

# Ten Actions for Individuals & Families



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Everyone can do something to make Cardiff a healthier, happier, and tastier city. Here are ten ways individuals and families can make a difference.

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**1.** *Buying locally grown seasonal fruit and vegetables* - Locally grown, seasonal food is the freshest produce you can buy because it doesn't have to travel far. It's better for you, better for the environment and better for your local farmer..

**2.** *Eating more pulses and vegetable based meals* - Eating more vegetables and pulses is a great way to increase fibre in your diet and reduce the amount of fat and salt you're eating. How about joining the thousands of people around the world who are reducing the amount of meat they eat by taking part in Meat Free Mondays?

**3.** *Reducing food waste* - Understanding the difference between 'best before' and 'use by' dates means you'll avoid throwing away food that's still fine to eat. You can reduce food waste by planning meals and going shopping with a list of ingredients - and you'll avoid buying food you don't need and won't use.

**4.** *Recycling food packaging* - Choosing products without packaging - or with as little packaging as possible - is better for the environment and for keeping our streets litter-free. You can recycle most food packing through Cardiff Council's street collection, just look for the triangle symbol on the packaging and the Council's recycling guidelines.

**5.** *Choosing responsibly caught fish from a sustainable source* - Some species of fish, like cod and tuna, have become so popular they're at risk of becoming extinct. Not only that but when these big fish are caught in nets, small fish that aren't wanted are caught too—and go to waste. Choosing sustainable fish helps protect fish stocks from over-fishing and protects the balance of the ocean environment. Look for Marine Stewardship Council (MSC) and sustainably sourced labels on your fish. Fish that have been line-caught are a great choice too.



6.

**Knowing your labels** - When you know your labels, you know what you're choosing and eating. Organic food and drink reduces artificial chemicals in your diet and pesticides in the soil. It also ensures high welfare for animals - look out for the Soil Association Organic Standard. Free-range ensures that animals have access outside space and daylight for at least part of the day. Freedom foods offer higher animal welfare, so you know what you're eating has been ethically produced. Looking for food produced in the UK? The Red Tractor logo means your food or drink has met responsible production standards and is fully traceable back to independently inspected farms in the UK.

7.

**Growing some of your own food** - Growing vegetables from seeds is easy and it's a great way to feed your family cheaply. You don't need to have much space - or green fingers! Lots of veg can be grown in pots or window boxes. Salad leaves, kale and courgettes are a great choice to start your pot allotment.

8.

**Cooking meals packed with natural goodness** - When you cook meals from scratch you decide exactly what ingredients go into your food. It's a great way to avoid processed ingredients, preservatives, and artificial colours. And home cooking can help you save money and ensure you don't waste anything! It's also a great way to sneak extra veg into your family's diet...shhh! We won't tell if you don't.

9.

**Buying Fairtrade products** - When you buy Fairtrade, you're supporting fair pay and decent working conditions for farmers and workers in the developing world.

10.

**Giving a little of your spare time to volunteer for a local food project** - Volunteering is a great way to develop new skills and meet new friends while helping your community. By volunteering you're showing that you care and are doing something practical to help everyone in Cardiff enjoy safe, nutritious, and tasty food. Research suggests that volunteering may also improve your mental health and help you live longer!

