

Take action as an individual

In 2020, Brighton and Hove was awarded the **UK's first Gold Sustainable Food Place** Award. Whether you are a resident or visitor, there are many actions you can take to help keep Brighton & Hove Gold.

Reduce your food waste

- ⇒ **Plan your meals & use a shopping list:** Check out Love Food Hate Waste's **portion planner**.
- ⇒ **Sign up to a community composting scheme or compost at home.**



- ⇒ **Sign up to food-sharing apps** like **Olio** and **Too Good To Go**.
- ⇒ **Donate your surplus to a local community fridge.**
- ⇒ **Use up your leftovers and perfect your portion sizes:** Check out Love Food Hate Waste's **recipes for leftovers**.
- ⇒ **Ask for a doggy box (or take your own container)** for any leftovers when eating out.
- ⇒ **Store your food correctly:** See Love Food Hate Waste's **fridge tips**.
- ⇒ **See our tips for reducing your food waste.**

Reduce single-use plastics

- ⇒ **Use local veg box schemes and farmers markets** to minimise packaging for your fruit and veg.
- ⇒ **Use reusable bottles and containers** for drinks and food: Checkout **Refill Brighton & Hove** to find out where you can refill your water bottle in the city.
- ⇒ **Recycle your plastics:** Use **The Green Centre** or **Magpie Greenbox** to recycle items that aren't allowed in your local recycling collection.
- ⇒ **Use refill stations:** Refill bottles of cleaning products and toiletries and fill up your own containers for grains, pulses, nuts and more.
- ⇒ **Buy plastic-free:** See our **where to buy plastic-free** guide.

Eat well (for you and the planet)

- ⇒ **Add an extra portion of veg to your meals**
- ⇒ **Reduce your meat and dairy consumption:** See the **Eating Better** campaign for more information.
- ⇒ **Swap sugary foods and drinks for healthier alternatives.**
- ⇒ **Cook from scratch:** see the **Veg Power recipes** for ideas or **learn to cook at our Community Kitchen.**
- ⇒ **Choose restaurants that strive to be sustainable:** See a **list of local 'sustainable eats'** by Restaurants Brighton.

Buy well

The choices we make about the food we buy can have a big impact on our health, the environment, animal welfare and the people who produce our food. As a city, our collective buying habits can send a strong message to retailers about how we want our food system to be.

- ⇒ **Support higher welfare farming:** See our top **tips for buying meat, eggs and dairy.**
- ⇒ **Buy sustainable fish:** See our **tips for buying sustainable fish.**
- ⇒ **Buy local, seasonal & organic:** See our **list of local stockists** of organic and seasonal food.

Support your community food sector

- ⇒ **Volunteer at / donate to a community food project:** Use our **directory map** to find local community projects.
- ⇒ **Sign up to Casserole Club** and cook an extra portion of food for a neighbour who would benefit from a hot meal and some company.
- ⇒ **Sign up to the Food Partnership fortnightly newsletter** to get the latest news about food-related activities in our city.
- ⇒ **Invest in community energy social enterprise, BHESCO.** They are planning on converting peelings into power by building a commercial Anaerobic Digester in Sussex.

Grow your own food

Home-grown food has many advantages; it is tasty, nutritious, local and can be beneficial for wildlife. Plus you get outdoors and improve your physical and mental wellbeing at the same time.

- ⇒ **Sign-up to get your own allotment.**
- ⇒ **Go organic:** join **Brighton & Hove Organic Gardening Group** and/or get a taster allotment.
- ⇒ **Find a community growing project near you** on our directory.
- ⇒ **Check out our monthly gardening blog** for handy tips to grow food at home.

- ⇒ Use our Gold Food City Bid **toolkit for individuals** to show you are supporting the bid.