



# Pathway to a low CO<sub>2</sub> future. Think global, eat local.

## Eating that doesn't cost the earth

Food is probably the single biggest contributor to our carbon footprint. Globally, food production, packaging and transport requires vast amounts of energy, materials and water, and accounts for around 30% of our individual carbon footprint.

### You can reduce the impact of your food consumption by:

Growing your own. Backyard fruit and veggies make good sense for the planet and your health. Starting with a couple of square meters is realistic for most people. You can also join the MASG Local Food Production Working Group to get hands-on experience. Contact Peter Sansom via the MASG office on 5470 6978, or email [www.info@masg.org.au](mailto:www.info@masg.org.au)

Buying locally grown, in-season food where possible means less transport and storage, better taste and often a lower price. See the food section in our resource guide for local suppliers and growers.

[www.masg.org.au](http://www.masg.org.au)

Checking out this excellent guide to seasonal produce in Victoria at:

<http://www.environmentvictoria.org.au/library/eating-green-environment-victoria-guide-seasonal-food>

Reducing your intake of energy-intensive meat and dairy. An average serve of beef accounts for up to five kg of greenhouse gases and 17,000 litres (*that's not a misprint*) of water.

Buying dry goods in bulk, avoiding excessive packaging, and recycling as much packaging as possible.

Compost your food scraps for your new veggie garden. This is recycling at its organic best.

Not buying or cooking more than you need or can use. Australian households throw out billions of dollars worth of food every year. It's estimated that at Christmas alone, the food wasted throughout the country would fill a line of semi-trailers, bumper to bumper, from Melbourne to Sydney.

## Locally

This is the Goldfields and Harcourt is just up the road – we are renowned for our local food and food producers. Bakers, butchers, herb growers – you name it, they're all here.

- Wesley Hill Market, every Saturday morning, Pyrenees Highway Wesley Hill.
- Castlemaine Farmers Market, first Sunday morning of the month, Mostyn Street behind the Market Building. It also has a produce exchange run by the Food Garden.
- MA Transition has published an online guide to local produce. <http://www.transitionma.org.au/local-produce-guide/>
- Avoid eating overfished species such as Southern Blue Fin Tuna and Flake. Larger fish species higher up the food chain can contain alarmingly high levels of heavy metals. See [www.amcs.org.au](http://www.amcs.org.au) for more information.
- There are several other local food production groups such as perma blitz. Contact MASG at [www.masg.org.au](http://www.masg.org.au) or drop in to the MASG office.

MASG has a local food guide, full of food producers who don't cost the earth. Call 5470 6978 and ask about the Carbon Reduction Action Group (CRAG) *Local Food Guide*, or check it out on the website.

**Join MASG**, a great source of information and activities, festivals and activism, and a strong community group of over 1000 members working on these problems.



MASG demonstration food garden