

CHOOSING LOW IMPACT PRODUCTS

Intention	Action
Choose the most environmentally friendly products on the market, considering their production, distribution and afterlife	▪ Choose products that are: biodegradable, organic, local, recycled, minimally processed ▪ Buy from companies who can evidence high sustainability standards
Eat ethically produced food	▪ Research local seasonal cuisine ▪ Buy from local produce markets ▪ Buy from local health food shops ▪ Use big-name supermarkets only as a last resort ▪ Buy organic food if there is the option ▪ Avoid imported food items when there are locally produced alternatives ▪ Ask local people where to find ethically produced local food ▪ Research restaurants' menus and sourcing practices before eating there ▪ Refuse all UPF (ultra-processed foods)
Eat meat, fish and dairy sparingly, and only when guaranteed to be local and ethically reared or fished	▪ Buy from local produce markets, butcheries and fishmongers ▪ Research local meat, fish and dairy producers ▪ Research local livestock farming and fishing practices ▪ Assume that all meat, fish and dairy is not ethically produced unless proven otherwise
Avoid food that contributes to rainforest destruction	▪ Refuse products containing palm oil (even certified sustainable palm oil) ▪ Limit tropical foods like chocolate, coffee, tropical nuts and fruits (including bananas). If buying these, choose products that carry Fairtrade, organic, Rainforest Alliance and Forest Stewardship Council labels ▪ Limit sugar consumption ▪ Limit soy products