



Eating for Planet Earth

The way we currently produce food accounts for one quarter of our total global greenhouse gas emissions and takes up one third of the world's land. While we need to feed a growing population, intensive farming practices have led to habitat destruction and damaged soils. On top of that, one third of the food we produce globally doesn't even get eaten, but is spoilt or thrown out someone on the way from farm to dinner table.

One quick way to reduce emissions is to cut down the amount of meat on our dinner tables, as meat (especially beef) and dairy production are generally more carbon intensive than the production of fruit, vegetables and pulses.

Eating seasonally and locally also tends to be cheaper and healthier for us. In Edinburgh and Dundee, there are a number of local groups encouraging communities to grow their own food in community gardens, allowing people to take ownership of their diets.

You can interact with the container by:

- 🍴 looking through the kitchen drawers to find examples of local organizations you can work with to grow food and learn new skills
- 🍴 Writing a recipe down in our Zero Waste recipe book
- 🍴 Use the scales to measure how much carbon dioxide it takes to produce different food groups
- 🍴 Check our seasonality board to see when food is in season in Scotland



1/3
of the world's
land is used for
food production



Restorative food systems can help us produce the food we need without it costing the Earth.

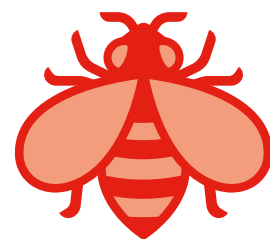
There is a view that farming and environmentalism doesn't work well together but that just isn't true! While some intensive farming systems have degraded our soils and water supplies, there are other ways to produce food.

Regenerative agriculture can result in increased carbon storage by improving damaged soil. Planting diverse crops can help improve food security and vary out diets with seasonal fruits and vegetables and the movement away from monocultures will impact positively on our wildlife.

We can even improve our marine environment by reintroducing oysters that clean the water through filtration and farming seaweed that stores carbon on the sea bed – both of these can be part of a regenerative, sustainable food source!

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Growing diverse crops helps our pollinators thrive