

Eating with the seasons



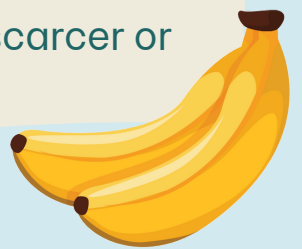
We're spoilt. We have become so used to being able to buy fruits and vegetables all year round in our supermarkets. But there's actually many advantages and benefits to picking produce and eating seasonally.

It reduces food miles

When buying out of season, food must travel longer distances in order to be available in our supermarkets. These are called "food miles". When you eat seasonally these food miles are reduced.

It reduces carbon emissions

The way the food is shipped can greatly affect pollution outputs...Planes produce 177 times more emissions than ships. Eating seasonally reduces the energy (and associated CO2 emissions) needed to grow and transport the food we eat. This helps us to avoid paying a premium for food that is scarcer or has travelled a long way.



Support local economy

Eating seasonally means food does not have to be imported. This means food is instead sourced locally and therefore supports your local economy.

Seasonal food is healthier

Seasonal food is fresher and is more nutritious. Avoiding long and timely journeys to the supermarket ensures food is fresh and less nutrients are lost.



Seasonal food tastes better

Foods are usually harvested when they are at their peak and typically have the most flavour and nutrients. This means seasonal foods tends to be tastier, healthier and better for the environment.

