



5

Ethical eating / shopping for families

Today, we are constantly thinking about the future, our impact on the environment and what we can do to ensure a safer, healthier future for our children. Ethical eating/shopping is one way everyone can help to provide for a healthy future.

This is about: supporting food producers and food sellers whose work practices care for the environment and protect human/animal rights; supporting local and Australian made produce; trying to grow your own produce; and living in a sustainable environment, that will leave a smaller footprint on the future.

How can you and your family eat and shop ethically?

1. Consider the environment in your shopping, during food preparation and consumption:

- Eat locally produced food where possible
- Eat food that is in season
- Buy and eat foods that have a low impact on the environment
- Use storage and cooking methods with less impact on the environment
- Use your food scraps in compost
- Buy foods with less packaging and in bigger volumes that can be stored safely in smaller containers - eg larger size yoghurts
- Recycle as much of the rubbish as possible

2. Promote ethical eating and shopping practices for your family:

- Try to buy from companies that are ethical in their treatment of produce and workers, and whose profits are given back to the community
- Consider the packaging of your produce, where it has come from and where it will go

3. Talk to your family about where food they eat comes from, how it is picked/prepared/delivered/stored, and how far it has travelled

4. Where possible support the local community by buying local produce:

- Support local community/school-based gardens that provide locally grown produce
 - Use this food at home, in school canteens or cooking classes
 - Donate some time to tending these gardens – it gets you and your family outside and having fun being active
- Get all the family involved in planting and caring for a home-based vegetable/herb garden. Plant fruit trees/vines for fresh, sweet fruit – to help keep food costs down!
 - Use the produce in your home cooking. Children love eating home-grown produce
 - The whole family can be involved together in planning, caring for and making decisions about the garden, and being active outdoors
- Try a home-delivered fruit and vegetable box sourced from local growers - you will have new fruit and vegetables to try and will be supporting the local community
- Visit local farmers' markets where produce will be fresh and sourced from local producers
- Choose and buy seafood from businesses that use sustainable fishing practices - to protect against overfishing our seas/river systems

For more information:

- <http://www.ecofriendlyfood.org.au>
- <http://www.sustainableseafood.org.au>
- <http://www.farmersmarkets.org.au>
- <http://www.ethical.org.au>
- <http://www.nudefoodday.com.au>

Acknowledgements: Nutrition Australia Qld would like to thank Katie Mellish, Accredited Practising Dietitian, for her contribution to this fact sheet

Nutrition Australia Qld

6/100 Campbell St Bowen Hills QLD 4006 | Phone: (07) 3257 4393 | Fax: (07) 3257 4616 | ABN: 33 986 781 351
www.nutritionaustralia.org

