



Climate and nature-friendly cooking

Get Togethers are all about connecting people of all ages and backgrounds through good food. Cooking can be a fun and engaging way to get everyone involved, and the food you choose can also make a big difference to the world around us.

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Food and farming are warming up the planet. In fact, farming is directly responsible for 10% of the EU's overall emissions, and the food and farming industry as a whole accounts for around one third of global greenhouse gas production. However, this figure ignores emissions from animal feed production outside of the EU, and other contributors.

The good news is that not all food is created equal when it comes to climate and nature friendliness – meaning the food choices we make – and how it is grown and prepared – can have a huge impact. If you're able to choose the food for your Get Together and would like to consider the health of the planet too, here are some tasty, fun, climate and nature-friendly cooking ideas you might like to try at your next event.



@SAFoodforLife #FFLGetTogethers
www.fflgettogethers.org

Get cooking at your next Get Together

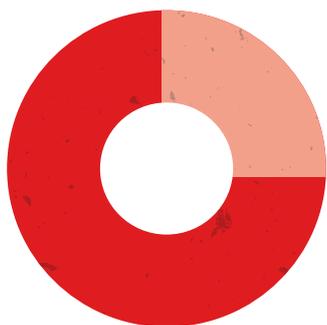
Mix it up!

Variety in our food creates diversity in nature and strengthens our food supply.

According to the Food and Agricultural Organisation, a huge 75% percent of the world's food is generated from only 12 plants and 5 animal species. Eating local, seasonal fruit and vegetables can protect the environment, as local varieties and their corresponding wildlife can thrive. Eating local can also reduce your carbon footprint, as the food won't have travelled so far, which can also keep the cost down too.

Go organic

Choosing organic food where possible can make a big difference, as it means the food has been produced using traditional methods that reduce the use of chemicals which can harm the environment. Eating organic can be more expensive, but there are many ways to keep the cost down, such as precision buying, signing up to a box scheme, or even growing your own as part of your Get Together activities. Take a look at **some ideas here** to help you enjoy organic for less.



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Less but better meat

Meat in moderation can be a great source of nutrients, but it comes with some climate and nature considerations, such as land use change, with forests and other ecosystems being destroyed to make way for farmland to rear livestock. As well as animals eating foods that we could eat ourselves, **chickens consume the equivalent of half the UK wheat crop**, meaning less space to feed people, grow trees or graze livestock.

One way to reduce the amount of meat you eat is to swap it out for more plant proteins, vegetables and pulses. This can be a big step in reducing your community's climate and nature impact. Why not share some meat-free recipe ideas at your next Get Together – or you could even cook some together, perhaps even virtually via a video link!

Choosing less but better meat where possible can help protect the environment. Reducing meat in your activities may allow your budget to stretch further to choose higher animal welfare items like grass-fed, local or organic meat. For budget-friendly choices, look for **cheaper cuts of meat** and frozen options. Additionally, you could look for **MSC** fish to support the reduction in overfishing. Tinned tastes great, and offers a more affordable option.

Cut down on waste

The best thing for the food we grow and cook is for it to be enjoyed and nourish us, yet globally, a third of the food grown for people is lost or wasted. Some **zero waste ideas** can help reduce this happening at your Get Together, so your community can make a positive difference together.

It can be great fun to create something tasty with the food you already have in your cupboards. You could pool ingredients with those attending your Get Together, to create a zero-waste dish from things everyone already has available - saving money at the same time. Hand out any uneaten food from your event in party bags, so that everyone can eat for free at home over the next few days. Food activity planning can be unpredictable, but you could look for a community fridge or make contact with a local food bank to see if and how you can donate food to allow others to benefit from any leftover food too.

We'd love to hear what you get up to on your next growing Get Together! Please tag us in your gardening and growing photos using the **#FFLGetTogethers**



COVID-19 RESTRICTIONS

Although there can be significant benefits from connecting through good food it is important to consider any current local restrictions linked to the coronavirus. Many activities may still be possible with additional safety measures such as distancing and masks or adaptations such as using video technology or being outdoors. As with all safety considerations when organising activities and events, it is vital to assess and manage the risk appropriately for whoever is attending.