Beginners Guide to Green Cooking

Reduce Your Food Miles

Perishable out of season foods grown in green houses and flown in are the worst offenders. A pack of asparagus flown in from Peru is worth 3.5kg CO_2e yet a local in season pack is only 125g CO_2e! Shopping at a local farmers market helps you buy in season and reduce your food miles without having to check the labels.

Make Extra for Leftovers

Make the most of the effort you put in and cook more than you need to make yourself lunches or dinners from the leftovers. This is a great way to make the most of your time, save money and reduce food waste whilst creating easy and tasty meals.

Reduce Your Meat And Dairy Consumption

The consumption of meat and dairy accounts for 15% of global emissions! Going vegan may be asking a bit much for most but by reducing your intake of meat and dairy can reduce your carbon emissions dramatically. Get adventurous with recipes or try meat or dairy free days to improve your health and your footprint.

Recycle Your Food Waste

Each year in the UK 7 million tonnes of food is wasted from our homes. When sent to landfill, this waste releases methane, a green house gas 25 times more potent than CO_2. Putting it in food waste reduces its impact and enables the food to be turned into fertiliser or even a source of energy via an anaerobic digester.

Avoid Unsustainable Palm Oil

300 football pitches worth of forest is cleared each hour for palm oil! Unfortunately, palm oil is so engrained in our lives it is hard to remove from your weekly shop completely. However, choosing products without palm oil or which are certified to be sourced sustainably can go a long way.

Think Carbon

carbon footprint™