

# Why local organic seasonal Super Soup?

## Ten things you may not know about our food and our City:

- 1) In Manchester just 18% of us eat the recommended 5 portions of fruit & veg a day.<sup>1</sup>
- 2) The average Mancunian produces 11.5 tonnes of carbon dioxide (CO<sub>2</sub>) per year.<sup>2</sup>
- 3) The food we eat accounts for 1/5<sup>th</sup> of the UK's carbon dioxide emissions & nitrogen fertiliser accounts for 1% of the total UK CO<sub>2</sub> emissions.<sup>3</sup>
- 4) We need to reduce our CO<sub>2</sub> emissions by 80% by 2050<sup>4a</sup> and Manchester has committed to a reduction of 41% by 2020.<sup>4b</sup>
- 5) Meat and dairy account for over half of food's total CO<sub>2</sub> & other greenhouse gas emissions.<sup>5</sup>
- 6) Organic farming systems use resources more efficiently, producing more food for each unit of energy consumed than conventional farming.<sup>6</sup>
- 7) The use of lorries to transport food around the country has doubled since 1974.<sup>7</sup>
- 8) 90% of fruit and 40% of the vegetables we eat are imported into the UK.<sup>8</sup>
- 9) Around one third of food grown for human consumption in the UK ends up in the rubbish bin.<sup>9</sup>
- 10) Every £1 spent with a local shop is worth £1.76 to the local economy, but only 36p if it is spent with a supermarket chain.<sup>10</sup>

From September a new range of soups will be available at Brookburn Primary School, sourcing veg from local organic growers. This exciting new project aims to increase sustainable food in Manchester, supporting a food system that is good to the environment, fair to the growers and accessible to a wide range of people.

## Ten reasons to choose these super soup:

- 1) Food harvested in its natural season and environment has a depth of flavour that surpasses anything that's travelled far or been grown out of season.<sup>11</sup>
- 2) School nutritionists have packed these soups with local vegetables, making them fresh & healthy, while catering for a range of dietary requirements & tastes.
- 3) Choosing organic, local & seasonal food, and reducing our meat & dairy consumption, can significantly reduce our carbon footprint.<sup>12</sup>
- 4) This project will help Brookburn School secure its Food for Life Silver award.<sup>13</sup>
- 5) Schools have reported improved behaviour and educational attainment after increasing sustainable food on their menu.<sup>14</sup>
- 6) Organic veg production does not use artificial nitrogen fertilisers so releases much less CO<sub>2</sub> than non-organic farming.<sup>15</sup>
- 7) The nearest veg grower is just three miles away. We are aiming to ensure that all the veg is grown less than 30 miles away.
- 8) By supporting local farmers we are building on the rich heritage of market gardens and farming around our city.
- 9) Because the soups are so delicious we aren't expecting much waste!<sup>16</sup>
- 10) This project has been developed by The Kindling Trust in partnership with Manchester Fayre & Food Futures. For more information & references visit: [www.kindling.org.uk](http://www.kindling.org.uk)

## References:

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