fast food/takeaway
- Lussmans, Fore Street – sustainable fish and grill
- Hertford Organic, Honey Lane, organic food store and online ordering
- Abel and Cole – organic online suppliers
- Riverford Organic Farmers – organic online suppliers
- Foxhole Farm, www.foxholesfarm.com, locally produced meat and more
- Sugar and Scoop Refill Shop, High Street Ware
- <https://www.bgreenstore.co.uk/> Birch Green refill store

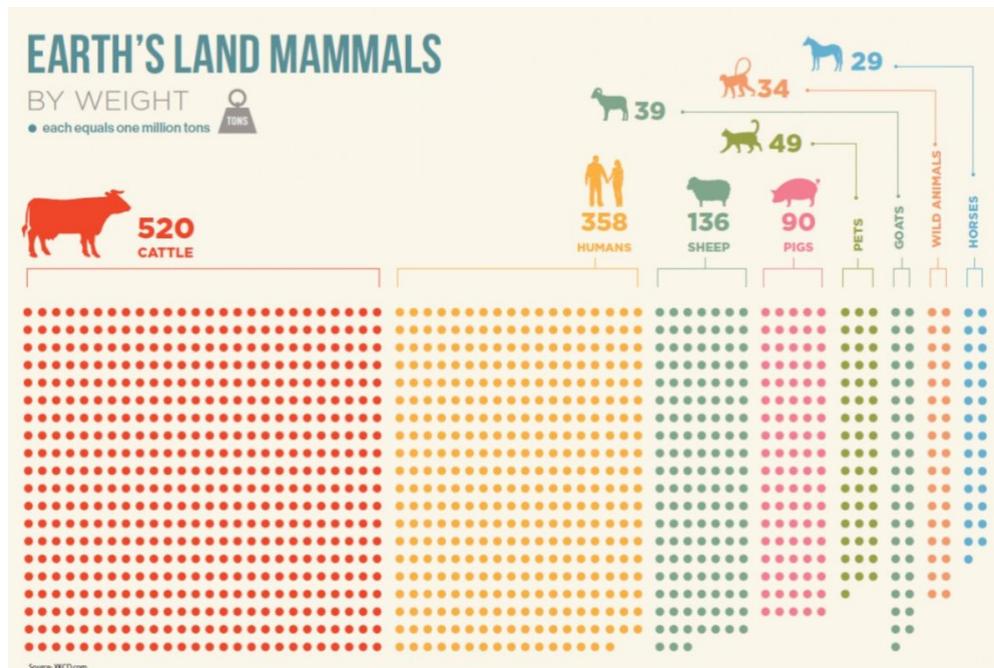
Learning about the origin of food we eat

- www.churchfarmardeley.co.uk A not-for-profit farming, food, care and education farm
- www.blackgrovefarm.org A new Sustainable Community Farm, Colliers End, Ware, East Hertfordshire.

Tips on avoiding waste

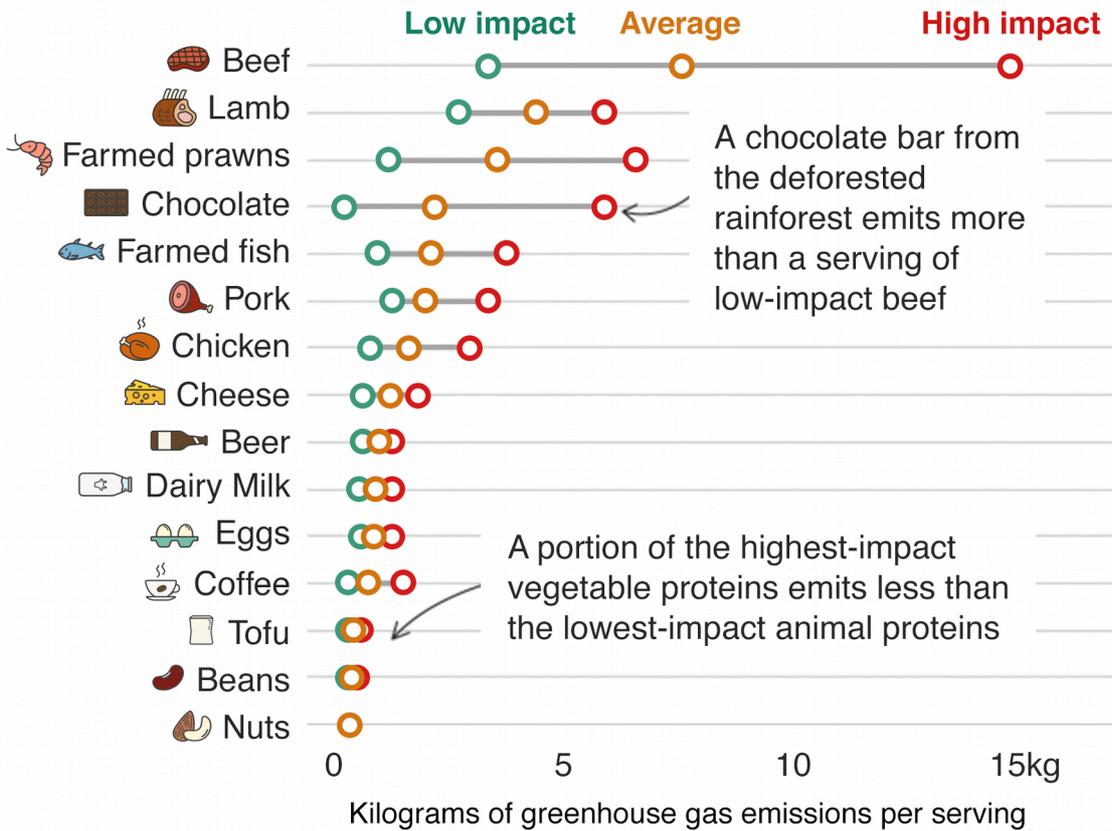
<https://www.hertfordshire.gov.uk/services/recycling-waste-and-environment/recycling-and-waste/about-wasteaware/about-wasteaware.aspx> Hertfordshire County Council's unit on avoiding waste has lots of good tips on avoiding waste – e.g recipes to avoid food waste.

The bigger picture



Beef has the biggest carbon footprint - but the same food can have a range of impacts

Kilograms of greenhouse gas emissions per serving



Source: Poore & Nemecek (2018), Science



<https://www.hacc-herts.org/> Look at Hertford and our changing climate for more information.



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