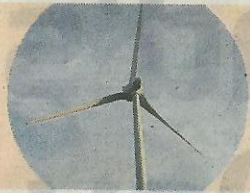


OPINION



Climate Action

Submitted by
Harborough
Climate Action

Plan your shopping needs to cut waste and reduce fuel

This month, Harborough Climate Action will be helping you understand greenhouse gas emissions from food and drink, which accounts for some 25% of the average UK person's carbon footprint.

According to The Intergovernmental Panel on Climate Change (IPCC), 'more than a third of worldwide greenhouse gas emissions come from the production, distribution and consumption of food'.

In addition, extreme weather events caused by climate change are affecting our ability to grow crops.



Substantial areas of forests containing carbon-capturing trees and vegetation are being cleared for food production, particularly to meet the de-

mand for meat and dairy. Crops grown on an intensive scale to feed them often require the use of nitrous oxide-emitting fertilisers. Overgrazing can lead

Food and drink accounts for 25% of an average UK person's carbon footprint

to degradations of land. So, you can reduce your carbon footprint by cutting down on meat and dairy or sticking to local produce that has been farmed responsibly.

Food and drink are often transported long distances by road, sea and air using a lot of fossil fuels.

All of this contributes to increased greenhouse gas emissions. Again you can help to reduce these emissions by buying locally sourced and in season produce.

Food waste sent to landfill is also a huge contributor to greenhouse gas emissions, with

the damp, oxygen-lacking conditions producing methane.

The most effective way to prevent food waste is simply to buy less in the first place, by carefully planning your shopping.

Then make sure you use everything you buy... and freeze leftovers or use scraps by composting.

So here are our top tips for this month:

- Reduce meat and dairy consumption
- Buy locally produced food and drink
- Buy fruit and veg that are in season
- Buy food and drink with less packaging
- Make a real effort to reduce your food waste.

For more information, visit www.SustainableHarboroughCommunity.co.uk/hca

If you have any questions or comments, please email hca@SustainableHarboroughCommunity.co.uk