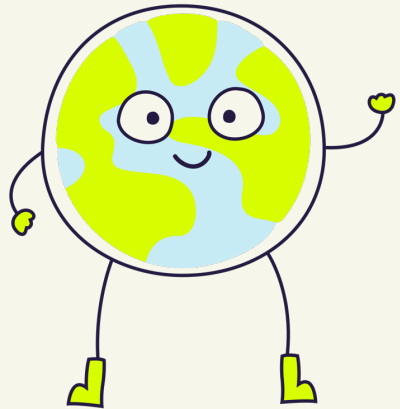


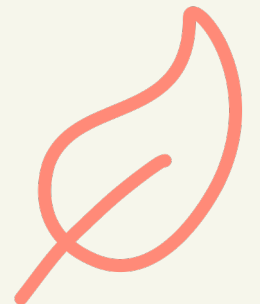
Young Climate Warriors



How did the Palm Oil
in Biscuits Challenge go?

What palm-oil free biscuits
did you bake?

Did anyone spot any sustainable
palm oil or the RSPO logo?



Broad beans, broccoli, courgettes, fennel, french beans, lettuce, pakchoi, peas, radishes, rocket, runner beans, spinach, water cress.



Eat local. Eat seasonal.



What's the story of your fruit and vegetables before they landed on your plate?

Where do they grow? How do they grow? In which season are they at their best?

Can you be adventurous and choose to eat more seasonal, local produce? Gooseberries, beetroot, radishes and broad beans?

Find out what else is local and in season this month.

This week's challenge:
28th June



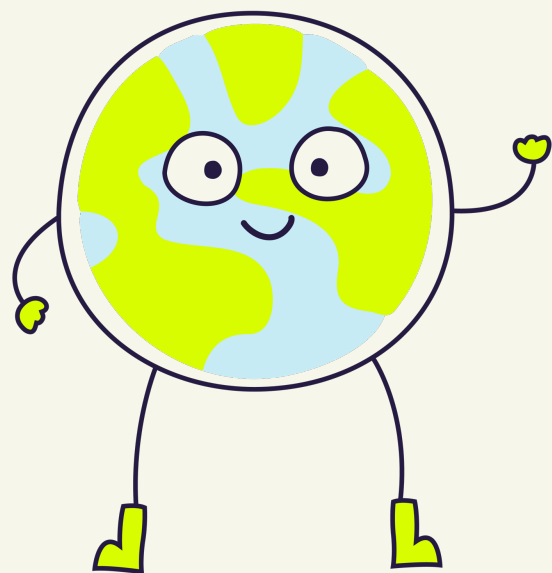


When you've completed this challenge ... Remember to hit the red button!



- In the UK we currently grow around 55% of the vegetables and 17% of the fruit we eat.
- Eating seasonally can have health benefits. Summer carrots, leafy greens and broccoli have high quantities of beta-carotene to protect our skins from the summer sunshine.
- Transporting food by air emits 50 times more greenhouse gases than transporting by sea.





LOCAL AND
SEASONAL: YOUR
NEXT FOOD
ADVENTURE AWAITS!
Work out where your
food is from and try
some local seasonal
food!



Things to think about

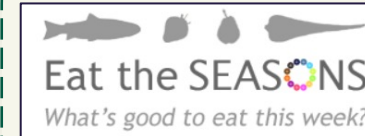
What's the story of your fruit and vegetables before they landed on your plate?

Have you heard about food miles before?

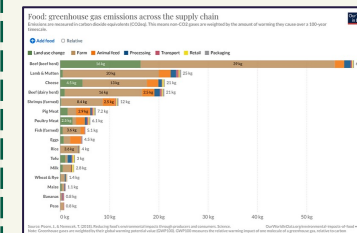
What other parts of the process could add carbon emissions to the carbon footprint of a food?

How could food from further afield have a lower carbon footprint than food grown locally?

Learn more!



Find out which fruit and vegetables are in season with 'Eat the Seasons'.



Check out the carbon emissions related to food with this bar chart from Our World in Data.

