The food we consume has a huge impact on life in Cardiff—not just on our health, but also on our communities, businesses and the environment.

Eating the right quantity and quality of food promotes health and well-being. Buying seasonal and local food where possible helps support local businesses and farmers and buying food wisely helps to reduce the significant amount of food that is currently wasted.

The City of Cardiff Council has a commitment to sustainable food procurement and has signed up to the Cardiff Food Charter. This covers many issues including nutrition, UK seasonality, supporting local supply chains and the local economy, reducing adverse affects on the natural environment and ensuring our suppliers have food safety systems.

Cardiff Council School Catering supplies 33,000 meals every school day in 140 schools, following council policies on use of local, seasonal and ethically sourced and purchased food. Cardiff Council has a kerb side collection for food and garden waste.
Reducing food waste
Plan meals and go shopping with a list of ingredients. This will help avoid buying food you don’t need and won’t use.

Food packaging
Choose products without packaging, or with as little packaging as possible.

Choosing responsibly caught fish from a sustainable source
Some species of fish, like cod and tuna, have become so popular they’re at risk of becoming extinct. Look for Marine Stewardship Council (MSC) and sustainably sourced labels on your fish. Fish that have been line-caught are a great choice too.

Knowing your labels
Buying organic food and drink such as those with the Soil Association Standard, ensures that you are reducing artificial chemicals in your diet and pesticides in the soil. It also ensures high welfare for animals. Free-range ensures that animals have access outside space and daylight for at least part of the day. Freedom foods offer higher animal welfare, so you know what you’re eating has been ethically produced. The Red Tractor logo means your food or drink has met responsible production standards and is fully traceable back to independently inspected farms in the UK.

Growing some of your own food
Growing vegetables from seeds is a great way to feed your family cheaply. You don’t need to have much space, or green fingers! Lots of veg can be grown in pots or window boxes. Salad leaves, kale and courgettes are a great choice to start your pot allotment.

Cooking meals packed with natural goodness
When you cook meals from scratch you decide exactly what ingredients go into your food. It’s a great way to avoid processed ingredients, preservatives, and artificial colours. And home cooking can help you save money and ensure you don’t waste anything!

Buying Fairtrade products
When you buy Fairtrade you’re supporting fair pay and decent working conditions for farmers and workers in the developing world.

Food is a theme of the One Planet Cardiff vision for the city. For more information on One Planet Cardiff see www.oneplanetcardiff.co.uk