Easy Food Swaps

Try growing some simple veggies yourself, to reduce the environmental impact and learn a new skill

Try halving the meat in recipes and serving it with pasta or veggies or use half meat, half plant-based protein, like beans, lentils, or soya

THE CHRISTCHURCH FOOD FESTIVAL EDUCATION TRUST: CHARITY NUMBER: 1127292

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Try swapping meat for local free-range meat to reduce food miles and ensure animal welfare

Try swapping red meat for poultry, eggs, or fish to reduce your environmental impact

Try swapping cows milk for fortified plant drinks, like oat and nut

Reduce your food waste by swapping fresh for frozen fruit and veg

Try to eat more variety, try swapping cod for pollock or hake, and try swapping carrots for courgettes

Try swapping chicken breasts by buying a whole sustainably raised chicken and roast it, you can use the leftovers for many easy recipes throughout the week and save money

Try swapping white with wholemeal products, they require less processing, allowing for a lighter impact on our resources

Eat sustainably fished seafood

To eat more plants, try swapping meat products for legumes and pulses, lentils have a low carbon footprint and require little water to grow