**Climate Friendly Food Actions for Individuals**

1. Eat less but better meat – start by replacing one meat-based meal with a plant-based meal every week (or more!) and opt for organic meat where you can.
2. Eat two meals a week with seasonal food grown in the UK.
3. Grow one fruit or veg crop this year, either in your garden or in one of Medway’s community food growing spaces. \*
4. Use a weekly meal planner to help with your food shop, and get to know your portion sizes, to avoid food waste.
5. Freeze or use up your leftovers to avoid food waste. Visit the [Love Food Hate Waste website](https://www.lovefoodhatewaste.com/) for recipe ideas.
6. Compost at home or help set up a community composting scheme. You can buy composting bins on the [GetComposting website](https://getcomposting.com/).
7. If you are unable to compost at home, use the weekly organic waste (brown bin) service to dispose of your food waste. It will go to a composting facility to be made into soil improver.
8. Volunteer at or donate to a community food project e.g., one of Medway’s surplus food distributors \* or volunteer your time at a community food growing space in Medway. \*\*
9. Sign up to food sharing apps such as FareShare, Too Good To Go and Olio.
10. Learn about and use low carbon cooking methods.  Putting a lid on your saucepan will save energy!
11. Choose a packaging free version of a food product you buy regularly.
12. Refuse single use plastics and take reusable containers with you instead when you go out, for example a coffee cup or water bottle.
13. Look for the Refill sign when you’re out and about.
14. Make a difference to your local food system by joining Medway’s Food Partnership.  Email [foodpartnership@medway.gov.uk](mailto:foodpartnership@medway.gov.uk).

\* A list of Medway Council’s local charity and food bank partners can be found on the [Food support in Medway page](https://www.medway.gov.uk/info/200578/food_support_in_medway).

\*\* A map of all local community growing spaces can be found on the [Medway Whole Systems Obesity dashboard](http://www.wholesystemobesity.uk/medway/). On the website, click on “Activities” on the left-hand pane and then select “Food growing” in the central list of subject areas.

**Want to know more about climate action in Medway and join in?  Email us at** [**climatechange@medway.gov.uk**](mailto:climatechange@medway.gov.uk)