



# Sustainable cooking



[www.activekidsgetcooking.org.uk](http://www.activekidsgetcooking.org.uk)



# What is sustainable cooking about?



The word 'sustain' means to be continued over a long time.

For the Special Challenge 2010, the term 'sustainable' is intended to encourage consideration of what we can do to reduce waste and our environmental impact, when we prepare dishes and meals.



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# Ideas for sustainable cooking



Some ideas for sustainable cooking may include:

- growing your own ingredients;
- using local/regional foods;
- choosing seasonal foods;
- buying products which are value for money;
- reducing food waste;
- using leftovers;
- reducing the environmental impact.

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# Grow your own ingredients



There are many different types of ingredients you could grow. Some ideas are listed below.

**Fruit** – buy a planter bag and grow strawberries or beans.

**Vegetables** – keep a mushroom box in a dark corner of your classroom; grow some potatoes in a bucket.

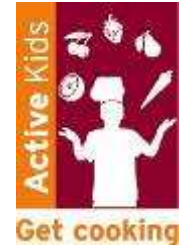
**Herbs** – grow herbs on a window sill.

What other kinds of ingredients could you grow?





# Using local/regional foods



The closer the food is produced to your home, the less amount of energy is needed to transport the ingredients to you. This is better for the environment.

You may have a market, farm shop or local bakery nearby, which provides fresh food grown or produced nearby.

Who are your local food producers?

Do you grow any food at home?





# Seasonal foods

Some foods are only harvested at certain times of the year. These are called seasonal foods.

Foods harvested in the different seasons in the UK include:

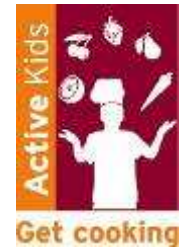
- cherries in summer;
- pears in autumn;
- leeks in winter;
- rhubarb in spring.



Can you think of two more foods grown in each season?



# Buying products which are value for money



Sustainable cooking should not be expensive.

Buying a larger packet of food which can be used over a long period of time works out cheaper than buying lots of smaller packages.

Pasta and rice are two examples of basic foods which can be bought in bulk.





# Reducing food waste

Being creative with leftover food in the fridge can reduce the amount of wasted food.



Leftover meat from a roast chicken has many uses, such as filling for a chicken pie, sandwiches or baked potatoes. The chicken bones can also be boiled and used for stock.

How many different dishes can be made using leftover:

- cooked chicken;
- potatoes?





# Reducing the environmental impact



Preserving food helps to reduce food waste. There are many ways to do this - chilling, freezing, pickling, bottling and jam making.



Choosing to compost food waste, rather than sending it to land fill, is one example of reducing environmental impact.

Selecting foods with less packaging also helps to reduce land fill waste.

