

HOW TO REDUCE YOUR FOODPRINT



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING

FOOD IS IMPORTANT TO OUR ECOLOGICAL FOOTPRINT. BUT OFTEN WE DON'T REALISE THE TRUE COST OF PRODUCING FOOD TO THE ENVIRONMENT. DID YOU KNOW THAT CROP AND GRAZING LAND FOR FRUIT, VEGETABLES AND MEAT, AND FISHING MAKE UP ALMOST 35% OF AUSTRALIA'S ECOLOGICAL FOOTPRINT.

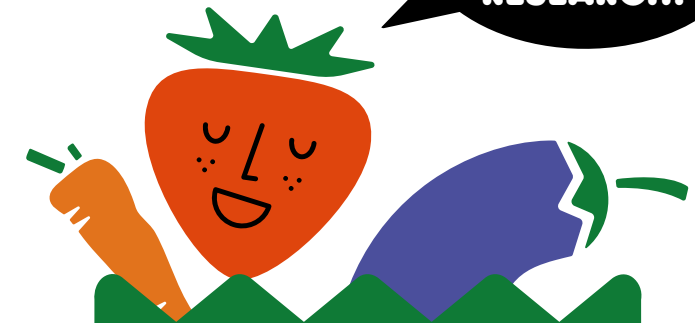
— Our ecological footprint is influenced by what we eat, how food is produced, how far it has travelled, how it is packaged, prepared and cooked, the portion size and how much we throw away.

We can all help reduce our ecological footprint by:

- Not wasting food
 - Choosing food that is locally grown
 - Buying seasonal produce
 - Selecting foods with less packaging
 - Buying less processed foods
 - Composting the food that can't be eaten
 - Avoid single use plastic cutlery, cups and plates
 - Using energy efficiently for cooking
- Wasting food wastes everything – valuable land, water, energy, resources and money.



USE THESE WEBSITES FOR YOUR RESEARCH!



[Climate change food calculator: What's your diet's carbon footprint?](#)

by BBC News

www.bbc.com/news/science-environment-46459714

[What's your footprint?](#)

by BBC Earth Lab

www.youtube.com/watch?v=k7DQ0EEqxV4

[Fight Food Waste by OzHarvest](#)

www.ozharvest.org/fightfoodwaste/resources/

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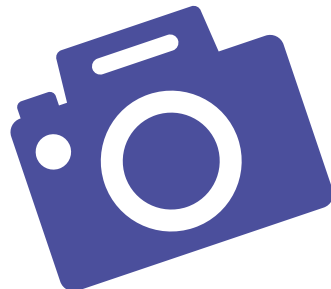
➤ **Question:** What is the best way to get people thinking about reducing their foodprint?

➤ **Scenario:** The food you eat impacts on your health, the environment, animals and people - this is known as your foodprint.

➤ **Task:** Reduce your foodprint and the foodprint of your friends and family by researching different ways to reduce food waste at home and how to shop, eat and use food in a sustainable manner.

➤ Use the food and our ecological foot print fact sheet and the websites provided to answer the questions.

PRESENT YOUR FINDINGS VISUALLY IN A VIDEO, FACT SHEET, BROCHURE OR NEWSLETTER TO INFORM OTHERS ON WAYS TO REDUCE THEIR FOODPRINT.



WHAT IS A FOODPRINT?

WHAT ARE THE BENEFITS OF SHOPPING WITH A LIST?

WHY SHOULD WE BUY LOCAL, SEASONAL INGREDIENTS?

WHY SHOULD I BUY FOOD IN SMALLER AMOUNTS INSTEAD OF BUYING IN BULK?
