

Food and Growing

Kirkcaldy Climate Friendly Living Guide



What's the problem?

What we eat, where we get it from and how we use it can greatly influence our individual climate impact.

We love our meat

The main greenhouse gas produced by livestock is methane, which is burped out by the animals. Global meat and dairy consumption is on the rise as more nations move to a more meat-based diet, so we need to take action to buck the trend.

What a waste

Each year Scottish households waste nearly 600,000 tonnes of food, two-thirds of which could have been eaten. Throwing out good food not only wastes the food itself, it also wastes the valuable resources which went into producing and transporting the food to and from markets. And as the food rots in landfill, it releases the greenhouse gas methane.

What action can I take?

Buy local and seasonally

Buying from local farms and shops means your produce has less of a transport and packaging footprint. It is more likely to be in season and has not been flown around the world to land on your plate. By supporting a local business, you know where your food has come from and how it was produced.

Include more meat-free meals each week

Swapping out meat for a few meals a week will reduce your climate impact. Cooking plant-based meals will give you the chance to try new things in the kitchen and experience new recipes and flavours. Non-meat dishes are easy to make, tasty and full of nutrition.

Limit food waste

Plan your meals before doing your weekly shop and only buy what you need. When you plan, try to include some of the ingredients still in the fridge or cupboard. Be creative and adapt recipes to what you have or what needs using up. Another way to reduce food waste is to serve up smaller portions, because once on a plate, excess food is less likely to be saved.



Batch cook

By cooking more than you need and freezing some for another day, you save on fuel. It also provides an opportunity to use things up, reducing food waste.

Make use of your freezer

If you have too much food, whether cooked meals or ingredients, use your freezer to preserve it. Once defrosted the food will be as flavoursome and nutritious as it was when you put it in.

Dispose of food waste in your brown bin

Food waste disposed of in your brown bin in Fife is used to **produce green electricity** and compost for farmers.

Compost your food waste

If you have a garden, home-composting your fruit and vegetable waste provides a valuable, natural fertiliser, reducing your dependence on commercial products. Other food waste should still go in your brown bin.

Grow your own food

Home-grown food cuts down on transportation, processing and packaging, all of which contribute to climate change. If you only have limited space, windowsill or balcony, start small by planting some tomatoes, rocket, strawberries or herbs in pots.

“Scottish households throw away around 600,000 tonnes of food waste every year, that’s the weight of about 2,000 Kelpies statues!”

Netzeronation.scot

What action can I take locally?

Plant-based cooking

The internet is full of delicious plant-based recipes. Why not start at the **Greener Kirkcaldy** site, where our Community Chef has uploaded a range to inspire you? You can also check out **Meat Free Mondays** or **Hubbub’s Meat Your Match** recipe guide.

Buy local

Kirkcaldy has a growing number of places to buy local food.

On the High Street, try **C. Sinclair Fish Merchants** and **Puddledub Butcher Shop**. **Grain & Sustain** have local eggs, fruit and vegetables. The **Artisan Friday’s market** has great food stalls.

Love Oor Lang Toun promotes shopping locally in Kirkcaldy - follow them on social media to keep up to date when new businesses open.

Fife is home to excellent local produce. The Find Local Produce website is a useful resource - use it to find **Farm Shops, Farmers Markets and Veg Box Schemes**.

Reduce Food Waste

Greener Kirkcaldy’s Community Fridge redistributes surplus food from local supermarkets. This food is available to pick up for free whenever the building is open.

Greener Kirkcaldy produces a weekly sit-down two-course **community meal**. It is cooked using sustainably sourced, nutritious ingredients. This is available on a pay what you feel basis.

“Asparagus airfreighted from Peru has a carbon footprint 17 times greater than in-season UK-grown.”

Prof. Mike Berners-Lee



Grow your own

Fife Council have allotments available across Kirkcaldy. A number of community organisations offer training and support to grow your own and run regular volunteer sessions.

- **Broomhill Community Garden, Burntisland**
- **Clear Buckhaven and Methil**
- **Greener Kirkcaldy**

