

Journeying Together: Food & Sustainability

St Matthew in the City 2020

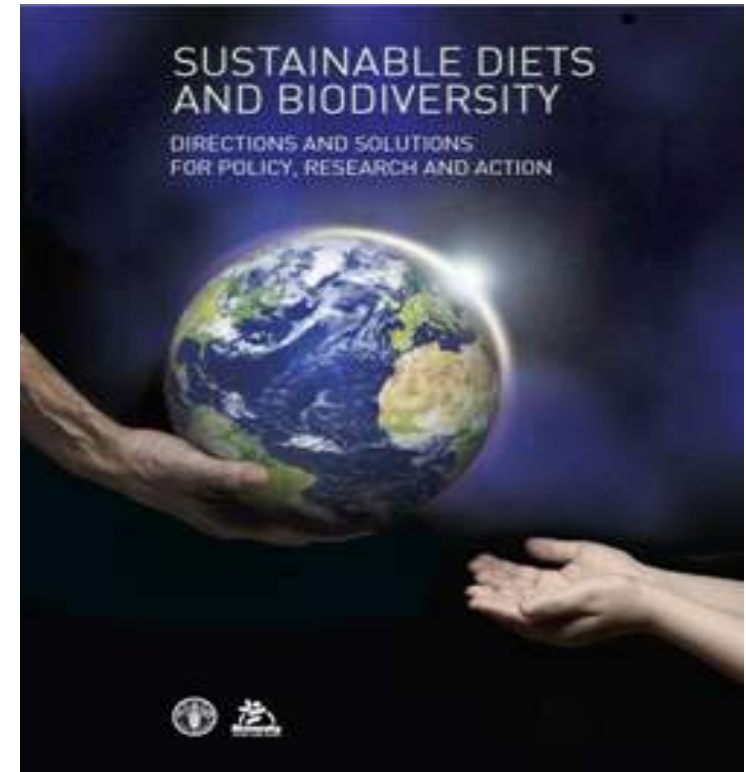
Bobbi Laing



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Sustainable diets have been defined as those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations

- ➡ Moving to a more plant- based diet,**
- ➡ Reducing food miles**



The ideal:

- Create a sustainable garden
- Grow your own vegetables, fruits and herbs.
- Have a compost bin

or

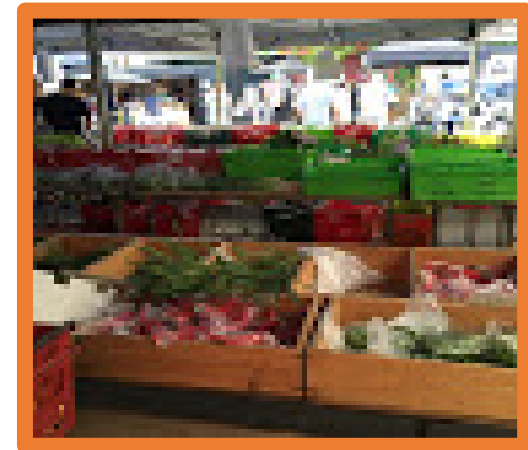
Container gardens

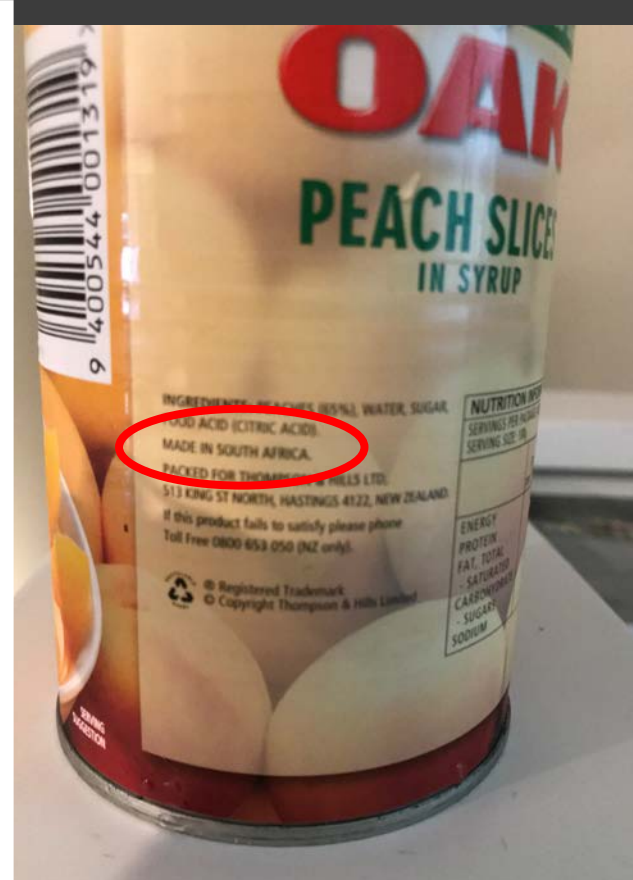
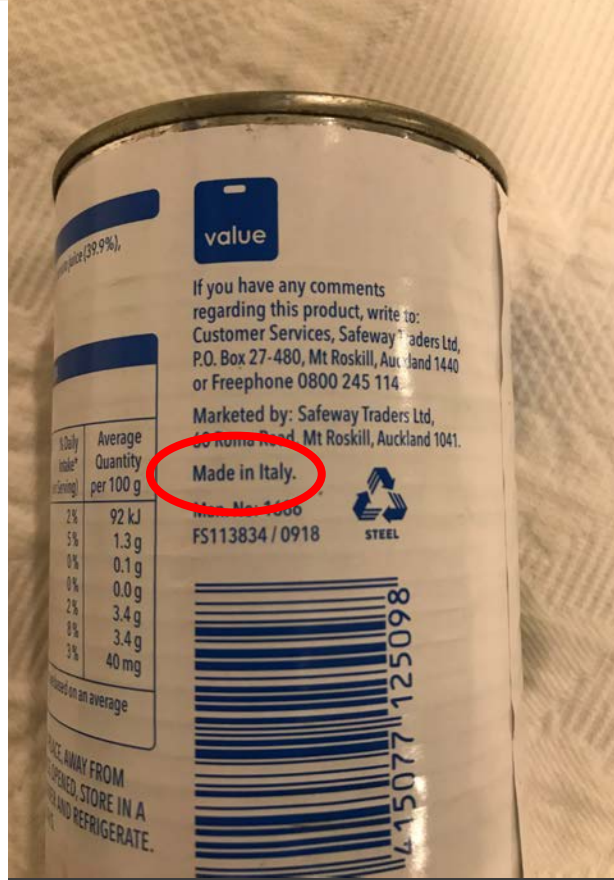


And / sprouts?



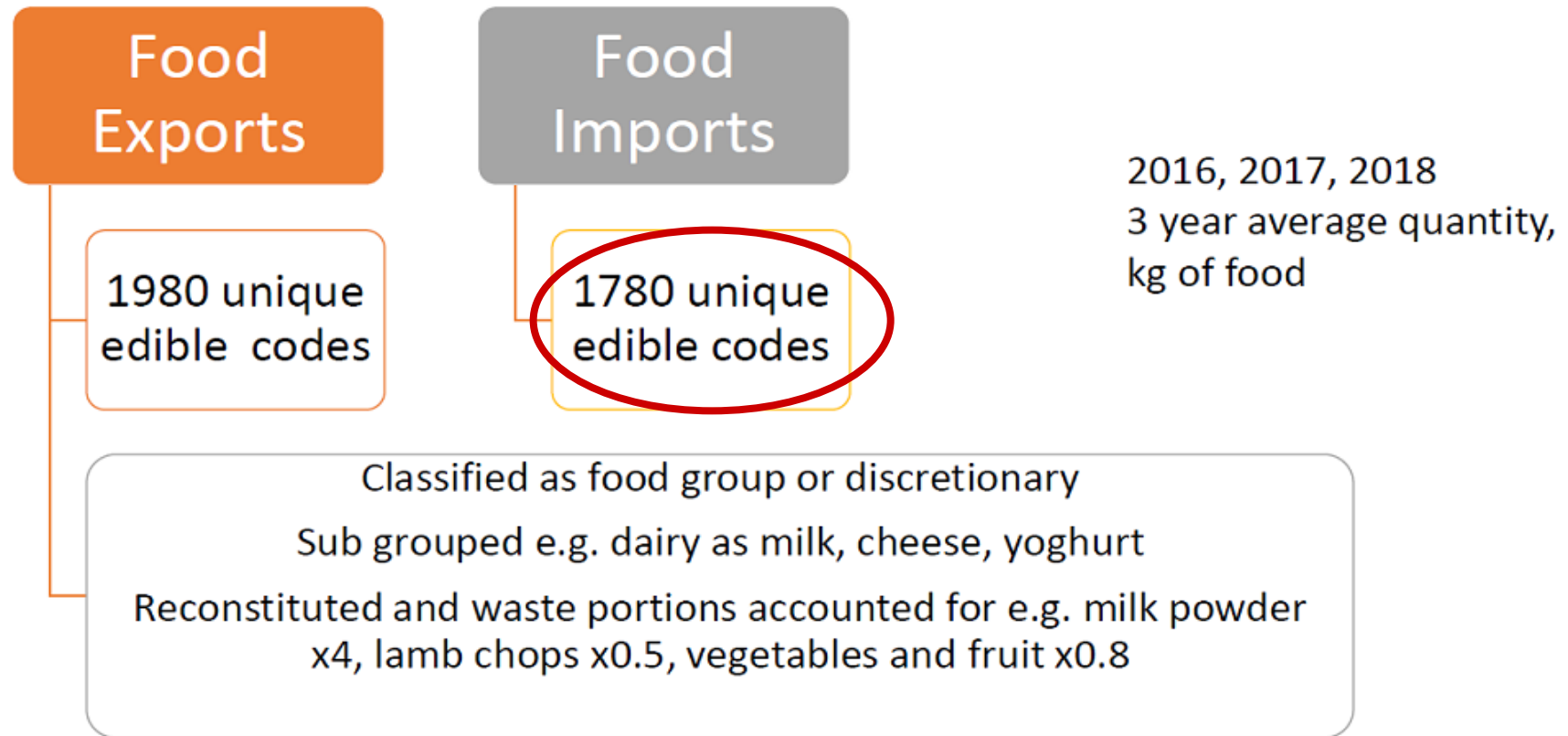
Buying Food : Farmers markets






The Supermarket

HS- 1904.10.09.15 Food preparations; breakfast cereals, obtained by the swelling or roasting of cereals or cereal products, (not coated with chocolate or cocoa), in packs not exceeding 1 kg, mainly of wheat”



Food exports and imports of New Zealand in relation to the food-based dietary guidelines

Elaine Rush ^{1,2} • Vladimir Obolonkin¹

European Journal of Clinical Nutrition
<https://doi.org/10.1038/s41430-019-0557-z>

the barcode.

DO remember if the first 3 digits are one of those between 690 and 695 inclusive then it is a product **Made in China.**

OTHER BARCODES:

00 ~ 13 USA & CANADA

30 ~ 37 FRANCE

40 ~ 44 GERMANY

49 ~ JAPAN

50 ~ UK

57 ~ Denmark

64 ~ Finland

76 ~ Switzerland and Liechtenstein

628 ~ Saudi-Arabia

629 ~ United Arab Emirates

740 ~ 745 - Central America

Just Kai
Identifying slave-free supply chains

"the dominant things we buy that are likely to have been produced by slave labour are computers and mobile phones, clothing, **fish, cocoa and sugar.**"

[Global Slavery Index 2018 \(pdf p. iv\)](#)

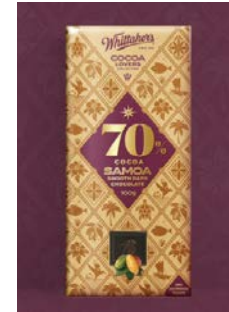
People far away are enslaved to produce our food. We can stop that by only buying from companies that have rooted slavery out of their supply chains.

We Recommend

Fish

Cocoa

Sugar



trade aid



<https://justkai.org.nz/>



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Questions and Next Steps

- What would I personally like to do to increase my consumption of local foods?
- What support may I need to make this happen?
- How can we support each other?