

GET ENOUGH TO EAT
.....
REDUCE FOOD WASTE
.....



WHAT'S
ON YOUR
PLATE?

SUSTAINABLE FOOD PLACES
.....
SUPPORT LOCAL

FOOD AFFECTS YOUR WELLBEING

Having a balanced and varied diet helps you get everything your body needs to feel good and function well.

REDUCE FOOD WASTE

Save up to £60 a month by buying only what you need, storing food so it lasts longer, using up leftovers and reducing what you throw away. Less waste in bins also saves the council money.

HOLIDAY ACTIVITIES AND FOOD PROGRAMME

We want to make sure everyone in South Gloucestershire has enough food to feed their family. We can help with emergency food payments, ongoing support, applying for Free School Meals and Healthy Start and our Holiday Activities and Food Programme to support your child.

SUPPORT LOCAL

Find out how buying local produce doesn't have to cost more especially if you shop smarter and use everything you purchase. Supporting independent, local traders like greengrocers and butchers helps your High Street thrive, puts money back into your community and reduces food mileage.

SUSTAINABLE FOOD PLACES

Sustainable Food Places aim to reduce food poverty, improve access to healthy food to reduce food related ill-health and tackle loss of biodiversity, climate change and the amount of food that is wasted.



www.southglos.gov.uk/CostOfLiving