

Paths to Sustainability - Individuals

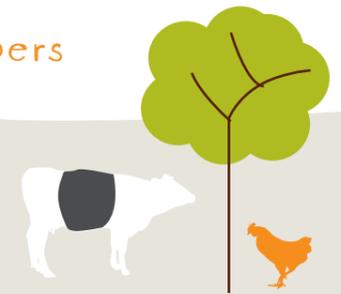
informed shoppers are savvy shoppers



1

grow your own food

Growing your own food reduces your food miles and CO² emissions. Plus it's seasonal, delicious and saves money.

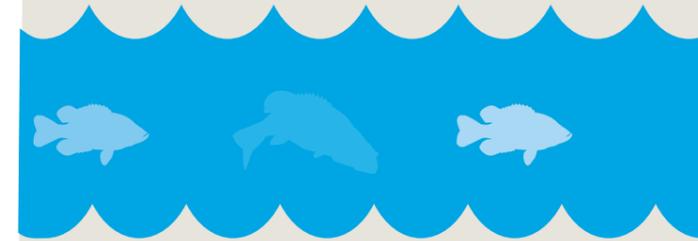


2

avoid packaging & use re-useable shopping bags

In Australia alone, 3.92 billion plastic bags were used in 2011.¹

The amount of petroleum used to make these bags could drive a car around the world 1076 times.² Fifty million plastic bags enter the environment as litter every year and can take hundreds of years to break down in the environment.



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) or visit GoodFishBadFish for more information (GoodFishBadFish.com.au).

3

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) for sustainable producers and outlets near you.



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

Australians send \$8 billion worth of food to landfill each year.⁴ Using a compost bin can cut the garbage you send to landfill by 50%. The City of Melbourne provides discounted compost bins for residents – call 9658 9658 for more information



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, methane emissions from cattle and sheep account for 10% of total greenhouse gas emissions. 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.

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

² CSIRO, Greenhouse gases in Australian agriculture: understanding the role of soils, forests and livestock methane, 2012, http://www.csiro.au/Outcomes/Climate/Reducing-GHG/Carbon-Australian-agriculture_CLI.aspx, viewed 22/01/2013