

15 ways students can eat more sustainably

A checklist to keep track of your progress

Choose better meat and dairy if you aren't vegan or vegetarian ✓

WHY?

Intensively farmed meat and dairy significantly contributes to greenhouse gas emissions and deforestation.

HOW?

Look out for pasture-fed and organic meat. Increase the veg content of your meals and only eat meat occasionally.

Campaign for a Good Food Policy on campus ✓

WHY?

With an ambitious policy, institutions can be held accountable for real change.

HOW?

Speak to your students' union or university/college sustainability team.

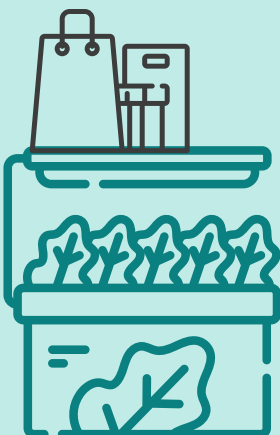
Choose plant-based seasonal, local or Fairtrade and/or organic foods wherever possible ✓

WHY?

Eating seasonally reduces transport and greenhouse emissions. Ethically produced food supports fair working conditions and pay for producers. Fresh seasonal fruit and veg is good for you!

HOW?

Consider using a local veg box scheme, or setting up a buying group with friends to bulk-buy more affordable wholefoods.



Choose sustainable fish if you aren't vegetarian or vegan ✓

WHY?

We have lost half our marine creatures since 1970 and only one third of fish stocks in UK waters are harvested sustainably.

HOW?

Avoid red-rated fish completely, and choose green-rated, MSC, ASC or organic-certified fish wherever possible. Reduce consumption of fish at home, eating out and on the go.



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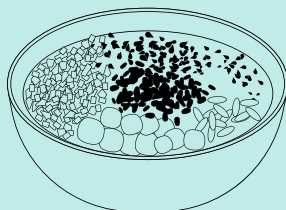
Look out for the Food for Life Served Here award ✓

WHY?

The Food for Life Served Here award holds restaurants and cafes to a standard across their ingredients, practise and customer care.

HOW?

Ask your campus caterers about it - if a lot of students ask, this may push caterers towards taking action.



Choose Fairtrade options whenever possible ✓

WHY?

Buying Fairtrade increases food security and reduces vulnerability of farmers/ producers.

HOW?

Seek out the Fairtrade sticker and seek out food outlets that provide the option.

Avoid overly-processed foods ✓

WHY?

Usually in single-use packaging and lack nutritious value.

HOW?

Snack-prepare with fresh ingredients more often.

Use water fountains ✓



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WHY?

Using water fountains instead of buying bottled water or fizzy drinks reduces the consumption of single-use packaging and the emissions to produce and transport them.

HOW?

If fountains aren't available on campus, campaign for them to be installed.

Always carry a reusable bottle ✓

WHY?

Carrying a reusable bottle, cup and containers reduces food waste and the need for single-use packaging.

HOW?

Buy from your campus or local zero-waste shop.

Buy what you need and freeze or share any surplus ✓

WHY?

Food waste in landfill produces methane, a harmful greenhouse gas. Wasting food wastes all the energy and water used to produce, move, store and/or cook it.

HOW?

Write shopping lists and ask housemates or friends if they'll take food off your hands - it's usually a yes! Or share food via an app such as OLIO. See Love Food Hate Waste's Top 10 tips to reduce food waste.

Grow your own food ✓

WHY?

Access to fresh, seasonal, affordable and healthy food.

HOW?

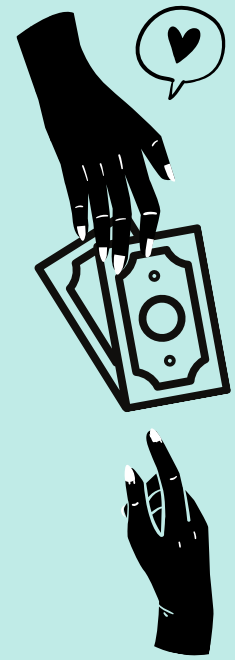
In a food growing site on campus, a community garden, a Community Supported Agriculture farm, or in pots on your window sill.



Buy from local independent shops or farms ✓

WHY? Food is likely to have a lower carbon footprint, be seasonal, and you'll be supporting businesses providing fairer wages and better working conditions.

HOW? Search for local butchers and bakery's in your area. Try to buy directly from producers, instead of going to supermarkets e.g. veg box schemes (check your SU) or food markets. Start with small steps, like buying your bread locally!



Campaign for food justice ✓

WHY? Exploitation forms the basis of unsustainable food practises. Change is needed at national and global levels.

HOW? Understand issues in this framework for a fair food future, join the food citizen movement and support the call of Right to Food to be part of UK law.



Check your university's investments ✓

WHY? Investing in industrial livestock and agriculture is harmful to the environment and significantly adds to the climate crisis.

HOW? Start or support a campaign for Big livestock divestment with reinvestment into regenerative agriculture that uses nature friendly farming practises.

Get involved in national good food campaigns

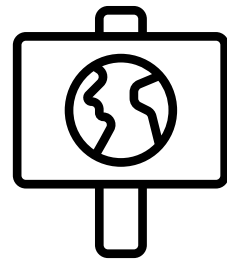
WHY?

Change at a national level is important in improving the UK food system and mitigating global effects of climate crisis.

HOW?

Check out these campaigns:

- Good to Grow Day
- Food Waste Action Week
- Sugar Smart
- The Big Lunch
- Fairtrade Friday
- Plant & Share Month
- Sourdough September
- Open farm Sunday



For more information on sustainable food please see our [Sustainable Food Guide](#).

SOS-UK would love to hear about any success stories of students or SU's creating change through sustainable food.

Please share them with us at **foodandfarming@sos-uk.org**.

