



Across the world, there needs to be some big changes in how food is produced and distributed – and in what we eat! Being a vegetarian or vegan is a personal choice but eating a plant-based diet is good for both us and the planet, particularly when you know the **livestock industry generates 15% of all man-made greenhouse gas emissions**. However, meat-eaters can make environmentally friendly choices.

If all 8,000 of us in Southwell make a few small changes, together we can make a difference.

- Eat less, but good quality meat, farmed in the local area and in the UK. Buy it in Southwell at one of our butchers to reduce food miles
- Buy local, sustainably produced, seasonal food
- Try growing your own fruit and veg - in your garden, using grow bags or even take on an allotment.
- In the UK, we **waste 7 million tonnes of food** each year. Minimise your waste. If you can, buy a compost bin for veg scraps. Next year you'll have some rich compost for your home-grown tomatoes!
- Collect rainwater to use on your garden plants and vegetables. An average roof will have of **5,000 litres of water run off!**
- **Every minute in a power shower uses 17 litres of water.** Switch to water efficient shower heads and have shorter showers. Use grey water (from baths or washing up) on your plants too!
- Run your washing machine or dishwasher when they're full to save on unnecessary water use.

We're in this together! If you've got any great ideas, please comment below or email cllrallyreynolds@southwell-tc.gov.uk