

Eat local foods

It would be a challenge to live solely on locally produced food in the UK today. It is achievable, however it may result in some dietary changes. Where possible, consumers are encouraged to buy locally grown produce in order to support local communities and reduce the impact on the environment of importing foods from abroad.

Check the label. Use the interactive resource to order food based on how far it has travelled to be on the shelf at your local supermarket. Are you surprised at how far some of this food has travelled?

When you next visit the supermarket to buy fresh fruit and veg, look at the label in order to choose food that has travelled the least distance to you. By doing this you can have a better impact on the environment. It doesn't always mean that food from other countries is good enough; it just allows you to make a decision about where your food has come from and the impact of the global footprint.

Tasks: stretch and challenge

Collect various packaging and use the labels to discover how far food has travelled.

Research a local farm or food producer near to your home. What do they produce? Find out what, and how, they farm? Are they able to sell their produce locally? Would you buy the food? Do they export their produce?

Further reading

The following websites have some good links to British farming and free resources for schools:

<http://www.lovebritishfood.co.uk/> – celebrate British food fortnight by choosing food that is British for one of your practical lessons during the campaign fortnight. Encourage students, where possible, to source food locally and create a menu that shows the benefits of using local food.

It also helps support British farming <http://www.nfuonline.com/back-british-farming/downloadable-resources/>

*Homework task: **the food swap***

Look in the fridge and cupboards at home and list 10 food items that have been imported. Could these foods have been bought locally? What are the advantages of buying locally produced food?