



# We Need to Talk About Food

how we can build a better food  
system in South Australia

This document was produced by:



In partnership with:



# About the Project Partners



The Food Embassy connects people through delicious and sustainable food. Their focus is on growing, procuring cooking and of course eating food, as well as handling food waste more responsibly, to be kinder to our environment. Moving towards a mainly plant-based diet that can be homegrown or sourced from local sustainable farming operations can make a real difference to food security and access for everyone, local economies and our own health: as well as the health of the planet. To find out more visit [thefoodembassy.org](http://thefoodembassy.org)



The SA Urban Food Network exchange connections, knowledge and opportunities to help grow a regenerative local food system. The network facilitates events and provides resources to connect people, and to build skills and knowledge on regenerative and fair ways of nourishing our communities.

The network is supported by the Adelaide and Mount Lofty Ranges Natural Resources Management Board. Join us via [hello@saurbanfood.org](mailto:hello@saurbanfood.org)



Sustainable Table is an innovative not-for-profit organisation that empowers people to use their shopping dollar to vote for a food system that is fair, humane, healthy and good for the environment.

Sustainable Table delivers challenging and creative events, workshops, taps into social media networks, provides consulting services and shares information through a website and selection of books – empowering people to overcome today's environmental challenges, one meal at a time.

Sustainable Table also supports projects locally and abroad that help to restore the natural environment to ensure the safe and ongoing provision of food. To find out more visit [sustainabletable.org.au](http://sustainabletable.org.au)



This document was originally commissioned by the City of Melbourne, who have kindly given permission for it to be adapted for use in South Australia.



If you're looking for a concise, wildly useful and hugely engaging resource to help you to understand the wonderful, yet sometimes complex world of food and sustainability, then you've stumbled on just the right thing...

Start your journey with a little lifestyle audit we like to call the [Sustainability Spring Clean \(p.4\)](#), learn about the [story of food \(p.8\)](#) and then discover all the tools that will set you on your merry way to treading more lightly on the planet.

Tools include

[Sustainability Spring Clean \(p.4\)](#),  
[10 Steps to Sustainability \(for businesses\) \(p.14\)](#),  
[10 Steps to Sustainability \(for individuals\) \(p.16\)](#),  
[Sustainable Food: Where to Start \(p.18\)](#),  
[Get Committed! A checklist \(p.20\)](#),  
[Sustainable Shopping Close to You \(p.21\)](#),  
[Fast Facts on Food Waste \(p.22\)](#),  
[Sustainable Seafood Guide \(p.24\)](#),  
[South Australian Seasonal Produce Guide \(p.24\)](#),

These tools will make sustainable shopping far less daunting than it sounds.

Start today and help shape a sustainable food system for us and future generations.

# Sustainability Spring Clean

## your personal food audit

Choose the answer that is **closest** to your weekly behaviour. No one is judging your answers and by recognising where your impacts are you will be able to make quick and simple improvements, so be honest!

The number you select in your answer equals the points scored  
**i.e.** 10 coffees a week equates to 10 points.

### Q.1 How many takeaway coffees do you drink a week?

- More than 10     5     2     None, or when I do I use a reusable cup (0pts)

One takeaway coffee every day equals 365 cups and lids every year that must be recycled or taken to landfill. Did you know the majority of coffee cups cannot be recycled because they have a plastic lining?

#### Action



South Australia is aiming to reduce waste by 5% from 2015 to 2020.<sup>1</sup>

One way you can help is to take your own reusable cup!

### Q.2 How many canned drinks and how much canned food do you use weekly i.e. tomatoes, corn, beans, tuna?

- More than 10     5     2     Occasionally (1 pt)     Never (0pts)

Cans are made of steel, tin or aluminium that must be mined and are lined with plastic. Although it's best to reduce our use of canned foods in the first place, recycling cans saves energy and water and reduces carbon emissions – recycling 1 tonne of packaging steel saves 400kg of carbon emissions.

#### Action



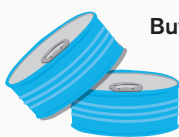
Reduce or eliminate canned food and drink from your shopping basket. Buy food fresh and unpackaged from local producers and reduce the environmental impact of your food choices.

### Q.3 How many cans of fish do you eat each week?

- 5     3     2     Occasionally (1 pt)     Never (0pts)

250 million cans of tuna are sold in Australia each year. Most tuna species are listed as threatened and all populations of Bluefin Tuna species are susceptible to collapse due to overfishing<sup>2</sup>.

#### Action



Buy sustainably sourced fish fresh, free from packaging. Use our **Sustainable Seafood Guide (p.25)** to help you choose when you're next at the fish shop or market.

If you just can't cut canned tuna out of your life completely, then take a look at the **Greenpeace Canned Tuna Guide** for brands with the best sustainability track record [changeyourtuna.org.au](http://changeyourtuna.org.au).

<sup>1</sup> National Waste Report (2016). Retrieved from <https://www.environment.gov.au/system/files/resources/d075c9bc-45b3-4ac0-a8f2-6494c7d1fa0d/files/national-waste-report-2016.pdf>, viewed 18/04/19

<sup>2</sup> <http://www.iucn.org/about/union/secretariat/offices/europe/resources/news/?7820/Increased-protection-urgently-needed-for-tunas>

#### Q.4 How often do you purchase your lunch or dinner from a takeaway outlet?

- More than 10    5    2    Occasionally (1 pt)    Never (0 pts)

Australians generate approximately 107kg of plastic per person every year - it is estimated that only 14 per cent is recycled<sup>3</sup>. The rest is taken to landfill or enters the environment, taking hundreds of years to break down.

#### Action



**Take your own lunch to work – this can save you lots of money and is likely to be healthier for you in the long run. If you have to buy your lunch or dinner, use your own plate or reusable container and cutlery. You'll be surprised by the number of takeaway shops that are now happy to oblige.**

#### Q.5 How many imported food items do you have in your fridge or pantry i.e. tomatoes, sauces, packets/tins, fresh fruit and vegetables?

- 80% (10 pts)    50% (7 pts)    20% (3 pts)    10% (2 pts)    <10% (1 pt)    None (0 pts)

Many products in the average Australian grocery trolley are imported long distances from overseas. As a result the average shopping basket has travelled over 70,000 km—that's nearly two times the distance around the Earth.

#### Action



**Buy food that is locally produced, either direct from the farm gate or at a farmers' market, through co-ops or community food swaps – see the section on [Sustainable Shopping \(p.21\)](#) to help you out. Better yet, grow some of your own... that's as local as it gets!**

#### Q.6 What proportion of your fresh food is organic and grown locally?

- None or don't know (8 pts)    10% (7 pts)    30-50% (5 pts)  
 51-70% (3 pts)    71-99% (1 pt)    All (0 pts)

Organic food is grown without the use of synthetic chemicals that can destroy soil health and negatively impact the environment. Locally grown food can save carbon emissions because less transport is involved in getting the food from the farm to your plate.

#### Action



**Use [localharvest.org.au](http://localharvest.org.au) to find good food close to you. Enter your postcode to see local organic produce shops, farmers' markets, box systems and farm gates.**

#### Q.7 How many times a week do you eat meat or fish?

- 14 or more (at least every lunch and dinner)    7    5    2    Never (0 pts)

The meat and livestock industry is a large contributor to emissions and water use. Reducing meat consumption to the levels recommended by the Australian National Dietary Guidelines can reduce greenhouse gas emissions by 2,354 kg CO<sub>2</sub> and water use by 70,145 litres per household<sup>4</sup>.

The Australian National Dietary Guidelines recommend a 65-100g serve of meat, fish or meat-alternative each day. In total that's 54.75kg of meat, fish, and poultry or meat alternatives in a year. However, the average Australian consumes 123.8kg meat, fish, and poultry per year – that's more than double the recommended amount!

#### Action



**Instigate a meat-free day(s)\* and when you do eat meat, choose ethically and sustainably farmed meat and fish. Use Sustainable Table's online Ethical Meat Suppliers Directory at [sustainabletable.org.au](http://sustainabletable.org.au) to help find good suppliers.**

\*If making dramatic changes to your current diet then please seek medical advice before doing so.

<sup>3</sup> National Waste Report (2016). Retrieved from <https://www.environment.gov.au/system/files/resources/d075c9bc-45b3-4ac0-a8f2-6494c7d1fa0d/files/national-waste-report-2016.pdf>, viewed 18/04/19

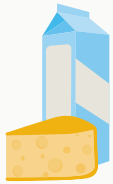
<sup>4</sup> <http://www.sustainablelivingguide.com.au/food-drink/eat-less-meat>, viewed 17/01/2013

### Q.8 How many times a week do you eat or drink dairy milk, cheese and yoghurt?

- >20 (every meal)  15  10  5  3  1  Never

The dairy industry generates 19 per cent of greenhouse gas generated by Agriculture in Australia.<sup>5</sup> Dairy cows also consume grain which amplifies the environmental impacts. To learn more about the dairy industry visit Sustainable Table's Dairy Diaries – [sustainabletable.org.au/all-things-ethical-eating/dairy-diaries](http://sustainabletable.org.au/all-things-ethical-eating/dairy-diaries)

#### Action



**Have some dairy free days during the week and help reduce carbon emissions in Australia.**

**When you do consume dairy, choose ethical and sustainable milk and cheese products from local farmers. Use [flavourcruader.com](http://flavourcruader.com) to find local dairy farmers near you.**

### Q.9 How often do you visit the supermarket to buy food?

- Daily (7)  4  3  2  Occasionally (1 pt)  Never (0 pts)

When people get busy, they tend to cut corners when it comes to food. Popping into the shop every day instead of doing one weekly shop at a sustainable food outlet makes it harder to make ethical and sustainable food choices and can increase the amount of packaging your food comes in.

#### Action



**Write a shopping list and do one big weekly shop at a sustainable food outlet (such as a farmers' market or box system) instead of many last-minute shops. Alternatively shop at a local organic co-op, where you can shop more regularly and still ensure you are buying into a better food system. Use the [Sustainable Food: Where to Start \(p. 18\)](#) to help you find the shopping mode that suits you best and make it easier to choose sustainable food.**

### Q.10 What do you do with your food scraps?

- Throw them in the bin (10 pts)  
 Compost/worm farm/feed to chooks most of the time (4 pts)  
 Always compost or something similar (0 pts)

On average, 40 per cent of household waste is made up of food scraps<sup>6</sup>. When sent to landfill, food scraps rot and produce methane a greenhouse gas 25 times more potent than carbon dioxide.

#### Action



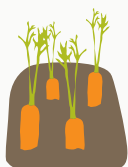
**Start a compost bin or worm farm. Composting can reduce the amount of waste sent to landfill by up to 50 per cent and helps cut greenhouse gas emissions by preventing methane emissions that occur when organic waste breaks down in the oxygen-starved environment of landfill. Contact your Local Council, as many already offer subsidised compost bins and worm farms or have a food waste collection program. Keep a look out for innovative options constantly being developed.**

### Q.11 What % of vegetables, fruit or herbs do you grow yourself annually?

- None (10 pts)  5% (8 pts)  10-30% (6 pts)  31-50% (4 pts)  
 51-70% (2 pts)  80-100% (0 pts)

Growing your own food is a great way to reduce the environmental impacts of your food supply.

#### Action



**Your local community garden, environment centre or garden group offer a variety of workshops and courses on growing your own food. Find your closest garden at [communitygarden.org.au](http://communitygarden.org.au). Connecting with others growers will help save you money by sharing know-how, produce and swapping seeds.**

<sup>5</sup> Victorian Agriculture, Emissions in Dairy: How do dairy farms contribute to greenhouse gas emissions. <http://agriculture.vic.gov.au/agriculture/dairy/emissions-in-dairy> viewed 01/05/2019

<sup>6</sup> Foodwise, Fast Facts on Food Waste, <http://foodwise.com.au/food-waste/food-waste-fast-facts/>, viewed 28/02/2013

## Q.12 Do you use plastic shopping bags?

It takes the average family just four trips to the supermarket to accumulate 60 shopping bags. Australians used 3.92 billion plastic bags in 2007<sup>7</sup>. The amount of petroleum used to make that many bags would drive a car around the world 1,076 times!

Yes, all the time (10pts)

When I forget my green bags (4pts)

Never (0pts)

Action



Bring your own shopping bags to reduce the number of plastic bags you use. Try making bags from recycled materials such as old t-shirts – a quick internet search will deliver plenty of ideas. Also check out Boomerang Bags, a fabulous community initiative. [boomerangbags.org](http://boomerangbags.org)

<sup>7</sup> Department of Sustainability, Environment, Water, Population and Communities, Plastic Bags, <http://www.environment.gov.au/settlements/waste/plastic-bags/index.html>, viewed 17/01/2013

## How did I Score?

My total

124

0-17

Great work! You regularly choose more sustainable food practices. Why not share your story with friends and neighbours and help inspire them to change

18-44

You're well on the road to sustainability, keep going and see what other changes you can make to drive even more improvements in our food system

45-81

You're doing a few things really well, with some more information you'll be able to reduce your impact even more

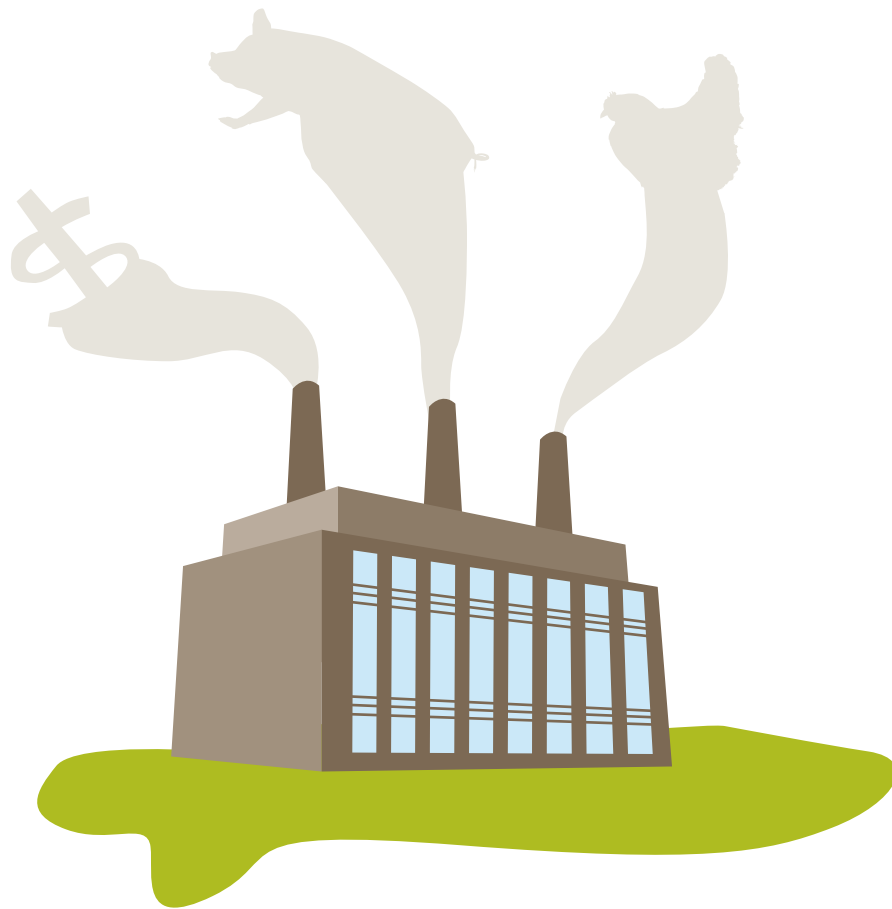
82-124

Wow, you have lots of opportunities to improve the sustainability of our food supply through some simple changes



# What's Food got to do with it?

how we can create a more sustainable food system



Food has a huge impact on the environment. Every step of the food supply chain, from production, to transport, processing, packaging and distribution has potential environmental consequences. The impacts include the use of scarce resources, biodiversity loss, waste generation, land degradation, pollution of waterways, and greenhouse gas emissions. In fact, 41.4% of the average Australian's eco-footprint is embodied in the food we buy.<sup>1</sup>

**The SA Urban Food Network is working towards a shared vision of a food system that is regenerative, healthy and fair. A system brimming with active, connected and ecologically conscious eaters, producers, processors, distributors and retailers. We all have a role to play in creating a more sustainable and secure food system,** and while there isn't a 'silver-bullet' that will solve all the environmental issues of our food system at once, there are a number of actions our community can take to drive change in specific areas. We have created this guide to provide you with an introduction to some of the impacts and the knowledge to prioritise the actions most important to you.

Working together, business, organisations, government and individuals, we can create a better food system for South Australia.



# What are the Environmental Impacts of our Food System?

## 1 Food is transported great distances

In Australia, food in the average shopping basket has travelled over **70,000 kms**—that's nearly two times the distance around Earth. In fact, four imported items alone can account for nearly 50,000 kms. Even if a product is labelled as Australian-made it can still have ingredients from all over the world, adding to its transport footprint.<sup>2</sup>

Transporting food long distances, either across Australia or from overseas, generally uses up more non-renewable resources than producing and eating food locally. Energy, fuel, gas and water are consumed during transportation and storage – adding to food's environmental impact. Transportation from farm, to processing plant, to consumer, can account for up to 11 per cent of food's total greenhouse gas emissions.<sup>3</sup>

**You can reduce emissions by buying food produced locally. Want to find locally produced food? [Local Harvest](#) is an online database helping you to find good food close to you. Simply enter your postcode to see a map of local food producers and outlets. We are encouraging more of our local suppliers to register, visit [localharvest.org.au](#).**

**Also see the guide [Sustainable Shopping](#) (p. 21) and [flavourcrusader.com](#) for more suggestions.**

## 2 Food is grown out of season

The modern food system often gives us the convenience of being able to buy out-of-season food at any time of the year, for example, buying tomatoes and garlic in winter. Unfortunately out-of-season food has a much larger environmental footprint than seasonal produce. Extra energy is used in production (for example heating hot houses in the winter), transportation (if it is shipped or flown from faraway locations), and storage (due to energy needs of facilities like refrigerated warehouses).

Selecting seasonal produce is an easy way for individuals and businesses alike to reduce these impacts. Check out the [SA Seasonal Produce Cut and Keep Guide](#) (p. 24) to find out what's in season this month.



Food in season is not only more sustainable, but is often fresher, tastier and cheaper.

## 3 Food is packaged

The plastic and cardboard used to package food has a large environmental impact.

**On average, every Australian throws away around 69kg of plastic every year!<sup>4</sup> Help reduce plastic pollution by using cloth or recycled shopping bags and buying in bulk when you can.**



Disposal is also an issue – if the packaging can't be recycled, it is sent to landfill. Significant amounts escape from the waste system each year and end up in the environment. Recycling is part of the solution but avoiding packaging where possible is the best option. To avoid packaging altogether individuals and business can take actions like starting a kitchen garden, shopping at a farmers' market or signing up to a Community Supported Agriculture (CSA) or food box system.



Check out [Sustainable Food: Where to Start](#) (p. 18) for more info!



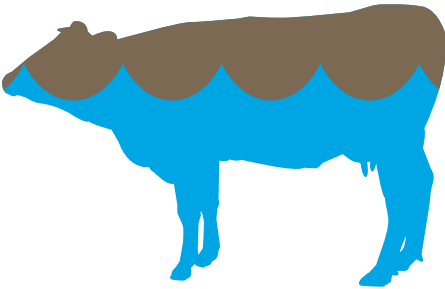
The Foodprint Experience café in the Joinery on Franklin Street, Adelaide is an innovative social enterprise founded on the principles of 'earth care', 'people care' and 'fair share'. The term 'Foodprint' relates to the environmental impact of food including the amount of land required to sustain a diet, the amount of carbon dioxide produced, how it is produced and if it is local.

Visit [thefoodprintexperience.com.au](#)

## 4 Resources are used unsustainably

### Water use:

Agriculture for domestic consumption accounts for 30 per cent of Australia's water use while globally about 70 per cent of all freshwater withdrawals are for irrigated agriculture.<sup>9</sup> Historically, water use in agriculture has not been managed sustainably. Over-allocation can deplete environmental flows and impact downstream food production and biodiversity, while excessive irrigation can result in salinity issues and the destruction of productive agricultural land.



Starting your own vegetable garden, especially if you use tank-water, is a way for individuals and business to reduce the water intensity of their food.

Water shortages, particularly in Australia, can be exacerbated by the production of water-intensive crops.

### Fertiliser use:

Modern agriculture is powered by fertilisers which provide macro-nutrients, such as nitrogen, potassium and phosphorus that are essential for plant growth. Sources of macro-nutrients, however, are finite and are becoming increasingly scarce, meaning they are unsustainable in the long-term. Synthetic fertilisers also exist but are often produced using other non-renewable resources like gas.<sup>6</sup>

**Fertilisers made from essential nutrients have powered productivity of the farming sector for the past half-century, but like oil, nutrients are finite resources.<sup>7</sup>**

The application of fertiliser presents additional environmental concerns. Over-application can result in fertilisers entering waterways and polluting or sometimes killing bodies of water and dependent fisheries; they accelerate global warming; and can acidify farm soil reducing its health and productivity.<sup>8</sup>

**Farming techniques which plant legumes like peas and beans (these are nitrogen-fixing) between regular crops reduce fertiliser requirements by up to a third. Support farmers who use cover crops to reduce fertiliser use in agriculture.**

### Energy:

Modern agriculture is dependent on the use of fossil fuels to fertilise, cultivate, harvest and transport produce. These energy inputs emit greenhouse gases which directly contribute to climate change. Global reserves of fossil fuels are also declining, placing the future sustainability of these methods at risk (IEA, 2010)<sup>9</sup>. The organic sector is one area reducing its energy usage and typically requires 30-50 per cent less energy than standard farms.<sup>10</sup>

Food is increasingly being used as an energy resource too. Demand for biofuels in the Americas and Europe is driving grain prices up and will reduce food output by 10-20 per cent. The world is likely to burn around 400 million tonnes of grain as biofuels by 2020 – the equivalent of the entire global rice harvest.<sup>11</sup>

**Renewables SA has developed a range of maps to help potential investors and developers find suitable locations for renewable energy projects in South Australia. To learn more, visit [renewablesa.sa.gov.au/topic/investor-information/renewable-energy-resource-maps](http://renewablesa.sa.gov.au/topic/investor-information/renewable-energy-resource-maps)**

Depleting oil reserves, scarcity of nutrients, threats to water supply, limited land, and climate challenges present serious risks to the long-term viability of the food system in its current form.

**Finding and supporting new low-input ways to grow food will help the transition. Individuals and business can reduce the resource intensity of the food system by choosing food produced on local organic or biodynamic farms and growing what they can at home.**

## 5 Food is wasted



**Australians waste \$8 billion worth of food every year. That's over \$1,000 per household, or equivalent to one in every five bags of groceries bought being sent to landfill!**



Using a compost bin can cut the garbage you send to landfill by 50%.



When food is sent to landfill and rots, it releases methane, a greenhouse gas 25 times more potent than the carbon pollution that comes out of your car exhaust.<sup>12</sup> What's more, nutrients that could be recycled in compost for more production are instead contaminated with other waste and lost from the food cycle.

Throwing away food not only wastes money but also wastes the water, fuel, nutrients, farmer labour and other resources that went into producing it. Using all the food you buy is one of the smartest steps you can take to reduce the environmental impact of food production.



## 6 Biodiversity impacts of agriculture

### Food waste and businesses:

Most food businesses create a lot of food waste. On average 21.5 per cent of business waste is food.<sup>13</sup> This waste comes at a cost though to both the bottom line and the environment. Furthermore, reducing food waste is important to consumers, with 81 per cent of Australians supporting the sustainable disposal of food.<sup>14</sup>

Efficient ordering and usage can reduce food waste and boost business profitability, improve customer relations and limit overall environmental impacts.

Charities including SecondBite, Oz Harvest and Foodbank are redirecting surplus food to community food programs for the homeless instead of going to landfill.

Donating surplus food to organisations such as these means that food can be redistributed to people who need it rather than it going to waste. Find out how you can donate or become involved at [secondbite.org](http://secondbite.org), [ozharvest.org](http://ozharvest.org) and [foodbank.com.au](http://foodbank.com.au).



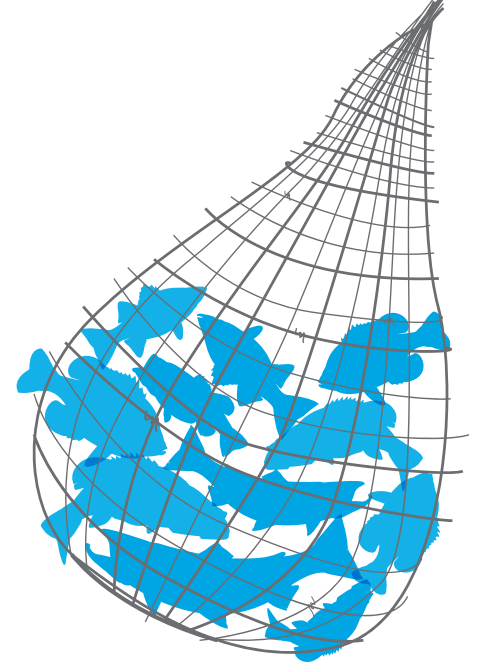
Monocrops, over-use of pesticide and farming practices which remove native habitat all impact on biodiversity. Monocrops, where a single crop species is planted extensively and to the exclusion of all other species, do not occur naturally and require greater use of chemical and technological inputs than mixed cropping that includes a diversity of plants and animals. Monocrops also reduce the resilience of farms by limiting genetic diversity – if a small number of plants are struck by disease, the entire crop can be destroyed. **They also reduce the variety of foods available to us – for instance, there are over 7,500 varieties of apples, yet we tend to eat just 5.**



Growing food in the city is one way for individuals and business to reverse the biodiversity impacts of food.

Urban agriculture can actually increase local biodiversity and opens the option of growing less common varieties of fruits and vegetables. The Rare Fruit Society SA run workshops and share information on a wide range of different plants that can grow in SA. For their annual program go to [rarefruit-sa.org.au](http://rarefruit-sa.org.au).

Planting native edibles will also support landscape and animals. Check out [sanativefoods.org.au](http://sanativefoods.org.au) for information on how to grow these natives in pots, gardens or verges.



### Our oceans:

**Food production also has an impact on marine biodiversity. Overfishing has already led to the collapse of three quarters of the world's fisheries.** Excessive use of pesticides and fertilisers also contributes to pollution run-off which threatens fish farms and wild fish stocks. Coral reef systems – whose fish help to feed 500 million people – are under threat due to ocean acidification, chemical run-off from agriculture and climate change.<sup>15</sup>

By-catch is another concern. Almost a quarter of all the fish caught – 25 million tonnes per year – are thrown away. These fish represent protein and potential food that is wasted every year.<sup>16</sup>



Cut and keep your very own pocket **Sustainable Seafood Guide (p.25)** or download the super handy AMCS Sustainable Seafood app ([sustainableseafood.org.au](http://sustainableseafood.org.au)) to help you make better choices when it comes to seafood.

## 7 Impacts of livestock production

Animal farming impacts the environment both directly by producing greenhouse gas emissions, primarily methane, and indirectly through demand for other agricultural resources. Intensive factory farming has additional impacts through consumption of electricity inputs for indoor light and climate control, demand for grains, and generation of large quantities of waste.

**For example, a typical indoor meat chicken farm which houses 20,000 chickens, uses approximately 16 tonnes of manufactured feed per week, and produces 30 tonnes of waste over the seven week production cycle.<sup>17</sup>**

In low-density, sustainably managed free-range and organic farms, direct and indirect greenhouse gas emissions are reduced and able to be managed more effectively and efficiently through a number of ecological practices: appropriate stocking densities are maintained, grazing animals are rotated over the farm land to allow for soil and pasture restoration, nutrients are recycled back into the soil through composting and by fertilising soil with animal waste, and no or comparatively little supplementary grain or manufactured feed is given to the animals.

The environmental impacts of meat production can be reduced by buying meat produced by sustainably-managed free range or organic farms. Individuals can further reduce their impact by reducing the quantity of meat eaten each week while businesses can provide additional vegetarian options on menus and at work events. To find sustainable meat producers near you, use [localharvest.org.au](http://localharvest.org.au), [flavourcrusader.com](http://flavourcrusader.com) or browse through the online directory at [sustainabletable.org.au](http://sustainabletable.org.au).

## 8 Land is being swallowed by urban sprawl

**The world is running out of good farmland. A combination of degradation, urban sprawl, mining, industrial pollution, recreation and sea level rises eliminates around 1 per cent of the world's farmland every year. This is on top of the quarter of land that is now degraded to the extent that it is scarcely capable of yielding food.<sup>18</sup>**

As our cities sprawl, they smother what is often the most fertile soil and farmland, replacing it with unproductive concrete and asphalt. This in turn drives agriculture out into ever more distant areas, where food must be transported further, farmers are more isolated and city dwellers even more disconnected from how their food is grown. All the while, the internal food growing capacity of cities remains limited.

South Australia has recognised that protecting our agricultural land is important, however these priorities are under constant pressure from different groups. We encourage you to have your say here: [saplanningportal.sa.gov.au/planning\\_reforms/new\\_planning\\_tools/environment\\_and\\_food\\_production\\_areas](http://saplanningportal.sa.gov.au/planning_reforms/new_planning_tools/environment_and_food_production_areas)



Support local food production by starting your own edible garden. Use a 'Grow food' action sheet from [naturalresources.sa.gov.au/adelaidemtloftyranges](http://naturalresources.sa.gov.au/adelaidemtloftyranges)

Where to from here...



# A Sustainable Food System

The environmental impacts of our food system are varied and with many different causes. By understanding what the impacts are and prioritising those you care most about you can start taking actions that will improve the sustainability and resilience of our food system.

**Choosing what you eat, where you shop and what you spend your money on is a powerful way to drive sustainable change in our food system.**

A few simple, but effective, actions include:

- **Eat food that is in season** – It's fresher and generally has a lower carbon footprint. **Sustainable Shopping: where to start** (p.18).
- **Source food locally** – The environmental impacts from transport and storage will be lower and local production will increase your community's food security.
- **Grow your own** – Producing food yourself gives you control over environmental impacts. It's also a convenient and secure source of food for you or your business.

All City of Melbourne residents have the power to support a more sustainable food system. For more information and actions that you can take, check out the action checklists and other resources that we have developed to help you get started:

**Sustainability Spring Clean (p.4)**

**10 Steps to Sustainability (for businesses) (p.14)**

**10 Steps to Sustainability (for individuals) (p.16)**

**Sustainable Food: where to start (p.18)**

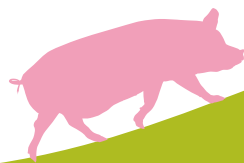
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**Sustainable Seafood Guide (p.24)**

**SA Seasonal Produce Guide (p.25)**



<sup>1</sup> Australian Conservation Foundation, 2007, *Consumption Atlas*, <http://www.acfonline.org.au/sites/default/files/resource/index67.swf>, viewed 12/3/2013

<sup>2</sup> Choice, Food Miles: Why eat 'local'? report 2008, <http://www.choice.com.au/reviews-and-tests/food-and-health/labelling-and-advertising/sustainability/food-miles.aspx>, viewed on 2/1/2013

<sup>3</sup> Choice, Food Miles: Why eat 'local'? report 2008, <http://www.choice.com.au/reviews-and-tests/food-and-health/labelling-and-advertising/sustainability/food-miles.aspx>, viewed on 2/1/2013

<sup>4</sup> <http://timsilverwood.com/the-issue/>, viewed 21/03/2013.

<sup>5</sup> 3rd UN World Water Development Report 2009, <http://www.unesco.org/new/en/natural-sciences/environment/water/wwap/wwdr/wwdr3-2009/downloads-wwdr3/>

<sup>6</sup> Julian Cribb, *The Coming Famine: the global food crisis and what we can do to avoid it*, CSIRO Publishing, 2010.

<sup>7</sup> Julian Cribb, *The Coming Famine: the global food crisis and what we can do to avoid it*, CSIRO Publishing, 2010.

<sup>8</sup> Julian Cribb, *The Coming Famine: the global food crisis and what we can do to avoid it*, CSIRO Publishing, 2010.

<sup>9</sup> Julian Cribb, *The Coming Famine: the global food crisis and what we can do to avoid it*, CSIRO Publishing, 2010.

<sup>10</sup> Julian Cribb, *The Coming Famine: the global food crisis and what we can do to avoid it*, CSIRO Publishing, 2010.

<sup>11</sup> Foodwise, Food Waste Fast Facts, <http://foodwise.com.au/food-waste/food-waste-fast-facts/>, viewed 2/1/2013

<sup>12</sup> Explained: Greenhouse gases 0 <http://news.mit.edu/2017/explained-greenhouse-gases-0130>, MIT News, viewed 17/04/2019

<sup>13</sup> Unilever Food Solutions, 'Wise Up on Waste' toolkit, <http://www.unileverfoodsolutions.com.au/our-services/your-kitchen/work-smart/wise-up-on-waste>, viewed on 2/1/2013

<sup>14</sup> Julian Cribb, *The Coming Famine: the global food crisis and what we can do to avoid it*, CSIRO Publishing, 2010.

<sup>15</sup> Julian Cribb, *The Coming Famine: the global food crisis and what we can do to avoid it*, CSIRO Publishing, 2010.

<sup>16</sup> Environmental Code of Practice for Poultry Farms in Western Australia, <http://www.water.wa.gov.au/PublicationStore/first/47509.pdf>, viewed 24/01/2013

<sup>17</sup> Julian Cribb, *The Coming Famine: the global food crisis and what we can do to avoid it*, CSIRO Publishing, 2010.

<sup>18</sup> Julian Cribb, *The Coming Famine: the global food crisis and what we can do to avoid it*, CSIRO Publishing, 2010.



# Paths to Sustainability - Businesses

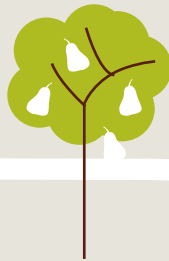
## 10 ways to reduce your business' eco-footprint



1

### start a workplace kitchen garden

Growing your own food **reduces your food miles** and CO<sub>2</sub> emissions. It also helps to create green space and provides access to seasonal produce, no matter how small.



2

### reduce waste & start composting

In a 2016 pilot, Green Industries found that Adelaide businesses have the potential to divert an estimated 55.3 tonnes of food waste from landfill per annum.<sup>1</sup> If you're a food service operator, Green Industries and KESAB provide toolkits to help you prevent food waste while reducing costs and improving sustainability.<sup>2</sup> Secondly, you can separate organic waste and arrange a collection service to divert it from landfill (see **What's food got to do with it?** for more information).

Encourage staff to compost their food scraps using a bench-top composting kit or bin. Use the compost to feed your kitchen garden, distribute it to local gardeners or take it home.



3

### avoid packaging, buy in bulk or reusable containers

Plastic takes up to **1,000 years to break down**, so encourage staff or patrons to **use reusable containers and coffee cups** where possible.

Buy produce in **bulk** to minimise packaging, or request that produce be delivered in reusable or returnable containers.

4

### donate leftover food

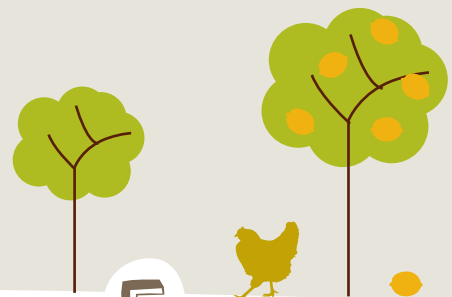
Help reduce sending waste to landfill by donating food leftovers from business catering and functions to a food donation program near you. See the **Food Donation Toolkit**<sup>3</sup> for more information.



5

### buy chemical free, organic or biodynamic

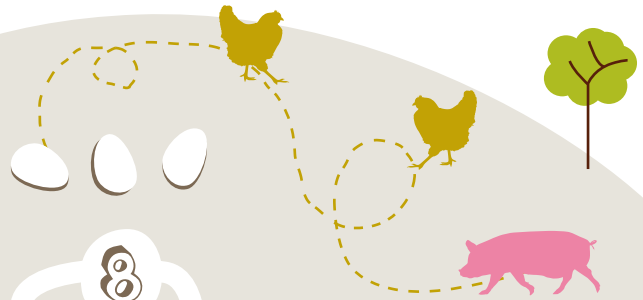
Organic and biodynamic farming methods improve soil health and reduce reliance on fossil fuels as no synthetic chemicals or pesticides are used. Purchase organic or biodynamic milk for the staff kitchen and ask any caterers you engage with if they can use sustainable produce when catering for your business.



1. Commercial Food Waste Pilot Survey (2016) <http://www.greenindustries.sa.gov.au/publications-food-waste>, viewed 18/04/2019

2. 'Green Industries SA Toolkits, Templates and Guides, <https://www.greenindustries.sa.gov.au/toolkits> greenindustries.sa.gov.au/toolkits and Bin Audits and Assessments <http://www.kesab.asn.au/bin-audits-assessments> KESAB viewed 17/04/2019

3. Available at <http://foodwise.com.au/food-waste/food-donation-tool-kit/>



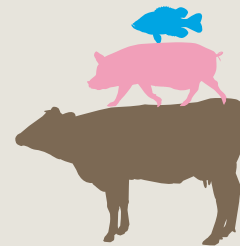
7

### increase vegetarian and dairy-free options on the menu

In Australia, the dairy industry accounts for 19 per cent of greenhouse gas emissions generated by Agriculture.<sup>4</sup> More meat and dairy free options on the menu can help reduce Australia's greenhouse gas emissions and provide customers with more choice. Promoting **meat-free Mondays** is another initiative which can reduce emissions.

### choose free range pork, chicken & eggs

Sustainably managed free range or organic farms are able to reduce or better manage the environmental impacts of farming by following a number of ecological practices such as appropriate animal stocking densities and integrated farming. Choose free range or organic and help support environmentally-sound farming systems.<sup>5</sup>



6

### buy local & seasonal



Does your business order a staff fruit box? Use the **Sustainable Shopping guide** (p. 21) to find a box system that uses local, organic and seasonal fruit.

If you are a food outlet, work with your suppliers to **source local produce** and promote this to your customers.

9

### choose sustainably farmed meat & dairy & sustainable seafood

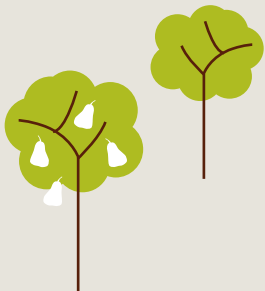
Sustainable meat and dairy farms employ good environmental practices such as animal rotation, pasture feeding (as opposed to grain feeding), water recycling and management, composting, tree planting and soil health practices, and use fewer non-renewable resources. Ask questions of your supplier and use the guides on the Sustainable Table ([sustainabletable.org.au](http://sustainabletable.org.au)) or Local Harvest ([localharvest.org.au](http://localharvest.org.au)) websites to find sustainably farmed meat and dairy close to you.

Three quarters of the world's oceans are officially over-exploited or fished right to their limit. Use the **Sustainable Seafood Guide** (p. 25) to select sustainable species in order to preserve fish populations for future generations.

10

### develop relationships & ask questions

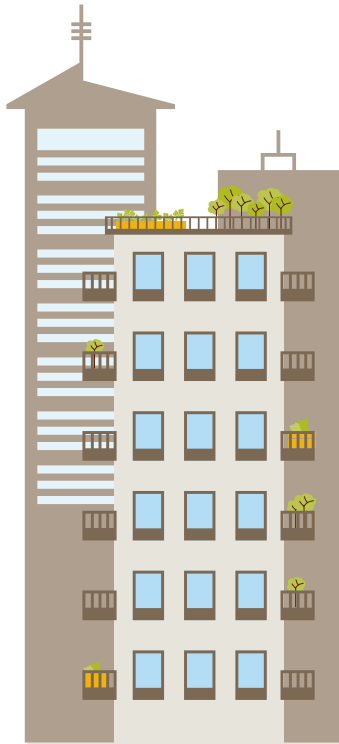
Asking questions of your produce suppliers, caterers and decision makers is an important step in promoting positive change. Your requests as a supplier and a customer demonstrate demand for sustainable food and **encourage changes** in the supply chain.



4. Victorian Agriculture, Emissions in Dairy: How do dairy farms contribute to greenhouse gas emissions. <http://agriculture.vic.gov.au/agriculture/dairy/emissions-in-dairy> viewed 01/05/2019  
5 Visit Sustainable Table's free range egg and chicken guide for more info: <http://www.sustainabletable.org.au/Hungryforinfo/Freerangeeggandchickenguide/tabid/1113/Default.aspx>

# Paths to Sustainability - Individuals

informed shoppers are savvy shoppers



1

## grow your own food

Growing your own food reduces your food miles and CO<sup>2</sup> emissions. Plus it's seasonal, delicious and can save money.



2

## avoid packaging & use re-useable shopping bags

In Australia alone, 3.92 billion plastic bags were used in 2011.<sup>1</sup>

Fifty million plastic bags enter the environment as litter every year and can take hundreds of years to break down in the environment.

In 2015, South Australia's usage of recycled plastic was above the national average.<sup>2</sup> Keep it up SA!

3

## choose sustainable seafood

Three quarters of the world's oceans are officially over-exploited or fished right to their limit. Use the pocket Sustainable Seafood Guide or Switch Your Fish Guide to select sustainable species in order to preserve fish populations for future generations. You can also download the AMCS Sustainable Seafood Guide iPhone app via their website ([sustainableseafood.org.au](http://sustainableseafood.org.au)) or visit GoodFishBadFish for more information ([GoodFishBadFish.com.au](http://GoodFishBadFish.com.au)).



4

## choose free range or organic chicken, pork and egg products

Sustainably-managed farms are better able to reduce the environmental impacts of farming. Alternatively, raise your own chooks to produce daily eggs and reduce your food waste. Search Local Harvest ([localharvest.org.au](http://localharvest.org.au)) or Flavour Crusader ([flavourcrusader.com](http://flavourcrusader.com)) for sustainable producers and outlets near you.



<sup>1</sup> Clean Up Australia 2011, What is the problem?, <http://www.cleanup.org.au/au/Campaigns/plastic-bag-facts.html>, viewed 4/1/2013

<sup>2</sup> National Waste Report (2016). Retrieved from <https://www.environment.gov.au/system/files/resources/d075c9bc-45b3-4ac0-a8f2-6494c7d1fa0d/files/national-waste-report-2016.pdf>, viewed 18/04/19





6

### buy chemical free organic or biodynamic

Organic and biodynamic farming methods improve soil health and reduce reliance on fossil fuels as no synthetic chemicals or pesticides are used.



5

### reduce, reuse, recycle & compost

One in five shopping bags end up in the bin, which equates to \$3,800 worth of groceries per household each year.<sup>3</sup> Make a shopping list and buy only what you will use e.g. be realistic about how many times you will eat out. Love Food Hate Waste ([lovefoodhatewaste.com](http://lovefoodhatewaste.com)) has tips on food storage and using leftovers. Don't forget to compost the rest.



7

### buy local & seasonal

Support local farmers, reduce packaging and your carbon footprint by enjoying the freshness and variety of seasonal food.



8

### instigate meat and dairy free days

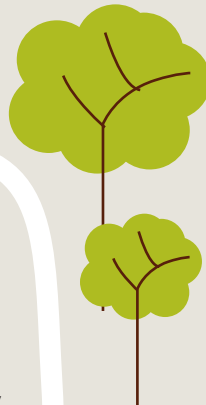
In Australia the dairy industry account for 19 per cent of greenhouse gas emissions generated by agriculture.<sup>4</sup> Reducing your meat and dairy consumption helps you reduce your contribution to Australia's greenhouse gas emissions.



9

### choose sustainably farmed meat & dairy

Sustainable meat and dairy farms employ good environmental practices such as animal rotation, water recycling and management, nutrient recycling such as composting, tree planting and soil health practices, and use fewer non-renewable resources.



10

### ask questions

Asking questions at the shops, market and the restaurant is an important step in promoting positive change. It encourages businesses to provide more sustainable food options because they know their customers will buy it.

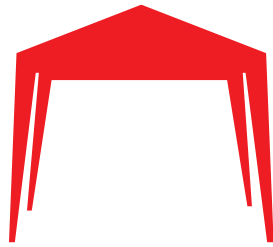
3. EPA (2019) <https://www.epa.nsw.gov.au/working-together/grants/organics-infrastructure-fund>, viewed 18/04/19

4. Victorian Agriculture, Emissions in Dairy: How do dairy farms contribute to greenhouse gas emissions. <http://agriculture.vic.gov.au/agriculture/dairy/emissions-in-dairy> viewed 01/05/2019

# Sustainable Food: Where to Start

Choosing sustainable food doesn't have to be a challenge, even if you live in the city. This guide will help you find sustainable food options that are close and convenient for you.

farmers'  
markets



Farmers' markets bring many food producers together and offer a wide variety of seasonal regional produce picked fresh, sometimes even on the day of the market. They're an easy, convenient and fun way to find locally grown food.

The direct relationship with customers means that farmers' market stallholders are held accountable for the quality of their produce. They set and receive what they deem to be a fair price for their produce and can explain what is involved in production and what drives their pricing. This also allows shoppers to make more informed choices about organic versus conventional versus biodynamic goods and sample the differences.

Shopping at a farmers' market is a great way to buy local, seasonal produce straight from the source, with more of the profits staying with those who grew/produced the food. You can find farmers' market near you and learn more about their accreditation programs by visiting: [foodsouthaustralia.com.au/foodies/markets/](http://foodsouthaustralia.com.au/foodies/markets/)

farmgates



Next time you get out of town or head down the coast, why not look into farms that operate a farmgate or seafood providers who sell at co-ops near a pier or fresh off the boat. 'Pick-your-own' farms, farmgates and cellar doors all offer the unique experience of visiting the source of your produce and meeting the people who grow and make it. This is not just shopping for food, it's an opportunity to see the process up close in person and gain an insight into the growing environment.

Visit Eat Local SA: [atlocalsa.com.au/venues/farm-gate](http://atlocalsa.com.au/venues/farm-gate) and Local Harvest: [localharvest.org.au](http://localharvest.org.au) to discover some farm gate venues around SA

## local markets

**Every Saturday**

### Adelaide Hills Farmers Market

23 Mann Street, Mount Barker  
[ahfm.org.au](http://ahfm.org.au)

### Barossa Farmers Market

Corner of Nuriootpa and Stockwell Roads, Angaston  
[barossafarmersmarket.com](http://barossafarmersmarket.com)

### Mount Pleasant Farmers Market

Melrose Street, Mount Pleasant  
[mpfm.org.au](http://mpfm.org.au)

### Willunga Farmers Market

Main Road, Willunga  
[willungafarmersmarket.com.au](http://willungafarmersmarket.com.au)

**Every Sunday**

### Adelaide Farmers Market

Adelaide Showgrounds  
Leader Street, Wayville  
[adelaidefarmersmarket.com.au](http://adelaidefarmersmarket.com.au)

You can also find local growers at these markets:

**Tuesday to Saturday**

### Adelaide Central Market

44 – 60 Gouger Street,  
Adelaide  
[adelaidecentralmarket.com.au](http://adelaidecentralmarket.com.au)

**Every Sunday**

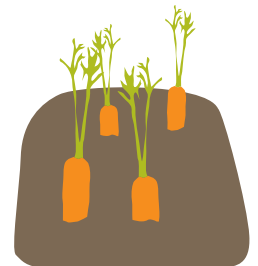
### Gepps X Market

588 Main North Road,  
Gepps Cross  
[wallis.com.au/gepps-x-market](http://wallis.com.au/gepps-x-market)

### One Planet Market

[sustainablecommunitiessa.org.au/projects/one-planet-market/](http://sustainablecommunitiessa.org.au/projects/one-planet-market/)

grow it at home



Whether you have a huge backyard garden, a tiny balcony, or even just a window sill, just about anyone can grow food in the city.

By producing your own food you can choose what types to grow in the way that you want. Best of all, what you grow will always be in season and will be as locally sourced as possible!

Support local food production by starting your own edible garden. Download a 'Grow food' action sheet from [naturalresources.sa.gov.au/adelaidemtloftyranges](http://naturalresources.sa.gov.au/adelaidemtloftyranges) for tips and links to more resources.

## food boxes



**Do you struggle to find the time to plan a weekly shop? Then why not take the effort out of it and sign up to a sustainable box system. Produce boxes help strike the right balance between convenience and healthy, ethical and environmentally sound food.**

Finding the right service is key; both organic and conventional greengrocers may offer box delivery, as do online grocers. The environmental benefits and impacts of each may differ despite catchy marketing names, so be sure to enquire about this when deciding which box system is appropriate for you. Food co-ops and CSAs can also utilise box delivery schemes by making them available for collection from a central point.

There are a number of food box systems now operating in various locations across Adelaide:

**Honest Earth** – [honestearth.com.au](http://honestearth.com.au)

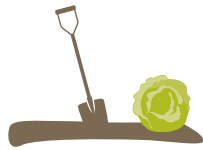
**Organic Corner Store** – [organiccornerstore.com.au](http://organiccornerstore.com.au)

**Red Ochre Farm** – [redochofarm.com.au](http://redochofarm.com.au)

**Village Greens** – [villagegreens.com.au](http://villagegreens.com.au)

If you know of others please contact [hello@saurbanfood.org](mailto:hello@saurbanfood.org) so we can update our resources.

## community supported agriculture (csa)



**Are you interested in developing a closer connection with your source of food? Then consider becoming involved in community supported agriculture (CSA). A CSA extends your participation into the production of the food you eat, such that you invest and share in the risks and benefits of growing food on a specific farm. CSAs help growers by guaranteeing sales when crops are successful and minimising losses when they are not. They offer city dwellers a rare opportunity to personally invest in food production.**

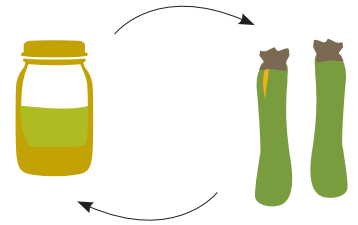
CSAs provide a great way to source direct from the farm and share the risks and benefits of production with the farmers.

This model of agriculture is still emerging in South Australia. One local CSA you can find out more about is Red Ochre Farm [redochofarm.com.au](http://redochofarm.com.au). Learn about the local grain economy at Small World Bakery [smallworldbakery.com.au](http://smallworldbakery.com.au)

## community supported fishery (csf)

**Fair Fish SA is a grassroots, alternative business model for local fishermen and women to sell their seafood. They allow direct sales to local consumers and provide a facility that encourages community engagement and food traceability. You can purchase a share of the day's catch directly from local fishermen through their online platform [fairfishsa.com.au](http://fairfishsa.com.au).**

## food swaps



**If you love to grow your own food, but find yourself with too much of the one thing, then why not find your local food swap to supplement your local shop?**

Neighbourhood food swaps may offer the perfect solution to a glut of garden produce. If your crops should falter, home-cooked meals, preserves, cordials and recipes can be used as trading commodities. An online search, talking to other gardeners or community noticeboards are a great way to get involved with a local swap, alternatively you can always start your own.

**Ripe Near Me** – [ripenear.me](http://ripenear.me) is an online platform designed to help you share and access produce close to you. It kicked off with the simple question – what if we could get all our fresh food from our local neighbourhood?

**Grow Free carts** – [growfree.org.au](http://growfree.org.au) are places for people to leave or take home grown produce, seeds and seedlings. Find one near you.

For organised **local food swaps** in your area search for '**Community produce swaps**' at [naturalresources.sa.gov.au/adelaidemtloftyranges](http://naturalresources.sa.gov.au/adelaidemtloftyranges)

If you would like to start your own swap, please download this '**Start your own community fruit and veg swap eBook**'. Search '**Community Fruit & Vege swaps**' at [charlessturt.sa.gov.au](http://charlessturt.sa.gov.au).

## food cooperatives (co-op)



**If you love the idea of meeting people in your local area, sharing food stories and buying in bulk together to avoid packaging then get on down to your local food co-op.**

Food co-ops are owned by their members and usually sell organic, locally and ethically sourced groceries in bulk. Food co-ops can be stores or groups that, because of their collective buying power, can provide these items in a more economical way.

Producers who work with co-ops have the benefit of selling in bulk and can use less packaging.

Current local food cooperatives are:

**Adelaide Organic Community Group Co-op** – [aocgcoop.com](http://aocgcoop.com)

**Clarence Park Food Co-op** – [unley.sa.gov.au](http://unley.sa.gov.au)

For others that emerge, we will encourage them to list at [localharvest.org.au](http://localharvest.org.au)

# Get Committed!

Pick **three** actions you can take to support a sustainable food system  
up to 60% of our ecological footprint is embodied in the food we buy

## ask questions to encourage change

I will ask my local cafe, restaurant, work or school to provide sustainable food options like...

.....  
.....  
e.g. more meat and dairy free menu options, organic or biodynamic milk, a discount for bringing my own cup, grass fed meat etc.

## choose sustainably farmed meat + dairy

I will look for the following free range egg certification logos:



I will buy free range or organic meat and dairy sourced from farms that have good environmental practices by shopping at...

.....  
.....  
e.g. my local farmers' market, food co-op, CSA, free range butcher etc.

## choose sustainable seafood

I will buy sustainable species such as

.....  
and will no longer buy overfished species such as

.....  
e.g. flake and tuna

## grow your own food

I will try my hand at growing...

.....  
.....  
e.g. tomatoes, silverbeet and herbs

## avoid packaging + use reusable shopping bags

I will not buy packaged...

.....  
e.g. plastic wrapped fruit and vegetables, bottled water, tinned food etc.

## reduce, reuse, recycle + compost

I will reduce my food waste by...

.....  
e.g. writing a shopping list and sticking to it, starting a compost bin, reducing the packaged food I buy so less goes into the recycle bin.

## buy chemical free organic or biodynamic

I will commit to buying chemical free food for .....% of the time where possible.

## eat local + seasonal

I will eat seasonal produce by finding my local...

.....  
e.g. farmers' market, community garden, organic box system etc.

## instigate meat free days

I will have .....meat-free days per week for the next .....months.



# Sustainable Shopping Close to You

## Sustainable Shopping Outlets & Useful Sites

### Farmers' markets

#### Adelaide Farmers Market

Sundays at Adelaide Showgrounds  
Leader Street, Wayville

#### Adelaide Hills Farmers Market

Saturdays at 23 Mann Street, Mount Barker

#### Barossa Farmers Market

Saturdays at the corner of Nuriootpa and  
Stockwell Roads, Angaston

#### Mount Pleasant Farmers Market

Saturdays at Melrose Street, Mount Pleasant

#### Willunga Farmers Market

Saturdays at Main Road, Willunga

### Other local markets

You will also find local growers at these  
markets.

#### Adelaide Central Market

Tuesday to Saturday  
44 – 60 Gouger Street, Adelaide

#### Gepps X Market

Sundays at 588 Main North Road, Gepps  
Cross

#### One Planet Market

3rd Saturday of each month  
374 Payneham Road, Payneham

### Local food box systems

#### Honest Earth

honestearth.com.au

#### Organic Corner Store

organiccornerstore.com.au

#### Red Ochre Farm

redochrefarm.com.au

#### Village Greens

villagegreens.com.au

### Food co-ops

#### Adelaide Organic Community Group Co-op

aocgcoop.com

#### Willunga Singing Cricket

singingcricket.com.au

#### Clarence Park Food Co-op

unley.sa.gov.au

For others that emerge, we will encourage  
them to list at [localharvest.org.au](http://localharvest.org.au)

### Community gardens

To find a Community Garden in your local  
area search the maps at [communitygarden.org.au](http://communitygarden.org.au) or [localharvest.org.au](http://localharvest.org.au). Join the local  
**SA Community Garden Network** group on  
Facebook for garden gatherings, workshops  
and support to start one or maintain one. A  
few you might like to visit:

- Aldinga Community Garden (Aldinga)
- Walyu Yarta Community Garden (Adelaide)
- Wakefield House Community Garden (Morphett Vale)
- Hackham West Community Garden (Hackham West)
- The Goody Patch (Goodwood)
- Marino Community Garden (Marino)
- Happy Patch Community Garden (Happy Valley)
- The Old School Community Garden (Stirling)
- Fern Ave Community Garden (Fullarton)
- Prospect Community Garden (Prospect)
- Linde Community Garden (Stepney)
- Chapel Street Community Garden (Magill)
- Lochiel Park Community Garden (Campbelltown)
- Semaphore Community Garden (Semaphore)

### Food swaps

For organised **local food swaps** in your  
area search for '**Community produce  
swaps**' at [naturalresources.sa.gov.au/  
adelaidentoftyranges](http://naturalresources.sa.gov.au/adelaidentoftyranges)

If you would like to start your own swap,  
please download this '**Start your own  
community fruit and veg swap eBook**'.  
Search '**Community Fruit & Vege swaps**' at  
[charlessturt.sa.gov.au](http://charlessturt.sa.gov.au).

### Useful sites

#### Ripe Near Me

[ripenear.me](http://ripenear.me)

#### Grow Free

[growfree.org.au](http://growfree.org.au)

#### Food South Australia

[foodsouthaustralia.com.au](http://foodsouthaustralia.com.au)

#### Eat Local SA

[eatlocalsa.org.au](http://eatlocalsa.org.au)

#### Australian City Farms & Community Gardens Network

[communitygarden.org.au](http://communitygarden.org.au)

#### SA Urban Food Network

[saurbanfood.org.au](http://saurbanfood.org.au)

#### Local harvest

[localharvest.org.au](http://localharvest.org.au)

#### Sustainable Communities SA

[sustainablecommunitiesa.org.au](http://sustainablecommunitiesa.org.au)

#### Ethical Consumer Guide

[ethical.org.au](http://ethical.org.au)

#### Sustainable Table

[sustainabletable.org.au](http://sustainabletable.org.au)

Your local council website is also a great  
place to start to see what is happening (or  
could happen!) in your local area. Contact your  
local environment or community development  
officer.

Questions to ask when selecting which box system or outlet you will  
shop from:

- Q. Is your produce chemical free, organic or biodynamic?
- Q. Do you source your produce direct from farmers (more money  
goes direct to the farmer) or from a wholesale market (money  
goes through a middle-man and produce can be from anywhere)?
- Q. Do you source produce from South Australia or from around  
Australia/the world?
- Q. Do you source only seasonal produce?



# Fast Facts on Food Waste

We all love eating out, but how much are we throwing out?



Australians discard up to **20%** of the food they purchase

This equates to **1 out of every 5** bags of groceries they buy.



up to **40%** of the average household bin is **food**

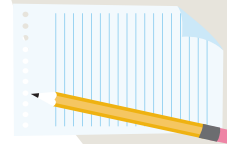


For the average **Australian household**

**\$1,036**

of food is **thrown away** every year.

This is enough money to feed the average household for **over a month**



We buy too much because we don't stick to a **shopping list**. We often shop when we're hungry so buy more food than we need.

We don't check the **expiry date** or **fridge** before going shopping

We don't know how to use **leftovers**

Aussies throw out

**\$8 billion** worth of **edible food** every year.

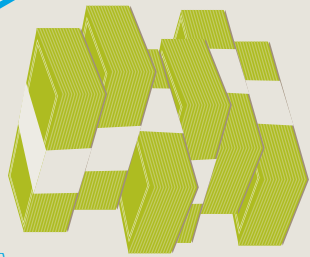
**Why is it wasted?**

Food is **mistakenly thrown out** before the **use-by/best before** date

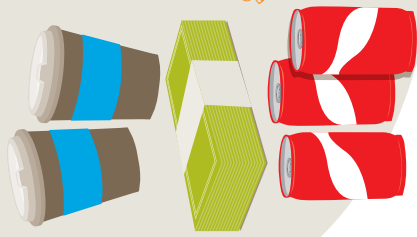
We buy **takeaways** at the last minute instead of cooking the food we have **at home**

We cook **too much** food

or to pay for around **6 months** of your **electricity bill**.



## Who are the biggest wasters of food?



Young consumers (18-24)

Households with incomes of more than **\$100,000** per year

Families with **children**

## What are the environmental effects?



When food rots with other organic matter in **landfill**, it gives off a greenhouse gas called **methane** which is 25 times more potent than the carbon pollution that comes out of your car exhaust.

## The hidden impact?

When you throw out food you also waste the water, fuel and resources it took to get the food from the paddock to your plate.



an estimated **20-40%** of fruit and vegetables are **rejected**

If you add up all the **food Australia wastes**

each year, it's enough to fill **450,000** garbage trucks.



Placed end to end, the convoy would bridge the gap between **Australia** and **New Zealand**, just over three times.

## What you can do



**Plan** a little better and be mindful of what you are throwing out so you don't repeat the same mistakes.

We all end up with food scraps, so **start** a **compost** bin to generate nutrient-rich fertiliser to **grow your own food**.

If you're in an apartment block, chat to the body corporate about a **communal organic waste collection service**.

Above all, remember to **love food** and **hate waste** - it will save you money and save the Earth.

DO SOMETHING!

**FOODWISE**

YOUR SITE FOR SUSTAINABLE FOOD

Adapted from infographic courtesy of DoSomething's FoodWise.com.au and Lunchalot.com

# Cut & Keep Guides

Spring (September – November)			Summer (December – February)			A guide to seasonal produce in South Australia	  	fruit
apples	loquat	tangelo	apricot	honeydew	rhubarb			fruit
avocado	mandarin	tangerine	avocado	loquats	rockmelon			vegetables
cumquat	pear	tomato	blackberry	mulberry	strawberry			herbs and spices
grapefruit	rhubarb		blueberry	nectarine	watermelon			
lemon	strawberry		boysenberry	peach				
			cherry	plum				
			currant	raspberry				
asian greens	cucumber	pea, sugar snap	asian greens	olives	sweetcorn			
asparagus	kohlrabi		asparagus	onion	silverbeet			
broadbean	leek	potato	beans	onion, spring	spinach			
beetroot	lettuce	pumpkin	beetroot	parsnip				
broccoli	mushroom	radish	carrot	pea, snow				
cabbage	onion, spring	silverbeet	cucumber	pea, sugar snap				
carrot	parsnip	spinach	eggplant	potato				
cauliflower	peas		leek	radish				
celery	pea, snow		lettuce	rocket				
basil	chives	ginger	mint	oregano	sage			
basil, thai	coriander	lime, kaffir (leaves)	mint, apple	parsley	tarragon			
chervil	dill	lemongrass	mint, viet.	rosemary	thyme			
chilli	garlic							

fold

fold

'80% of the world's oceans are officially over-exploited or fished right to their limit.'

You can make a difference.

**Be informed. Choose your seafood wisely.**

Consider its sustainability and always go for 'Better Choice' where you can.

**Things to do...**

Whether you are at a supermarket, fish merchant, dining out at a restaurant or simply getting takeaway, always ask...

- Is the species overfished?
- How was it caught or farmed?
- Is it a deep-sea, slow-growing or long-lived species?

**Tell your friends!**

Spread the word about how good it feels to eat sustainably.

Consult the website and get your hands on the full version of **Australia's Sustainable Seafood Guide** for more detailed information on each species, sustainability and fishing methods.



Why do your choices matter?

The fish we choose today will directly affect the health of our oceans tomorrow.

Worldwide demand for seafood is increasing, yet many populations of the fish we enjoy are overfished.

Overfishing, destructive fishing gear and poor aquaculture practices impact significantly on our seas. Once considered inexhaustible, our oceans are now in a state of global crisis and they need our help.

Be part of the solution.

Freecall 1800 066 299  
sustainableseafood.org.au

Freecall 1800 066 299  
sustainableseafood.org.au

Like this pocket guide?

Why not download the free AMCS iPhone or Android app for more information on each species. Search for 'Sustainable Seafood Guide' in your app store.



# Cut & Keep Guides

## Autumn (March – May)

apple	grapes	mandarin	plum	rhubarb
cumquat	honeydew	orange (valencia)	pomegranate	rockmelon
feijoa	nashi	pear	quince	strawberries
fig	limes	persimmon	raspberries	watermelon

artichokes (jerusalem)	capsicum	kale	peas	squash	zucchini
asian greens	carrot	kohlrabi	potato	swedes	
beetroot	cauliflower	leek	pumpkin	sweetcorn	
broccoli	celairiac	lettuce	radish	tomato	
brussels sprouts	celery	mushrooms	shallot	turnips	
cabbage	cucumber	onion	silverbeet	watercress	
	eggplant	parsnip	spinach	witlof	

basil	chives	garlic	lime, kaffir (leaves)	oregano	sage
chervil	coriander	ginger	mint	parsley	tarragon
chilli	dill	lemongrass		rosemary	thyme

## Winter (June – August)

apple	lime	rhubarb
avocado	mandarin	tamarillo
grapefruit	nashi	tangelo
kiwifruit	orange	
lemon	pear	

asian greens	daikon	parsnip
beetroot	fennel	potato
broccoli	horseradish	pumpkin
brussels sprout	kale	silverbeet
cabbage	kohlrabi	spinach
carrot	lettuce	swede
cauliflower	mushrooms	turnip
celeriac	olives	witlof
celery	onion	zucchini

ginger	garlic	parsley
coriander	mint	rosemary
dill	oregano	

fold

fold

## Better Choice

<i>Aust. wild caught fish</i>	<i>Marketed as...</i>
Australian Salmon	Australian Salmon
Crabs	Blue Swimmer Crabs (SA, NSW, WA) Spanner & Mud Crabs (NT)
Flathead (NSW & VIC)	Dusky Flathead
Snapper (VIC)	Pink Snapper
Southern Calamari	
Spanish mackerel	Mackerel
Spencer Gulf King Prawns (SA)	King Prawns
Whiting	King George & Eastern School
<i>Australian Farmed</i>	<i>Marketed as...</i>
Barramundi	Barra
Cobia	Cobia
Murray Cod	Murray Cod
Blue Mussel	Mussel
Oysters	Sydney Rock, Native & Pacific Oysters
Prawns	Black Tiger, Kuruma & Banana Prawns

These species represent a **BETTER choice**. Species in this group are not currently overfished. They are generally resilient to fishing pressure, have history of stable catches or are caught or farmed using techniques that have a low environmental impact. Some of these species may still have some minor issues but are a better choice.

## Eat Less

<i>Aust. wild caught fish</i>	<i>Also marketed as...</i>
Barramundi (WA & NT)	Barra
Blue Grenadier	Cod, Hoki
Blue-eye Trevalla	Blue-Eye Cod
Blue Swimmer Crab (QLD)	Blue Manna
Bugs	Balmain Bugs & Moreton Bay Bugs
Flathead	Tiger Flathead, Deepwater Flathead, Dusky Flathead (QLD)
Mahi Mahi	Dolphinfish
Prawns	Western & Eastern King, Banana, Tiger, School & Endeavour Prawns
Red Emperor	Nannygai
Snapper	Pink Snapper (WA & SA), Goldband Snapper, Saddletail Snapper
Southern Rocklobster	Crayfish
Swordfish	Broadbill Swordfish
Tuna	Albacore & Yellowfin Tuna

**EAT LESS** of these species. Wild caught species in this group may be heavily targeted or caught using fishing methods that damage habitat or are associated with high levels of bycatch. There may be scientific uncertainty about the status of wild caught stocks and a level of fishing pressure that suggests caution is required. If farmed, the aquaculture method used has some conservation challenges.

## Say No

<i>Aust. wild caught fish</i>	<i>Also marketed as...</i>
Blue Warehou	Sea Bream
Gemfish	Hake
Mulloway	Jewfish
Orange Roughy	Deep Sea Perch
Shark	Flake
Snappe	Pink Snapper (QLD & NSW), Tropical Snapper
Southern Bluefin Tuna	Bluefin
<i>Australian Farmed</i>	<i>Also marketed as...</i>
Atlantic Salmon	Tasmanian/Smoked Salmon
<i>Imported</i>	<i>Also marketed as...</i>
Basa	Freshwater fillet, Royal Basa & Mekong Catfish
Blue Grenadier	Hoki
Farmed Prawns	Prawns, Shrimp
Tuna	Albacore, Yellowfin, Bigeye Tuna

**Say NO** to these species. Wild caught species in this group, whether Australian or imported, may be overfished or their capture heavily impacts our seas e.g. killing threatened or protected species as bycatch or damaging sensitive habitats. Farmed species include those produced by methods that place significant stress on our oceans.

Please remove this page, cut and fold the guides to use when shopping for seafood and fresh produce





# Hungry for More?

Use your shopping dollar to vote for a fair food system

We all have the power to change the world, three times a day in fact. Use your shopping dollar to vote for a fair food system, one that nourishes the earth, protects its animals, values its farmers and engages communities. One that will keep us full for generations to come. You hold that power in your hip pocket.

To find out more about the impact your food choices have and what you can do, visit

To learn more about the SA Urban Food Network

For events that connect people through food, visit



[sustainabletable.org.au](http://sustainabletable.org.au)

[saurbanfood.org](http://saurbanfood.org)

[thefoodembassy.org](http://thefoodembassy.org)

 @Sustain\_Table

 @saurbanfoodnetwork

 @thefoodembassy

 @thesustainabletable

 @thefoodembassy

