

# CASE STUDY: Diet & Food Waste

## Context & Challenge

Carbon friendly diet is a healthier diet: less meat – need to reduce meat consumption by 30% to meet carbon targets

Food waste cost families £720 per year

Food waste is still in black bags and this is expensive to dispose of: food waste causes GHG when it breaks down – very high impact

Local farmers struggling, lack of labour, fertilizer

Local families struggling food costs

## Challenge for ECC

Integrating messaging around healthy diet, local economy, food waste and climate

Driving integrated approach to improve diets, support local producers and cut waste through commissioning, care support services and supply chains.

## Risks and Barriers

Families cannot afford healthy food – this can be linked to Levelling Up

ECC work: LU, food waste, local economy support and diet advice is siloed

## Opportunity

Integrate advice and support on food purchasing, meal planning, sourcing local, cutting waste.

Promote existing support (Residents' Advice Pack, composting workshops, apps)

ECC buys food/catering services and has an opportunity to influence. For instance, we can do this via our supply chain via and social care

Drive community cohesion around action via allotments, community orchards, composting drives

## Potential Long-term Benefits

Low Carbon, healthy diet

Vibrant local food production and processing economy

More sustainable farming

Low food waste: costs savings for families

No food waste in black bag waste: substantial cost savings for ECC in waste disposal and in green house gases

- How can we all use our organisational (and personal!) influence ECC use its size and influence when it comes to food production/delivery and food waste?
- Are we collectively considering food as a health/equality/cost-saving issue?
- How do we integrate work on food and diet across our organisations with **shared accountability and performance measures?** (e.g. shared target places)