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# Food waste

Zoology Department Green Impact Team  
March 1 - 12

## Confusing packaging

Packaging can be confusing at best, misleading at worst. Here is a quick run down of the dates you will see on packaging.

**Use-by dates** are about safety – do not eat food past its use-by date. Consider freezing food you won't get round to before this date.

**Best before dates** are about quality – food can still be eaten safely after the best before date.

## Food perfectionism

We need to break our dependency on perfect crops. Supermarkets set up strict standards on crop appearances that do not reflect their safety, taste, or nutritional value. As a consumer, put pressure on your supermarket to reduce the amount of rejected crops, or shop at independent retailers (such as farmers markets and farmers shops).

If you have any questions please reach out to the Green Team at: [ea483@cam.ac.uk](mailto:ea483@cam.ac.uk)

## Top tips on reducing food waste

We have a short list of ways you can reduce your food waste, save food and energy, and reduce your carbon footprint.

1. Make a plan before you go food shopping and stick to it
2. Think about new ways to use or repurpose your food
3. Think, can I freeze this? You can freeze almost anything, to learn more check [here](#)
4. Look at use-by dates, not sell-by or best before
5. Consider composting. You can check if you are a part of a local composting scheme [here](#)

## You are what you eat

Your diet massively impacts your carbon footprint. Consider choosing chicken and pork over beef and lamb, or reducing your consumption of animal-products altogether. [Here](#) is a little guide to how much greenhouse gas emissions are associated with different foods.

## Sustainable Cookbook

We are producing a cookbook filled with sustainable recipes from staff and students in the Zoology Department. If you have a recipe you would like to share, please go [here](#).

## How far has your food travelled?

Food miles were a hot topic a few years ago, but there is not a clear link between food miles and carbon footprint. Some locally produced foods can have higher carbon footprints than those travelling further. The best thing you can do is to choose **locally produced seasonal** foods.

## Let's talk seasonal

By buying seasonal, you are reducing your carbon footprint, saving money, supporting the local economy, and buying food when it is at its freshest. Here we have a list of vegetables that are **in season now**:  
Artichoke, beetroot, carrots, chicory, cucumber, leeks, parsnips, radishes, rhubarb, sorrel, spring greens, spring onions, watercress