

Something to think about...

All the activities in **Better by Miles** discuss where our food has come from, why we export our and food and import the foods we cannot grow. All of these are important factors when we choose the food we want to eat. What else might you think about when you buy your food?

Next time you are choosing something to eat, think about....

1. *Where did it come from?*
2. *How did it get here?*
3. *Is this a food that Scotland is famous for?*
4. *Is this food in season in Scotland now?*
5. *Does buying this support local producers?*
6. *Is this food good for me?*
7. *Will I be able to eat it all or will some of it go to waste?*

To help us to remember we have our healthy sustainable diet shopping list bags

- *We have spoken about waste not want not but one way we can reduce waste is to use canvas or re-useable bags when we do our shopping.*
- *Plastic bags are considered an environmental nasty. They litter our streets and cause problems for wildlife. We can still reduce the number we use.*
- *Small changes can make a big difference.*

