



TEN STEPS TO A LOW-CARBON LUNCH

It may seem like a small gesture but holding a low-carbon Sunday lunch is a great way to mark 10:10:10 and reduce your emissions. The good news is that opting for a low-carbon diet is also better for our health, better for the local economy and often better for our bank balance, too! Here's how to do it...

www.farmersmarkets.net

1 Go local

The average meal in the UK travels thousands of miles before it reaches our tables. Seek out a farmers' market at [farmersmarkets](#), and discover how nice it is to know where your food comes from.

www.seasonalfoodrecipes.co.uk www.thefoody.com

2 Get in touch with the seasons

Heating greenhouses can sometimes be as bad for the atmosphere as air freighting from foreign climes. For a guide to what's in season when, see [thefoody](#) and for seasonal British recipe ideas try [seasonalfoodrecipes](#).

www.meatfreemondays.co.uk

3 Easy on the animals

Meat and dairy production puts more greenhouse gases into the atmosphere than transport! Why not experiment with some flavoursome veggie dishes? There's inspiration a-plenty at [meatfreemondays](#). When you do want a meat fix, go for free-range pork or, even better, chicken, which has a fraction of the carbon footprint.

www.recyclenow.com/home_composting

4 Rot on!

Divert your food waste from landfill where it'll emit powerful greenhouse gas methane. Pop your peelings and leftovers, along with old cardboard, into a wormery from [wigglywiggles](#), a bokashi food-composting bin [greengardener](#) or a green cone [greencone](#), and let nature work its magic! More tips at [recyclenow](#).

wigglywiggles.co.uk greengardener.co.uk greencone.com

5 Shun the machines

Go for fresh, home-made and minimally packaged foods! Frozen and processed foods are generally less tasty, and need much more energy for their preparation and storage.

TICK ME WHEN DONE

6 Green steaming

Steaming vegetables uses less energy and water than boiling and retains more vitamins. Microwaves are ideal for this and far more efficient than a standard oven. Government research shows that using a microwave rather than an electric oven gives an average energy saving of about 50%!

7 If the hat fits...

On the hob, use well-fitting saucepan lids and make sure the saucepan covers the entire electric ring or gas flame – too small and you'll lose heat up the sides!

8 Fore-thought pays off

Try to plan oven cooking so you don't roast empty shelves. Grilling food is usually more efficient than oven baking.

9 Brainy boiling

And as all electric heating is power-hungry, heat only the water you need in an electric kettle.

10 Be a romantic

Switch off the lightbulbs and strike up a match – candlelight is good for the atmosphere, in more ways than one.

Compare the footprint of different meals at [www.eatlowcarbon.org](#)

And find out how others are meeting their 10:10 challenge at [www.1010uk.org](#)



Cutting carbon 10% at a time

¹ [efficient-products.defra.gov.uk/spm/download/document/id/786](#)