



Food Checklist

Easy

- Plan your meals and buy only what you need
- Cook up leftover vegetables and bones to make stock
- Limit food waste. Eat as much as possible of your food e.g. broccoli stems, cauliflower leaves etc.
- Freeze food that you have too much of or do not have time to eat
- Meat-free Mondays

Moderate

- Plan a time in your week for food preparation and planning
- Bake your snacks and reduce packaging and palm oil in the process
- Find out all about uncertified palm oil and which products include it
- Begin a herb garden
- Grow your leaf vegetables to save trips to the shops, reduce food miles, packaging and eat healthier
- Join a community garden
- Take the Darwin Challenge (phone app) to reduce meat intake
- Get to know your butcher and where your meat is coming from and don't buy meat on plastic trays
- Buy food produced locally

Difficult

- Keep chickens or support someone who does