

Food Vendor Reference Sheet

When choosing a food vendor for the Eden Sessions, think about the questions below. Also, look at the symbols, next to each one, to see which aspects of sustainability they relate to from the Development Compass Rose.

What kinds of ingredients does it use?



The **WWF** explain that “Farming animals for meat and dairy requires space and huge amounts of water and feed. The livestock industry alone generates nearly 15% of all man-made greenhouse gas emissions.”

They also suggest that we need to consider the variety of foods that we consume with “75% of the world’s food supply comes from just 12 plants and five animal species. Greater diversity in our diets is essential as the lack of variety in agriculture is both bad for nature and a threat to food security.”

Source: <https://www.wwf.org.uk/betterbasket>

Where have the ingredients come from?



BBC Bitesize explains that “All food makes a journey from where it is grown or produced to your plate. How far food has travelled is known as its food miles. We should be aiming for as few miles as possible. Choosing foods with fewer food miles helps **reduce pollution** and **protect our planet**.”

Source: <https://www.bbc.co.uk/bitesize/articles/zjnxwnb#zndc4xs>

Buying food that has been grown or produced locally will not only reduce food miles (and pollution linked to transportation), but it will also create jobs for local people and benefit the economy in the area where you live.



How will the food be cooked?

Does it require lots of electricity? Does it create any pollution? What kind of oil is being used? These are all important factors to consider when choosing your food vendor.

The **WWF** explain that “Unsustainable palm oil is responsible for large-scale deforestation, putting wildlife under threat, as well as contributing to greenhouse gas emissions and increasing the risk of climate change. But rejecting palm oil all together could have unintended consequences as alternatives can be even worse for the environment, with some needing up to nine times as much land to produce. Look for products containing RSPO certified sustainable palm oil.”

Source: <https://www.wwf.org.uk/betterbasket>



How will the dish be packaged?

Earth.org explain that “Every day, hundreds of millions of single-use containers, cans, trays, and cutlery are thrown away around the world. While packaging is an essential component of the food sector and the only solution we have to facilitate food transportation, food packaging waste is one of the most harmful aspects of this industry [on the environment].”

Choosing a food vendor that uses packaging made from recycled materials and/or that can be easily recycled will reduce the amount of packaging that is sent to landfill and, in turn, the negative impact this has on the planet.

Where will the vendor come from? How will the food be transported?



As well as thinking about where the ingredients for the dish come from, you will need to think about the journey that the food vendor makes. Are they travelling a long way (increasing the number of food miles associated with their dish)? Does their choice of transport have a positive or negative impact on the environment? Shorter journeys in environmentally mindful vehicles will cause less pollution than longer journeys in vehicles that burn fossil fuels.

What will happen to any food waste?



The **WWF** explain that “Food waste is a big problem. 30% of the food produced is wasted, with serious repercussions for the environment. In fact, if food waste was a country it would be the 3rd largest emitter of greenhouse gasses after China and the USA.”

Source: <https://www.wwf.org.uk/betterbasket>

Choosing a food vendor that disposes of their waste in an environmentally friendly way, will reduce the impact of their business on the environment.

How much does the dish cost?



No matter how delicious, healthy or good for people and planet the dish is, it's no good if it's too expensive for people to afford. The **European Food Council** explain that “There is no doubt that the cost of food is a primary determinant of food choice.” They suggest that “Low-income groups have a greater tendency to consume unbalanced diets and in particular have low intakes of fruit and vegetables.”

Source: <https://www.eufic.org/en/healthy-living/article/the-determinants-of-food-choice>

Is the dish you choose good for other people?



Looking out for key words and phrases such '**Fairtrade**' or 'locally produced' will tell you that choosing that food vendor would not only help support their business but that when Sessions visitors buy their dishes, it will have a positive impact on other people both locally and globally.

Is it healthy?



We all know that unprocessed foods, such as fruits and vegetables, are healthier for us but did you know they are also better for nature? This article from the **Soil Association** suggests that processed foods have a larger carbon footprint due to the destruction of ecosystems and energy required to produce, store, preserve and package them.

Source: <https://www.soilassociation.org/blogs/2022/august/24/how-bad-is-ultra-processed-food-for-the-planet/>

Is it tasty, delicious and the kind of food that people want to eat at a music event?



If it isn't the kind of food that people would want to eat at an Eden Session, it isn't going to be very sustainable. There will not only be a lot of disappointed people but it is also likely that there will be lots of waste (time, money, energy and food!).