



We Mercies

Care for Creation

As you take the next step, remember the traditional custodians of the land

WHAT ABOUT LESSENING FOOD MILES?

Lessening food miles is also part of the efforts to live sustainably and care for the environment. It can help preserve the biodiversity of nature.

The loss of biodiversity is internationally recognized as a major threat to the future of life on our planet.

Biodiversity describes the number of species that inhabit a particular ecosystem. Climate change is a great threat to biodiversity.

One of the ways in which we can encourage biodiversity is to shop locally. This decreases the amount of carbon dioxide in the atmosphere by lessening the number of miles our food and other articles may have travelled and it also encourages the growth of the different species native to our region.



Overleaf you can find some ways in which to reduce food miles.

**With thanks to
Greener by the Day
2015 Calendar.**

greenerbytheday.com.au

***April
2015***

SUPPORT LOCAL

- Reduce your food miles by purchasing Aussie produce.
- If you can, take the next step and walk to your local shops.
- Shop at your local butcher, café, green grocer, bakery and chemist.
- Read the CHOICE REVIEW “Food Miles – Why eat local?”
www.choice.com.au.
- Find Fair Trade Products in your local area. Type in your postcode for where to buy fair trade coffee, sugar, chocolate, tea, rice, oils and more.
www.beta.fairlylocal.com.
- Shop at your local farmers’ market and eat healthy seasonal produce. Visit the Australian Farmers’ Markets Association to find your nearest farmers’ market.
- LOCAL HARVEST is a website that discusses the benefits of eating local. Learn about issues such as fair pay for farmers, getting in touch with the seasons, and food miles.
www.localharvest.org.au.
- Plant an Australian native plant.
- Visit Planet Ark to discover more about how native plants can maintain Australian plant species, provide habitats for our native animals, and protect our wildlife.
www.planetark.org.

