



## Food Actions

### Most likely/(doable) first

1. Provide information on local food producers (farmer's markets, box schemes, and farm shops)
  2. Provide information on 'green' food producers who will deliver to Priston
  3. Provide info on organic producers in above 2 categories. (Note it is not assumed that the only worthwhile green consumers are certified organic)
  4. Provide info on sustainable fish/sea food suppliers (a vital area)
  5. Compile list of the more eco-friendly local eateries (and tell the eateries)
  6. Set up consumer/producer exchanges (e.g. farm visits)
  7. Provide information on local food initiatives, (which might become suppliers)
- e.g. [Eat Somerset](#)  
[Levels Best](#)  
[Somerset Slow Food](#)
8. In relation to above, provide further information and celebrate local food culture (Somerset). The Mendips, Exmoor, Somerset Levels, Blackdown Hills are all building sub county food identities and networks
  9. Encourage families to grow their own food
  11. Explore the possibilities of a local produce exchange system (Saturday market) (local exchange box scheme, even LETS type thing - home grown food exchanged for other services, e.g. baby sitting, IT help)
  10. Explore the possibilities of harvesting 'wild food' even if it is only blackberries, mushrooms, and 'road kill'
  12. Explore eating seasonal food.

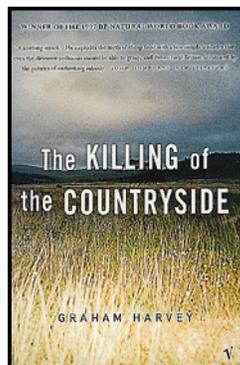
## Background and rationale

Food is one of the main areas of household consumption.

A lot of the food products we consume have far reaching environmental effects, locally, nationally and globally.

This is a complex issue but some key concerns are:

- Food miles
- Packaging (carbon footprint and waste)
- Loss of biodiversity on land and in sea – in Uk and globally, through conversion of wild land to production land, intensive production methods – pollution from same, use of insecticides and pesticides, inappropriate land use (soil erosion) etc, etc.
- E.g. 70% of UK land mass is used for agriculture, UK habitat and biodiversity have been devastated by agriculture since the advent of intensive, ‘productionist’, latterly subsidized farm practices (post WW2 basically).



- Degrading of soil structure and fertility is a growing concern
- Pollution of watersheds by agriculture is big issue

We could go on in this vein.

There are other related problems.

- Health risks from poor quality food (see Graham Harvey, 2006, [We Want Real Food](#)), traces of antibiotics, etc etc.
- Unjust labour conditions in UK and beyond
- Terrible domestic animal welfare standards in intensive systems (although some progress has been made on this).
- A series of recent disasters in uk food chain inc Salmonella in eggs, BSE, FMD etc etc

In all a



### **The good news:**

Changing as least some parts of our food shopping and eating habits can have far reaching effects.

These can be some of the easier ‘green adjustments’ we can make to how we live.

Switching to ‘greener’ food consumption can mean that your purchasing power becomes a force for good rather than the reverse (or just neutral).

It can:

- Benefit local economy and landscapes (if we buy local)
- Benefit animal welfare (if we buy animal welfare, eat less meat, buy sustainable fish products)
- Help landscapes, habitats and biodiversity (in some cases at least)
- You might be able to save money ..... but the cheap food culture is a big problem. Farmer's Markets, farm shops etc, can offer better value than supermarkets
- You might well have a healthier diet (see Graham Harvey's 2006)
- The food is likely to be tastier if you shop greener.

We need to

- celebrate high quality, fresh food.
- Reconnect with nature, seasons and (local) landscapes!!

Schemes like 'Eat Somerset' stress local food – but not exclusively. They want vibrant, sustainable local/regional food economies, and fair trade exchanges between them. (e.g. fantastic Somerset cheddar to Scotland (or wherever) , fantastic seafood from Scotland (or wherever) to Somerset.