

Local Food - Why Bother? and where to get some . . .

Choosing to buy and eat local food saves CO₂, choosing to buy and eat local and organic saves even more CO₂ emissions. Choosing a meat free diet saves yet more as we are eating lower down the food chain and not processing crops through an animal first. [Click here](#) to check out some info about moving to a vegetarian diet. [Click here](#) for taking it further and looking into help with a vegan diet. Also try www.meatfreemondays.co.uk for some ideas about moving gently to a more climate friendly diet.

Making a [dinner plate] difference . . .

Lancaster is fortunate to already have several businesses producing and supplying local and organic food. As we each make an active choice to buy from these producers we are contributing directly to building local food security. We are making a dinner plate difference. 'Organic' is no longer a fancy fad - if it ever was - it is the essential basis of resilient [fossil fuel free] food production and security.

Here is the start of a local list

www.growingwithgrace.co.uk at Clapham have a farm shop and will make home deliveries with their fruit and veg box scheme.

www.growing-with-nature.co.uk at Pilling have a box delivery round in Lancaster for fruit and veg. Copy of Alan Schofields slideshow from the Autumn Programme - PDF format

At Grange www.howbarroworganic.co.uk have a market stall in Lancaster on Saturdays and also a box scheme.

For organic meat www.manserghhall.co.uk at Kirby Lonsdale have a stall in Lancaster Market Square on Wednesdays and Saturdays.

To find lots of local, organic and fairtrade food under one roof visit Single Step workers cooperative at 78 Penny St Lancaster
www.singlestep.org.uk