

Eco-Eats

A Sustainable Cookbook



West Wicklow Youthreach KWETB



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Introduction

Altogether, global food systems are estimated to contribute between 23–42% of all human-made greenhouse gas emissions. Therefore, rethinking our food production and eating habits is key in order to tackle the crucial problem of climate change by reducing our carbon footprint.



This book was created by West Wicklow Youthreach as an accessible resource to help further collective understanding of global food systems and help you on your way to forming more sustainable eating habits.

Enjoy doing your bit for the planet!



WHAT IS SUSTAINABILITY?

Sustainability is a term we have all heard many times, but what does it mean when it comes to our individual lives?

Sustainability as a whole is the concept of reaching the needs of our current generation without negatively affecting the needs of future generations by keeping all aspects of our society, such as economic growth and caring for the environment, balanced.

In a sentence sustainability is all about living things co-existing on our planet for as long as we possibly can.

Being sustainable is living in a way that does not impact the Earth in a negative way.

We are all inhabitants of Earth, and we need the Earth to survive. Therefore, we need to keep the Earth in a condition where it stays inhabitable, for each of us on an individual basis and for future generations.





Sustainable Development Goals

The Sustainable Development Goals also known as the SDGs, are a collection of 17 interlinked global goals designed to be a "blueprint to achieve a better and more sustainable future for all". The SDGs are a bold commitment to end global injustice and inequality in all forms by 2030.



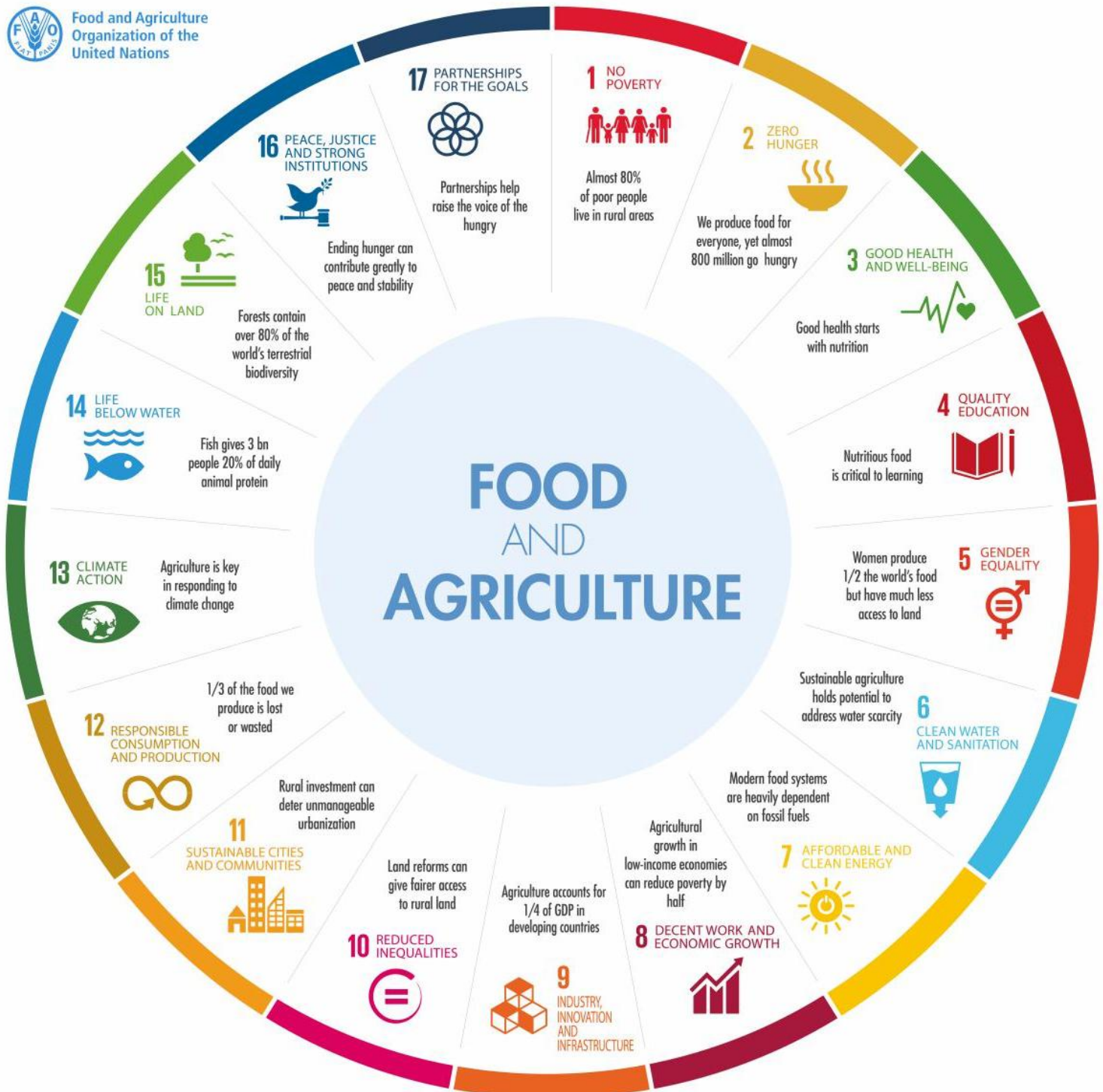
The SDGs were set up in 2015 by the United Nations General Assembly. All UN member states have agreed to work towards achieving the goals by 2030. The need to achieve these targets is great, and hence the SDGs affect everyone, everywhere, and all life on our planet.

If you would like to learn more about the Global Goals and Ireland progress to achieving these targets, try our app **SDG Éire!**



available at bit.ly/SDG_Eire_App





Many of the SDGs are directly or indirectly relevant to global food systems.



Sustainable Food Explained

So, what is a Sustainable Food?

Now that we have learned what being sustainable means, it makes the concept of sustainable food easier to understand. A sustainable food is a food that is made in a way that does not negatively affect the needs of future generations by keeping in mind the impact it will have on society, the environment and the economy.

Food is a need of all living things but as humans, we need a whole lot of food due to the obvious fact, that there are a whole lot of humans on Earth.

We simply cannot keep taking from the Earth without giving back, and currently our planet cannot sustain our lifestyles.

By reading and using our cookbook we hope to inform you of how to feed yourself and your loved ones in a sustainable way.



The Carbon Footprint of Food



Processing

Emissions from energy use in the process of converting raw products into final food items.



Farming & Agriculture

Methane is generated by animals, crops, and other emissions are released from fertilizers, manure and machinery.



Transport

Emissions from energy use when transporting food items both nationally and internationally.



Land Use

Farming the land results in deforestation, loss of habitat, pollution, pressure of fresh water sources, and below ground soil carbon changes.



Waste Generated

Solid waste gas emissions come from the decay of waste, and from the emissions of solid waste combustion facilities.



Retail

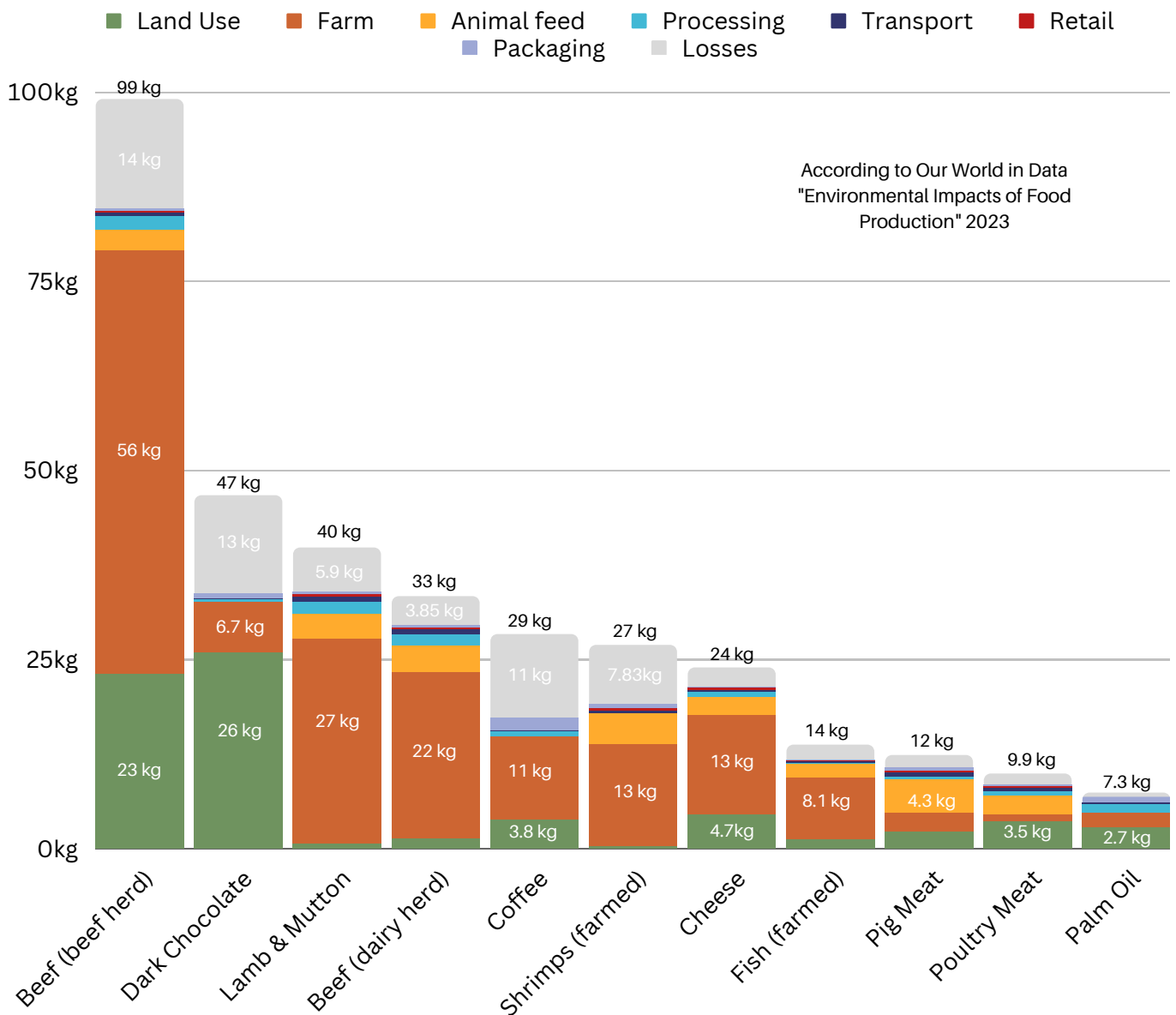
The grocery retail sector emissions come from energy consumption and gasses leaked from refrigerants.

Food is responsible for around one-third of the world's emissions.

These emissions come from different stages of our food systems such as land use, farming and agriculture, processing, transport, packaging, and retail and waste.



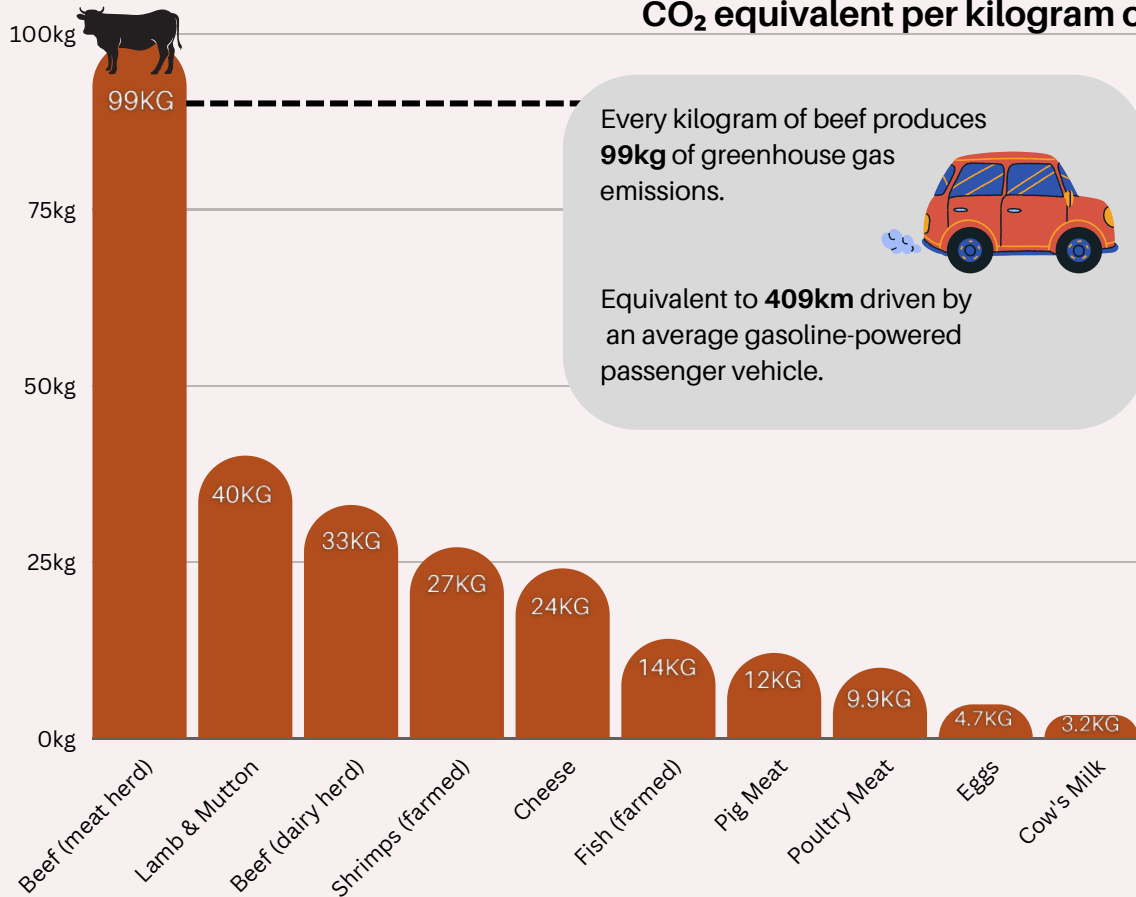
Foods with the highest Carbon Footprints



Food needs to be grown and processed, packaged, transported, distributed, prepared, consumed, and very often disposed of. Each of these steps creates greenhouse gases (GHGs) which trap the sun's heat and contribute to climate change. About a third of all human-caused greenhouse gas emissions are linked to food. In the graph above you can see food products which produce the largest amounts of greenhouse gases, including an indication of where these large emissions occur in the food supply chain.

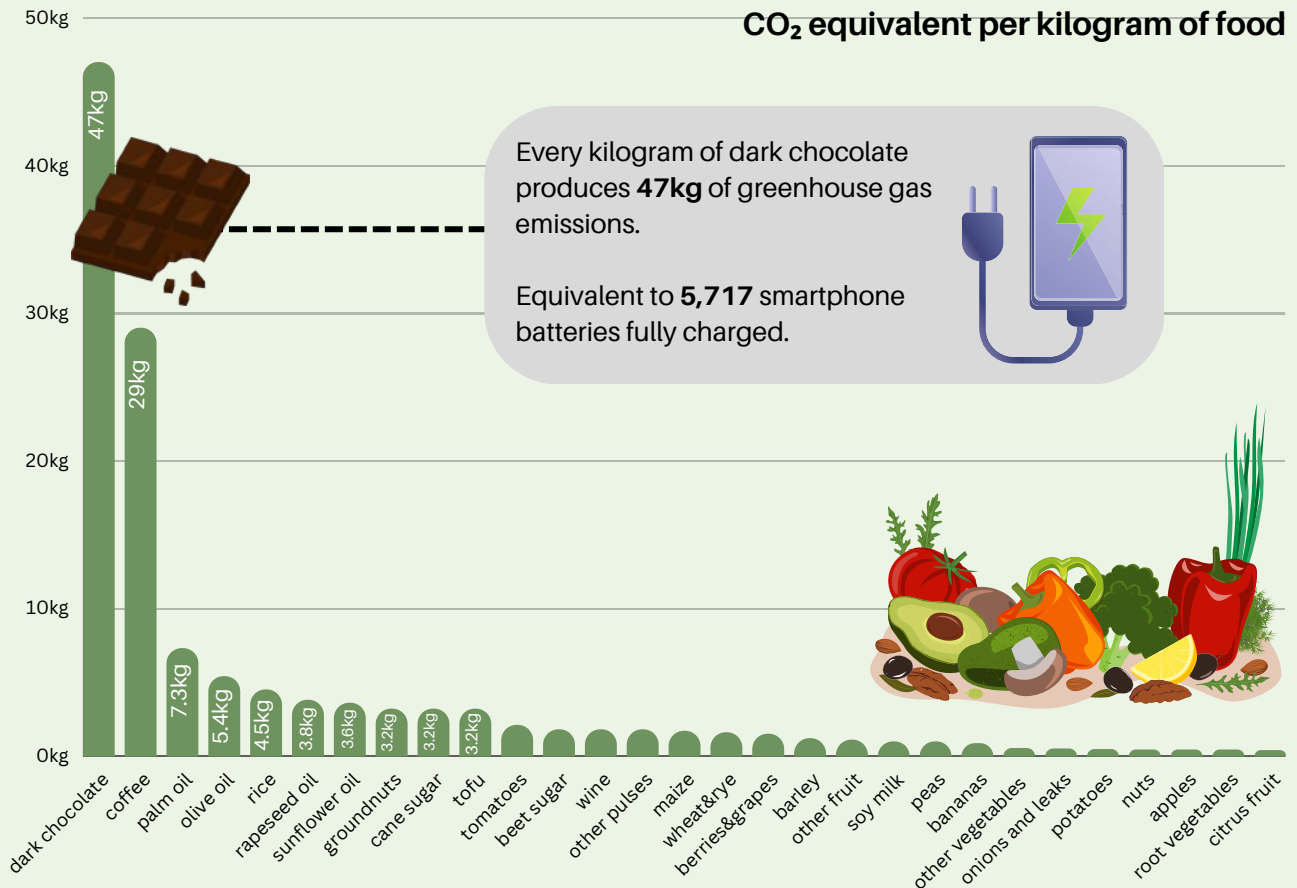
Greenhouse Gas Emissions from Animal Products

CO₂ equivalent per kilogram of food



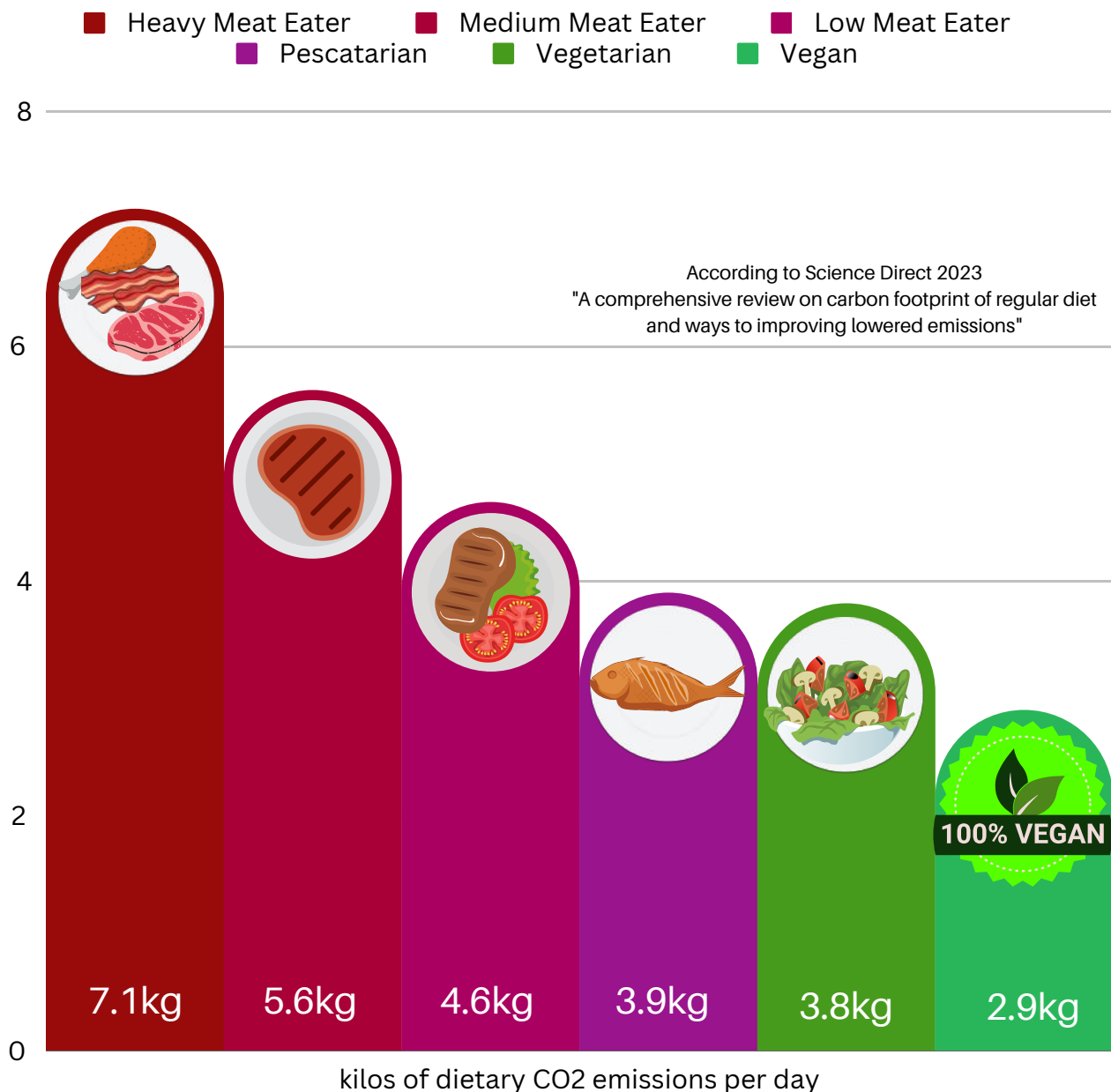
Greenhouse Gas Emissions from Plant Products

CO₂ equivalent per kilogram of food



Carbon Footprints of Different Diets

Kilograms of CO₂ per day



As you can see, a diet high in animal products has much higher levels of emissions than one based on plant products. To make the most informed decision possible, it is important to consider all of the factors involved in food production. These include:

- **Greenhouse gas emissions**
- **Water use**
- **Land use**
- **Biodiversity**
- **Animal welfare**

You will need to decide which of these factors are most important to make the best choices.





Sustainable Eating

Tips & Advice

7 Tips Sustainable Eating

1



Ditch the Meat & Eat a more Plant Based Diet

A plant based diet has the lowest carbon footprint compared to any other diet. Meat production is a major contributor to greenhouse gas emissions, in particular beef production, which produces more CO₂ than any other food items. This is because raising and transporting livestock requires much more food, water, land, and energy, and produces more waste than plants. To eat for our own health as well as that of the planet, consider picking non-meat proteins such as nuts and pulses. There are many tasty meat alternative products available these days, so eating plant based has never been easier! Why not start by going plant based once a week and building up to a more plant based or flexitarian diet.

Reduce Food Waste

So much food waste goes to landfill, which is a huge contributor to greenhouse gas emissions. When food is wasted, the resources used and emissions from producing it have all been wasted for nothing. When food is put into landfill, it rots and releases methane, causing further damage to our climate. Be creative with your leftovers to avoid food waste, you will find some recipes in this book to help you! There are so many tasty recipes you can make using food you have at home (and it's sustainable!)

Another way to reduce food waste is by storing and freezing food properly. If you buy in bulk, there are many resources that can tell you how to store the food properly, making it last longer. If you buy weekly, only buy as much as you know you will use. Either donate unwanted food or use leftovers for a recipe.



2

Avoid Single Use Packaging

Sustainable shopping includes consideration of the way your food and other purchases are packaged. Avoiding single use packaging refers to the practice of reducing the amount of packaging that we buy, which will ultimately go into landfill. Disposable plastics breakdown into micro particles that contaminate the worlds ecosystem. And while more and more plastic packaging now can be sent for recycling, only a very small portion actually gets recycled in the end. Less than 10% of plastic waste generated globally has been recycled so far! When shopping look for items with little or no packaging, and choose reusable containers and bottles over disposable plastic ones.



3

Eat Seasonally & Local

Buying seasonal foods in your local area is better for the planet, for you, and for your community. Seasonal food is fresher, tastier and more nutritious as it hasn't travelled so far. Pesticides, waxes and preservatives are often used to preserve foods that are out of season, as vegetables start losing their nutrients straight after they're picked. So the quicker they get to your plate the better.

Food sourced from local farms are fresher and usually tastes better, as well as having more nutrients and less added chemicals.

Getting local food also helps reduce environmental impact due to emissions from food miles, the further your food has travelled the worse it is for the environment.

Try shopping at local markets and choosing fresh produce that is in season in your country.



4

5



Grow Your Own Food

Growing your own food can save you money and make your eating habits more sustainable, by not buying these foods in stores it cuts out the need for packaging, and ensures you are not using chemicals or pesticides that are harming the environment.

Some foods that can quite easily be grown in the Irish climate include broccoli, cabbage, lettuce, parsnips, potatoes, scallions, herbs, tomatoes, strawberries, cucumbers, apples raspberries and many more!

Choose a sheltered, sunny spot for growing veg. Exceptions to this rule include salad leaves and some herbs, which can run to seed in full sun, and so do better in containers in partial shade.

Prepare the soil by removing weeds and adding well-rotted compost and raking level. Only grow what you have space for, even the smallest window ledge can become a mini kitchen garden to grow herbs and salad greens in small pots. Gardening has also been shown to boost your mood, and growing and eating your own produce gives a great sense of achievement to both kids and adults. Ask your local garden centre for advice on how to get started with growing your own food at your home, school, or workplace.

Foraging for Wild Food

Foraging for wild food is not only a sustainable way to use natural resources but also a great opportunity to connect with the environment. Gathering wild plants and berries like nettles, dandelions, fresh hawthorn, curly dock leaves, wild garlic, sea spaghetti, wood sorrell, wild mint, blackberries, raspberries, strawberries, bilberries, elderberries and Irish fungi, you can make use of naturally grown ingredients, understand the environment and be more connected to the land. foraging involves knowing what wild food is out there—be it plants or mushrooms—and how to find it, how to pick it safely, and what's delicious! In this book you will find some recipes to make from foraged ingredients which taste great and are kind to the planet.

WARNING: Only ever eat wild edible plants, fruits and fungi that you have 100% identified correctly and know are definitely safe to eat. If in any doubt do not consume foraged food. Always ask permission from landowners before foraging on their land.



6

Avoid Palm Oil Products

Palm oil is an edible vegetable oil derived from the fruit of the oil palms. The oil is used in food such as chocolate, margarine, cakes, and biscuits, in beauty products like soap and shampoo, in cleaning products, and as biofuel. It's cheap and efficient, making it the most used vegetable oil worldwide, and also the most damaging to the planet!

Palm oil production causes major deforestation in some of the world's most biodiverse forests, destroying habits of endangered species like pygmy elephants, sumatran rhino and the orangutan. The palm oil crop fields also uses massive amounts of water and result in wide spread pollution of the natural landscape from pesticides and fertilizers.

Palm oil is also quite unhealthy, compared to other liquid oils, palm oil is relatively high in saturated fats. Palm oil is about 49% saturated fat, while olive oil is less than half of that. Saturated fats are linked to an increased risk of heart disease and chronic health conditions.

Read the labels on food and lifestyle products and choose options which do not contain this environmentally damaging oil whenever possible.



7

Sustainable Food Swaps



BROCCOLI FOR ASPARAGUS

IN THE CASE OF BROCCOLI VERSUS ASPARAGUS AND THEIR WATER USAGE, THE ANSWER IS A RESOUNDING YES. BROCCOLI USES 284 GALLONS OF WATER PER KILOGRAM, WHILE ASPARAGUS REQUIRES 2,150 LITRES OF WATER PER KILOGRAM.

MILLET FOR RICE

MILLET IS FIERCELY DROUGHT-RESISTANT AND REQUIRES VERY LITTLE WATER. IN FACT, IT HAS THE LOWEST WATER REQUIREMENT OF ANY GRAIN. RICE, ON THE OTHER HAND, IS A VERY WATER HUNGRY CROP.



PECANS OR HAZELNUTS FOR ALMONDS

PECANS AND HAZELNUTS REQUIRE MUCH LESS WATER TO GROW THAN ALMONDS DO, IT TAKES 4.6 LITRES OF WATER TO PRODUCE EACH AND EVERY ALMOND.

PLANT MILK FOR COW'S MILK

COW'S MILK HAS SIGNIFICANTLY HIGHER IMPACTS THAN THE PLANT-BASED ALTERNATIVES ACROSS ALL METRICS. IT CAUSES AROUND 3 TIMES AS MUCH GREENHOUSE GAS EMISSIONS; USES AROUND 10 TIMES AS MUCH LAND; 2-20 TIMES AS MUCH FRESH WATER; AND CREATES MUCH HIGHER LEVELS OF EUTROPHICATION. GOOD PLANT MILK ALTERNATIVES TO COWS MILK ARE OAT MILK OR SOY MILK, HOWEVER OAT MILK IS KNOWN TO BE MORE ENVIRONMENTALLY FRIENDLY TO PRODUCE.



SUNFLOWER OR SAFFLOWER OIL FOR PALM OIL

PALM OIL PRODUCTION IS RESPONSIBLE FOR RELENTLESS DEFORESTATION OF INDONESIAN AND MALAYSIAN RAINFORESTS, WHICH IS DRIVING ORANGUTANS TO EXTINCTION AND THREATENING MANY OTHER SPECIES. THE BEST BETS FOR COOKING OIL ARE LIKELY FROM SUNFLOWER AND SAFFLOWER CROPS, WHICH ARE GENERALLY GMO-FREE AND NOT ESPECIALLY WATER-HUNGRY.

LEGUMES FOR MEAT

REPLACING SOME MEAT WITH GRAIN LEGUMES SUCH AS CHICKPEAS, SOY, LENTILS AND BEANS WOULD BENEFIT HUMAN HEALTH, THE ENVIRONMENT AND AGRICULTURE. THEY TAKE ONLY A FRACTION OF THE WATER TO PRODUCE THAN MEAT DOES, AND LEGUMES DON'T OFTEN REQUIRE THE USE OF SYNTHETIC NITROGEN FERTILISERS. THEY'RE ALSO A GREAT SOURCE OF PLANT-BASED PROTEIN, MAKING THEM INVALUABLE IN SUPPORTING A MEAT-FREE OR REDUCED-MEAT LIFESTYLE — A MORE ENVIRONMENTALLY-FRIENDLY CHOICE IN ITSELF.



WHOLE WHEAT FOR WHITE

WHOLE GRAINS ARE BETTER FOR OUR HEALTH THEY'RE ALSO BETTER FOR THE PLANET IN THAT THE LESS PROCESSING A FOOD UNDERGOES, THE LIGHTER IMPACT IT HAS ON RESOURCES AND EMISSIONS.

ORGANIC, HUMANE AND/OR GRASS-FED EGGS AND DAIRY

THESE PRODUCTS ARE THE LEAST HARMFUL, MOST ETHICAL CHOICES. GRASS-FED AND PASTURE-RAISED PRODUCTS HAVE ALSO BEEN SHOWN TO BE MORE NUTRITIOUS AND CARRY LESS RISK OF BACTERIAL CONTAMINATION.



LOCAL BERRIES FOR GOJI AND ACAI BERRIES

STRAWBERRIES, RASPBERRIES AND BLUEBERRIES DON'T REQUIRE THE RESOURCES USED IN TRANSPORTATION TO GET TO YOUR PLATE! SEE WHAT BERRIES AND OTHER ANTIOXIDANT RICH FRUITS ARE GROWN LOCALLY NEAR YOU AND OPT FOR THOSE OVER IMPORTED CHOICES.

Sustainable Eating Checklist

This sustainable eating checklist helps to gauge the environmental impact of our food choices. Foods and recipes which tick one or more of the checklist items below are more sustainable and easier on our planet than those that do not.

Look for the  symbol included with the recipes in this book to see each the sustainability score of each dish.

-  Low Carbon Footprint
-  Accessible & Affordable
-  Homegrown or Foraged
-  Sustainably Farmed
-  Minimal Packaging
-  Local Producer
-  Plant based
-  Seasonal
-  Fairtrade
-  Healthy
-  Organic
-  Non GMO

A top-down view of a white ceramic bowl filled with a breakfast meal. The bowl contains a base of white yogurt, topped with a generous layer of golden-brown granola. Fresh fruit is artfully arranged around the granola, including several bright yellow lemon slices, plump blueberries, and vibrant red raspberries. A semi-circle of thin, pale yellow apple slices is positioned on the right side of the bowl. The entire dish is set against a rustic, dark brown wooden background with visible grain patterns. The word "Breakfast" is written in a clean, white, sans-serif font across the center of the bowl.

Breakfast

Healthy Banana Chocolate Chip Muffins



Sustainability Score



Bananas are a fruit that is easily accessible and sustainably farmed. Make sure to use fair trade bananas to support food that is sustainably grown and the use of ethical farming.

Bananas are also a good source for potassium and fibre which are important for a balanced diet. The chocolate chips in this recipe are optional as banana is already sweet, so this recipe can be made even healthier.

This recipe is meat-free and can be altered to be suitable for vegans too!

This recipe uses basic ingredients that are non-GMO with a low carbon footprint. All the ingredients in this recipe are also easily accessible and affordable. If you shop responsibly, you can use organic, home-grown ingredients that are sustainably farmed and support local farmers by buying local produce such as milk and butter.

Prep: 15 mins

Cook: 15 mins

Ingredients

- 3 medium-sized fairtrade bananas
- 2 free range eggs (room temperature)
- 140gs plain Greek yogurt
- 1 tsp pure vanilla extract
- 3tbsp butter (melted)
- 60mls milk (room temperature)
- 250gs whole wheat pastry flour
- 2 tbsp vital wheat gluten
- 50gs cup sugar
- 1 tbsp baking powder
- 2 tsp baking soda
- 1/2 tsp sea salt
- 40gs fairtrade chocolate chips (optional)

Method

- Using a hand mixer and large bowl or a stand mixer fitted with a paddle attachment, mix the bananas until mostly smooth.
- Add the eggs, Greek yogurt, butter, vanilla, and milk, and mix to combine.
- In a separate bowl, thoroughly mix the dry ingredients, excluding chocolate chips.
- With the mixer on low/stir, add the dry ingredients, and mix until barely combined. There may be a bit of flour mixture left unincorporated; that's ok.
- Remove the bowl from the mixer, and fold in the chocolate chips with a spatula, gently making sure all the dry ingredients are fully incorporated.
- Set the bowl aside and let it rest for 5-10 minutes.
- Preheat oven to 180°C/ 160°C fan / gas mark 4.
- Place cupcake liners in a muffin pan, or grease the muffin pan. Fill each section of the muffin pan three-quarters full with the batter.
- Bake for 15 minutes, or until a toothpick inserted into the centre comes out clean. Allow to cool in the pan for 10 minutes, and then remove and place on a cooling rack.



To make this dish even more sustainable, substitute the regular butter and Greek yogurt for a plant-based vegan alternative.

VEGETARIAN
FOOD

Serves 12



EGGS



GLUTEN



MILK

Over-Night Oats

Prep: 5 mins (soak overnight)

Ingredients

250g Alpro Plain With Coconut (Vegan Yogurt)
100ml Alpro Coconut No Sugars Drink
100g jumbo Irish porridge oats
Half an organic apple (cored and grated)
15g dried apricots (roughly chopped)
15g mixed seeds (toasted)

To serve

80g seasonal berries
1 fairtrade banana

Garnish

Fresh fruit, crunchy nuts or seeds.

Method

- Mix all the ingredients except the toppings in a large bowl.
- Cover, chill and leave to soak overnight.
- To serve, spoon into two individual bowls or jars and add your favourite toppings.

Serves 2



Sustainability Score



This recipe switches out regular yoghurt for Alpro Coconut which is dairy free and makes this recipe entirely plant based. This recipe is affordable and easily accessible and is also a quick and easy breakfast for anyone on the go.

The ingredients are sustainably farmed and produce such as apples and oats can be bought from local suppliers. This is a healthy recipe, which with responsible shopping, can be made using ingredients that are local and non-GMO, sustainably farmed, fair trade, organic and entirely plant based with a low carbon footprint.

This recipe is great if you have or live near an apple tree or orchard as you can spend a day apple-picking and use these left-over apples for another sustainable recipe you find in our book!



To make this dish even more sustainable, you can swap out apricots for peaches that are grown in Ireland to reduce emissions from food miles.



Anti-Waste French Toast

Prep: 15 mins

Cook: 5 mins

Ingredients

30ml of whole milk
3 free range eggs
30g of sugar
6 slices of stale bread

Garnish

Seasonal organic fresh fruit of your choice
Icing sugar for dusting

Method

- Mix the eggs, sugar and milk together in a large bowl until well combined.
- Dip the stale bread slices in this mixture, allowing the bread to soak up the wet mixture.
- Fry the soaked bread slices in a frying pan with a knob of butter.
- Sprinkle the icing sugar before serving and garnish the dish with seasonal fruit.
- Serve warm with yogurt, cream, or creme fraiche.

Sustainability Score



This is a tasty treat for breakfast that reduces the amount of waste you produce by using left-over stale bread. Bread is a very common left-over in homes so now you can use this waste to make delicious french toast. All ingredients are easily accessible and with careful shopping can be made using sustainably farmed and fair trade ingredients. You can also use this as an opportunity to support local farmers by buying fresh milk and free range eggs from local producers or farmers markets. Do some research on what berries are in season and you can buy fresh, try growing your own berries, or why not go foraging for wild berries such as blackberries for your garnish. This dish is also non GMO and organic.



To make this dish even more sustainable, substitute the regular whole milk for a plant-based milk such as oat milk, and for added sustainability and less packaging use foraged seasonal berries for the toppings.



Serves 3



GLUTEN



EGGS



MILK

Steamed Apples with Cinnamon



Sustainability Score

Prep: 10 mins

Cook: 5 mins

Ingredients

5 organic apples

1 tsp ground cinnamon



Cinnamon is rich in antioxidants and other beneficial compounds. Some research suggests that it may help support blood sugar control, protect against heart disease, and reduce inflammation. This is a simple and easy recipe for anyone to try. It's made with affordable and easily accessible ingredients. If you live near an apple tree or orchard, you can go apple-picking, or use locally sourced apple for this recipe.

This recipe can be made with organic apples from local producers; it is healthy, accessible and affordable, sustainable, fairtrade, plant based, seasonal and non GMO.

This is a healthier alternative to a sweet breakfast, that can also be used as a topping for porridge, the over-night oats or french toast recipes in this book.

Method

- Peel the apples, and dice into bite-sized pieces or cut into slices.
- In a pot fitted with a metal steamer basket, add 1 inch of water.
- Add the apples to the steamer basket and place a lid over the pan.
- Steam the apples on a medium heat until the apples can be pierced easily with a knife (about 4-5 minutes).
- Once cooked, drain the apples and place in a small bowl.
- Toss the warm apples with the cinnamon.
- Enjoy alone or as a topping for another dish.



To make this dish even more sustainable, make this dish in September when apples are usually in season in Ireland and try foraging your own apples with the landowners' permission.

Serves 2-4



Chocolate Porridge



Sustainability Score

Prep: 5 mins

Cook: 15 mins

Ingredients

- 5g coconut oil (or plant-based butter)
- 185g quinoa (rinsed)
- 1 can coconut milk (not coconut cream)
- 80ml coconut or oat milk (extra to serve)
- 1 tbsp fairtrade cocoa powder
- 2 tbsp pure maple syrup
- 1 tsp vanilla extract

Garnish

Seasonal organic fresh fruit or seeds of your choice

Method

- In a medium saucepan, melt the coconut oil over medium heat.
- Add the quinoa and stir to coat.
- After the quinoa has toasted, add the other ingredients, and stir.
- Turn the heat down to medium-low, and place a lid on the saucepan. Cook for 15 minutes, or until all the liquid is absorbed.
- Fluff with a fork and serve.



Quinoa is one of the best vegan sources of protein. It contains all nine essential amino acids the human body requires. It's also rich in minerals like phosphorus, magnesium, iron; making it a great addition to a vegan diet. Quinoa is also quite environmentally friendly because the crop doesn't require too much water and can grow in dry climates. This recipe is a sweet breakfast that is entirely plant-based with a low carbon footprint. If you shop responsibly, you can use fair trade, sustainable and organic ingredients such as cocoa and plant milks. This dish is also healthy and non GMO.



This dish can also be made with locally grown Irish porridge oats to cut down on carbon emissions from food miles.

Serves 2



Vegan Pancakes



Prep: 5 mins

Cook: 30 mins

Ingredients

300g self-raising flour
1 tsp baking powder
1 tbsp sugar (any kind)
1 tbsp vanilla extract
400ml plant-based milk (such as oat, or soya)
1 tbsp vegetable oil or plant based butter spread for cooking

To serve (optional)

fairtrade banana slices, blueberries, maple syrup, vegan chocolate chips, plant-based yogurt or cream

Method

- Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl using a balloon whisk until mixed. Slowly pour in the milk until you get a smooth, thick batter.
- Heat a little of the oil or plant butter in a non-stick frying pan over a medium-low heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three at a time. Cook for 3-4 mins until the edges are set, and bubbles are appearing on the surface. Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.
- Serve stacked with lots of toppings of your choice, or serve with bowls of toppings for everyone to help themselves.



To keep this dish sustainable, opt for more ethical types of sugar, such as organic sugar and Fairtrade sugar.

Sustainability Score



This recipe is entirely plant-based and suitable for vegans. As a vegan diet has the lowest carbon footprint by far than any other dietary preference, eating vegan as much as possible is very effective at reducing your personal carbon footprint.

The ingredients are easily accessible and affordable. If you shop responsibly, you can buy ingredients that are sustainably farmed and non GMO. Make sure to buy fair-trade ingredients and organic ingredients to be extra sustainable and avoid products which harm biodiversity.

Also for a garnish, why not forage wild berries or buy fruits or syrups from local producers and farmers.

Serves 4-6



SOYA



GLUTEN

Air Fryer Turkey Bacon

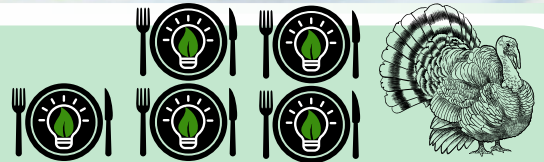
Sustainability Score

Prep: 5 mins

Cook: 8 mins

Ingredients

450g Irish free range turkey bacon



Turkey bacon is a more sustainable choice than regular bacon. This is because turkeys don't produce methane and they require less food and water than other animals. Turkey bacon also has 75% less fat and almost double the protein than regular bacon.

You can shop sustainably and purchase from local farmers. With some research you can buy organic turkey bacon from free range turkeys which are more sustainably and ethically farmed.

By using an air-fryer, this recipe is healthier as it doesn't use oil like traditional frying and is therefore less fatty. Air fryers are also more eco-friendly as they use much less energy than standard ovens.

This recipe is healthy, accessible, and locally produced with a low carbon footprint.

Method

- Lay turkey bacon as flat as possible.
- If you have a smaller fryer, it may crinkle up or overlap a bit or you may need to cut it to fit.
- Pro tip: place a wire rack/trivet on top to keep the bacon flat.
- Bake at 180°C for 5 minutes. (If you do not have an airfryer and are cooking in an oven use 180°C / 160°C fan / gas mark 4)
- Flip and cook for another 3 minutes.
- Serve with eggs or other breakfast items.



To make this dish even more sustainable (and kinder to turkeys!) substitute the turkey bacon with tempeh or tofu marinated in soy sauce or liquid smoke for a meat free alternative to use in other dishes.

Serves 4

Bacon & Egg Rolls



Sustainability Score



Prep: 5 mins

Cook: 15 mins

Ingredients

500g of smoked bacon rashers
5 free range eggs
5 brioche burger buns
5 cheddar cheese slices

Garnish

Real mayonnaise 100g
Chipotle BBQ sauce 125g

This satisfying breakfast recipe includes ingredients that can be sustainably farmed, free range and organic. You can also shop local and buy burger buns, cheese and eggs from local farmers to support local suppliers and reduce potential carbon emissions from food miles. Organically raised free range hens offer the highest potential standard of animal welfare, making them the most ethical egg option available, and organic eggs and meat are also the most nutritional options available.

These ingredients are also easily accessible and affordable and require minimal packaging.

You can also buy mayonnaise from local farms and businesses, and always make sure to buy free range eggs. You can also use vegan cheese which is more sustainable than regular cheese. This recipe is accessible, sustainably and locally produced with a low carbon footprint.

Method

- Fry or air fry the bacon until crisp.
- Fry the eggs sunny side up.
- Grill buns lightly. Then place a slice of cheese on the bottom half of each bun and melt the cheese.
- Top with more melted cheese, bacon, egg, mayonnaise, and the chipotle BBQ sauce.



To make this dish even more sustainable, substitute the regular bacon for the turkey bacon from the previous recipe!

Or better yet, use a plant-based alternative in place of meat and cheese products to dramatically lower the carbon footprint of this dish.

Serves 5



EGGS



MILK

Smoked Salmon Eggs Royale

Prep: 5 mins

Cook: 10 mins

Ingredients

4 free range eggs
2 tbsp white wine vinegar
2 English muffins (halved)
A little butter (for spreading)
8 slices wild smoked salmon

For the hollandaise sauce;

2 tsp organic lemon juice
2 tsp white wine vinegar
3 free range egg yolks
125g butter, diced

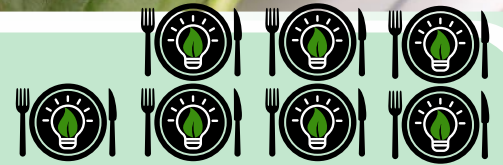
Garnish

Chopped fresh chives

Method

- First make the hollandaise sauce. Put the lemon juice and vinegar in a small bowl, add the egg yolks and whisk with a balloon whisk until light and frothy. Place the bowl over a pan of simmering water and whisk until mixture thickens. Gradually add the butter, whisking constantly until thick – if it looks like it might be splitting, then whisk off the heat for a few mins. Season and keep warm.
- To poach the eggs, bring a large pan of water to the boil and add the vinegar. Lower the heat so that the water is simmering gently. Stir the water so you have a slight whirlpool, then slide in the eggs one by one. Cook each for about 4 mins, then remove with a slotted spoon.
- Lightly toast and butter the muffins, then put a couple of slices of salmon on each half. Top each with an egg, spoon over some hollandaise and garnish with chopped chives.

Sustainability Score



Wild caught fish like salmon has a much lower carbon footprint compared to farmed. Wild caught fish are also slightly safer to eat than farm-raised ones, as they are less at risk of contamination due to water pollution. Salmon is packed with omega-3 fatty acids and vitamin B12 in addition to selenium and choline, and the free range eggs in the recipe are a great additional source of protein, as well as helpful amino acids.

This indulgent breakfast dish is made with ingredients that are organic and free range, non GMO, accessible, healthy and sustainably produced with a low carbon footprint.



To make this dish even more sustainable, ditch the fish and serve with wilted spinach for a delicious lower carbon vegetarian alternative.

Serves 4



EGGS



FISH



MILK



GLUTEN



Lunch

Chicken Lo Mein

Prep: 10 mins

Cook: 15 mins

Ingredients

- 250g ramen noodles
- 340g free range chicken breast (boneless skinless)
- 1 large organic carrot (cut into thin strands)
- 1 organic red pepper (sliced)
- 3 garlic cloves (minced)
- 1 tsp ginger (grated)
- 2 tsp green onion (chopped)
- 2 tsp oil (divided for sautéing)
- 2 tsp unsalted butter (divided for sautéing)

Lo mein sauce-

- 120ml chicken stock
- 60ml soy sauce
- ½ tsp sriracha or hot sauce (optional)
- 1 tsp sesame oil
- 1 tsp cornstarch
- 3 tsp honey

Method

- Cook the noodles according to package instructions. Drain, cover and set aside to keep warm.
- In a bowl, combine all the ingredients for the lo mein sauce.
- Cut the chicken into thin strands.
- Cut the carrot and peppers into thin strands.
- In a large frying pan, over medium-high heat, sauté the chicken with 1 tsp oil and 1 tsp butter until the chicken is fully cooked. Lightly season with salt and pepper. Remove the chicken from the pan and cover to keep it warm.
- In the same frying pan, sauté the carrot and pepper with an additional 1 tsp butter and 1 tsp oil until the vegetables are tender. Add the minced garlic and ginger and cook together until fragrant.
- Once the vegetables are cooked, add the chicken, green onion and noodles and mix.
- Pour in the sauce and stir.
- Cook until noodles are reheated.
- Serve and enjoy!

Sustainability Score



Chicken is one of the most sustainable meats out there, this is mainly because of the comparably lower maintenance chickens need to live healthy, with water, food and space; not damaging for the environment.

Always choose organic and free range products which cause less damage to the environment than intensively farmed meat and poultry. This will also provide you with the most nutritious meal, free from negative health impacts such as low quality feed and antibiotics that industrial farmers like to use.



This fresh dish is made with ingredients that are organic, non GMO, accessible, and sustainably farmed with a low carbon footprint.



To make this dish even more sustainable, consider leaving out the chicken, or using a vegetarian chicken style substitute like quorn pieces or tofu.

Try to use home grown or local vegetables, and when shopping for veg try to buy loose without extra packaging.

Serves 6



SOYA



SESAME



GLUTEN



EGGS



MILK

Mini Omelettes

Prep: 15 mins

Cook: 20 mins

Ingredients

2 tsp olive oil
1 organic spring onion (finely diced)
1 organic red pepper (diced)
1 large organic tomato (diced)
2-3 handfuls organic spinach (roughly chopped)
8 free range eggs
125ml milk
60g cheddar cheese (grated)
salt & pepper to taste

Method

- Preheat the oven to 160°C / 140°C fan / gas mark 3.
- Heat 1 tsp of the oil in a frying pan, over medium heat. Fry the onion, pepper, and tomato for 8 minutes, or until soft.
- Add the spinach, mix well, and cook for 2 minutes. Remove from the heat and add the sundried tomatoes (if using).
- Break the eggs into a large bowl. Add the milk, salt, and pepper. Mix well with a fork or whisk.
- Lightly oil a 12 cup muffin tin. Divide the vegetables evenly between the 12 cups. Carefully fill the cups with the egg mix and top with grated cheese.
- Bake for 15-20mins, until the omelettes are just cooked through and slightly browned on the top.
- Serve alone or with as fresh and sustainable side salad.

Sustainability Score



Each egg contains about six grams of protein, as well as helpful amino acids. Getting our share of protein for the day can help with weight management, increase muscle mass, lower blood pressure and help our bones, as well. Organic and free range eggs offer the highest potential standard of animal welfare, making them the most ethical egg choice, and organic eggs are also more nutritious than factory farmed eggs.

With the pairing of either homegrown or locally produced vegetables, this simple recipe is perfect for simple light lunches. This recipe is organic and non-GMO, with a low carbon footprint, and uses produce that is accessible, affordable, and healthy.

VEGETARIAN
FOOD



To make this dish more sustainable, leave out the cheese, or switch the dairy cheese for vegan cheese which has a much lower carbon footprint.

Serves 3-4



EGGS



MILK

Couscous Salad

Prep: 15 mins

Cook: 5 mins

Ingredients

200ml water
½ organic lemon
150g couscous
1 tablespoon extra virgin olive oil
2 organic spring onions
¼ organic cucumber
8 organic cherry tomatoes
½ organic red pepper
100g tinned sweetcorn
Pinch of salt
Pinch of pepper

Garnish

6-7 leaves flat-leaf parsley

Method

- Boil a kettle containing 200ml of water.
- Squeeze the juice from the lemon half using a juicer.
- Put the couscous, lemon juice and oil in a mixing bowl.
- Pour the boiling water over the couscous, stir well and cover the bowl with cling film or a plate. Set aside for 5-6 minutes.
- Wash the spring onions and remove the top and tail. Slice them thinly on the diagonal.
- Cut the cucumber section into quarters lengthwise, then slice thinly.
- Cut the cherry tomatoes into quarters.
- Cut the pepper in half. Remove the seeds and membrane. Dice one half into small cubes.
- Use a fork to fluff up the couscous, then season it with salt and pepper.
- Drain the tinned sweetcorn in a colander.
- Add the spring onions, cucumber, cherry tomatoes, sweetcorn and pepper to the couscous and mix well.
- Garnish with fresh flat-leaf parsley and serve.



Sustainability Score



Couscous is relatively sustainable crop. There is no known significant damage to air, water, land, soil, forests, from its growth; as long as pesticides have not been used. Be sure to buy Non-GMO and organic, as toxic, chemical pesticides contaminate the landscape and harm biodiversity.

Couscous is also a good source of plant-based protein, and provides more protein and a greater contribution of vitamins and minerals than the equivalent portion of white rice, making it a healthy choice for you and the planet.

This recipe is organic and non-GMO, plant based with a low carbon footprint, uses local produce where possible, is accessible, affordable, and healthy.



Use local or homegrown vegetables where possible to make this dish it's most sustainable. Buying from small local markets and suppliers also makes it easier to find loose veg, which does not come wrapped in lots of wasteful plastic packaging.

Serves 3-4



CORN



GLUTEN

Tomato & Basil Bruschetta

Prep: 15 mins

Cook: 5 mins

Ingredients

1 medium ciabatta
2 extra-virgin olive oil
2 large Irish vine-ripened tomatoes
1 clove garlic
4 fresh organic basil leaves
½ teaspoon balsamic vinegar
Pinch of salt
Pinch of pepper

Garnish

2 fresh organic basil leaves

Method

- Slice the ciabatta in half and drizzle the cut sides with olive oil.
- Place the halved ciabatta on a grill tray, cut sides up, and grill on a medium heat for 4-5 minutes, until golden brown.
- Meanwhile cut the tomatoes in half, remove the stalk and chop into small cubes. Place these in a bowl.
- Peel and crush the garlic clove.
- Remove the ciabatta from the grill.
- Wash the basil and roughly chop it. Add the basil, garlic and balsamic vinegar to the chopped tomatoes. Season with salt and pepper and mix well.
- Spoon the tomato mixture onto the slices of ciabatta.
- Add a simple garnish of fresh basil leaves.



Use homegrown tomatoes & basil to make this dish more sustainable. Check out our grow your own food section to see how easy it is!



Sustainability Score



Extra virgin olive oil is known to be the most sustainable cooking oil, as well as being the healthiest option. Always choose handpicked olive products as machine harvesting is deadly to songbirds and other wildlife.



With the pairing of either homegrown or locally produced tomatoes and basil, this dish is an easy sustainability winner, perfect to make in batches for parties and gatherings, or for simple light lunches.

This recipe is organic and non-GMO, plant based with a low carbon footprint, uses local produce, is accessible, affordable, and healthy.



Serves 1



GLUTEN

Crispy Shredded Salted Chicken



Sustainability Score



Prep: 15 mins

Cook: 15 mins

Ingredients

4 free range chicken fillets
100g of white breadcrumbs
2 free range medium eggs
1 & 1/2 tsp of chilli powder
1 & 1/2 tsp of garlic granules
1 & 1/2 tsp of salt
low cal cooking spray/ olive oil spray oil

Chicken is one of the most sustainable meats out there, this is mainly because of the comparably lower maintenance chickens need to live healthy, with water, food and space; not damaging for the environment. Always choose organic and free range products which cause less damage to the environment than intensively farmed meat and poultry.

This will also provide you with a more nutritious meal, free from negative health impacts such as low quality feed and antibiotics that industrial farmers like to use.

Free range also ensures a better standard of welfare than factory farmed, making this a more ethical choice for poultry and eggs.



This dish is made with ingredients that are non GMO, accessible, and sustainably farmed with a low carbon footprint.

Method

- Prepare Chicken fillets- cut long thin strips about 1/2 an inch in diameter.
- Crack the eggs into one bowl and mix well, add the breadcrumbs to the other bowl along with the dried spices and salt.
- Use one hand for dipping the egg and the other for crumbing. Dip each strip in the egg and then in the crumb mix and onto a plate while you repeat the process for the rest of the chicken.
- Spray both sides of the strips well with low calorie cooking spray, place on a chip tray or into an air fryer. If using 4 fillets of chicken cook in two batches in the air fryer. If using an oven or grill cook for 10-15 minutes 180°C / 160°C fan / gas mark 4 or under a medium grill turning each strip during cooking.
- When they come out of the oven sprinkle with a shake of garlic granules, a little more salt and freshly sliced red chilli to taste.



To make this dish even more sustainable, buy meat and eggs from small farms and local markets to both reduce the carbon footprint of this dish and support your local community.

Serves 2



GLUTEN



EGGS

Carrot Salad



Prep: 15 mins (plus at least 15mins to sit)

Ingredients

- 4 organic carrots, coarsely grated
- A thumb of fresh ginger (finely grated)
- 1 red chilli (deseeded and finely chopped or a pinch of chilli powder)
- 1 garlic clove (finely chopped)
- 1 organic lemon or 2 limes (juice and zest)
- A glug of extra virgin olive oil
- A pinch of sea salt
- A drizzle of local honey
- A large handful of sunflower and/or pumpkin seeds (toasted)
- A large handful of fresh coriander

Method

- Mix the carrots, ginger, chilli, garlic and lemon or lime. Drizzle in a glug of olive oil and a pinch of salt. Toss.
- Let the flavours mingle for at least 15 mins, or up to overnight.
- Taste. Add a drop of honey to soften the heat, if needed. Finish with toasted seeds and herbs. Gently mix and serve.



Use homegrown carrots & coriander to make this dish more sustainable. Check out our grow your own food section to see how easy it is!

Sustainability Score



This fresh and zesty carrot salad is perfect for accompanying other recipes in this book, and when made with locally sourced, organic and sustainable ingredients, this is a super easy super eco dish!

With the pairing of either homegrown or locally produced carrots and coriander, this dish is perfect as a side dish for fresh and simple light lunches.

This recipe is organic and non-GMO, mainly plant based with a low carbon footprint, uses local produce, is accessible, affordable, and healthy.

When using olive oil remember to always choose handpicked olive products as machine harvesting is deadly to songbirds and other wildlife.



Serves 2

VEGETARIAN
FOOD

Vegetable Soup

Prep: 15 mins

Cook: 35 mins

Ingredients

50g butter or olive oil
1 medium organic onion
2 sticks organic celery
1 medium organic Leek
3 cloves garlic
1 organic sweet potatoe
300g organic butternut squash
2 medium organic carrots
1200ml vegetable stock

Garnish

1 tbsp crème fraîche/ pouring cream
1 tbsp freshly chopped parsley

Method

- Begin by chopping all of the vegetables and garlic.
- Melt the butter (or add oil) in a large saucepan and then add in the onions, sauté gently until they soften and go a see through colour.
- Add the rest of the vegetables and sauté gently for 4-5 minutes until some of the smaller vegetables are beginning to soften.
- Add some salt and pepper for seasoning and mix well, continue to cook for 10 minutes on a low heat.
- Next add in approximately two thirds of the vegetable stock and bring the mixture to a slow boil and then reduce the heat and simmer for an additional 15-20 minutes or until all of the vegetables have softened down completely.
- Using a hand blender, blitz the soup until it is nice and smooth. Return to the heat and bring back to a very gentle boil.
- If you would like a thinner soup, now would be the best time to add some additional stock to thin it down. Correct the seasoning at this stage also.
- Transfer it to your serving bowls or cups and garnish the soup with a little creme fraiche or cream and chopped parsley or chives.
- Serve as required or alternatively allow the soup to cool down and then transfer it into suitable containers and freeze until required.



To make this dish 100% plant based and much better for the planet, use oil instead of butter, and garnish with vegan non-dairy cream.



Sustainability Score



This comforting and delicious vegetable soup is packed with nutritious organic vegetables like carrots, leeks, squash and sweet potatoes. Try to shop locally to get more sustainably grown veg, or have a go at growing your own, check out our "Tips and Advice" section to see how! This recipe uses ingredients that are organic and non-GMO, mostly plant based with a low carbon footprint, uses local produce, is accessible, affordable, and healthy.

Serves 2-4



MILK

Brown Bread

Prep: 15 mins

Cook: 45 mins

Ingredients

400g wholemeal flour
75g plain white flour
1 teaspoon of salt
1 level teaspoon bicarbonate of soda
1 free range egg
1 tablespoon of sunflower or olive oil
1 teaspoon of local honey
425ml of buttermilk
2 generous tablespoons of seed mix

Method

- Pre-heat your oven to 200°C / 180°C fan / gas mark 6.
- Put all your dry ingredients – wholemeal flour, plain flour, bicarbonate of soda and salt – into a large mixing bowl. Mix together.
- Mix your buttermilk, egg, honey and oil in another bowl until well blended.
- Get a loaf tin (23 x 12.5 x 5cm) and pour a teaspoon of oil into it. With your hands, make sure all of the inside of the tin is coated with the oil, to prevent the bread from sticking.
- Now make a well in your dry ingredients. Pour about a third of your milk mixture into the well. Mix the mixture with your hand until it begins to get sticky. Don't mix it too much though, it will go a bit tough in the end if you do. Add another third of the milk mixture and mix again. Finally add the last third and mix.
- The dough is supposed to be wet and sticky, so much so that you can pour it into the loaf tin.
- Once your mixture is in the oiled loaf tin, sprinkle some seeds on top and pop it in the oven on the middle shelf for between 45 minutes and one hour.
- Once the bread is nice and brown, and sounds hollow when tapped, leave it to cool completely on a wire rack before cutting.

Sustainability Score



This hearty brown bread goes perfectly with our vegetable soup recipe and can also make a healthy and satisfying sandwich. Wholemeal flour provides fibre, vitamins, minerals, and other nutrients., and will keep you fuller for longer than over processed white bread.

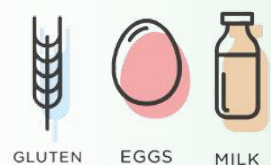
This recipe uses basic ingredients that are non-GMO with a low carbon footprint. With some careful shopping, you can use local produce such as eggs and honey, and make a delicious bread which is accessible, affordable, and healthy.



Avoid food waste and single use packaging from shop bought products by baking this bread and freezing it for later use.

VEGETARIAN
FOOD

Makes 1 loaf



Black Bean & Chicken Burritos

Prep: 20 mins

Cook: 10 mins

Ingredients

1 tbsp vegetable oil
Bunch spring onions (finely chopped)
2 garlic cloves (finely chopped)
1 tsp cumin seeds
400g tin black beans (rinsed and drained)
2 tsp smoked paprika
100g cooked rice
1 large organic avocado
Juice 1 organic lime
1 red chilli (finely chopped)
150g organic cherry tomatoes (roughly chopped)
Bunch fresh coriander (roughly chopped)
4 large flour tortillas
125g leftover cooked chicken (shredded)
100g mild cheddar (grated)
Tabasco sauce to serve (optional)

Method

- Heat the oil in a frying pan, add the spring onions and cook for 3-4 minutes until beginning to soften. Stir in the garlic and cumin, cook for just a minute longer, then add the drained beans and paprika and cook for a further 3 minutes. Add a splash of water to the pan and, with a fork or potato masher, mash the beans until you have a coarse paste. Season to taste, then stir in the rice and remove from the heat.
- Scoop the avocado into a bowl and mash well with a fork, adding the lime juice as you go. Stir in the chopped chilli, tomatoes and coriander, then season to taste.
- Warm a flour tortilla in a dry frying pan over a medium heat. Put it on a chopping board, then spread a few tablespoons of the black bean and rice mixture in the centre. Spoon a quarter of the avocado mixture on top, then sprinkle on a quarter each of the chicken and the cheese and a few reserved coriander leaves. Roll up the tortilla tightly, tucking in the ends. Lay seam-side down on the chopping board, then prepare the other tortillas. Serve with sauce and sides of your choice.

Serves 4



Sustainability Score



Chicken is one of the most sustainable meats there is, and this recipe makes use of leftover chicken, which is a winner for beating food waste and kicking the carbon emissions out of your meals.

Always choose organic and free range products which cause less damage to the environment than intensively farmed meat and poultry. This will also provide you with the most nutritious meal, free from negative health impacts such as low quality feed and antibiotics that are used in factory farming.

This recipe is loaded with flavour and texture from healthy organic produce, high in protein, and simply delicious.

This recipe is organic and non-GMO with a low carbon footprint, uses local produce, is accessible, affordable, and healthy.



To make this dish more sustainable, leave out the avocados or substitute for another vegetable, as avocados have surprisingly high emissions per kg for a plant crop. You could also leave out the chicken and cheese and make a super sustainable plant based burrito!



GLUTEN



EGGS



MILK

A close-up photograph of a white ceramic bowl with a blue rim, filled with a vibrant yellow-orange chickpea curry. The chickpeas are coated in a thick, creamy sauce. Fresh green cilantro leaves are scattered on top, along with a dusting of bright red chili powder. The bowl sits on a white paper napkin with a subtle floral pattern, which is placed on a rustic wooden surface. In the background, a green glass bottle is partially visible, and a single garlic clove lies on the table in the bottom right corner.

Dinner

Meatless Toad in the Hole with Root Vegetables

Prep: 15 mins

Cook: 40 minutes

Ingredients

1 pack Quorn Meat Free sausages
300g of mixed organic seasonal root vegetables (peeled and diced)
1/2 organic red onion (sliced)
2 tbsp of vegetable oil
6 heaped tbsp of plain flour (50g)
3 large free range eggs
200mls skimmed milk
2 tsp baking powder
sprinkle of thyme

Method

- Pre-heat oven to 200°C / 180°C fan / Gas Mark 6.
- Bring a pan of water to the boil and par cook the root vegetables for 7 minutes, drain and set aside.
- Pre-heat the oil in an oven proof dish and add the sausages, red onion and root vegetables and roast for 5 minutes.
- Place the flour into a mixing bowl, now add the eggs and beat to a smooth paste, gently add the milk, baking powder and thyme (optional) and whisk vigorously.
- Pour the mixture over the sausages and vegetables and cook for 28 minutes.
- Serve hot with onion gravy, or sauce and sides of your choice.



Use homegrown herbs and vegetables like carrots, turnips and potatoes to make this dish even more sustainable. Check out our grow your own food section to see how easy it is!



Sustainability Score



Quorn is a plant based protein made from fungus, and comes in many very popular forms such as sausages, meatballs, and mince which make a great sustainable alternative to meat products. It is made from a natural, nutritious fungus, and is high in protein, high in fibre, low in saturated fat and contains no cholesterol. Producing quorn requires 90% less land, water and carbon emissions than producing animal proteins, so it's also good for the health of our planet. Quorn sausages like the ones used in this recipe are readily available at most supermarkets year round.

Using seasonal root vegetables in this recipes makes it more nutritious and sustainable, as it cuts out emissions from food miles as seasonal veg is also local instead of imported.

You can use different root veg depending on your preference and what is available in your area such as onions, garlic, carrots, potatoes, and beets.

This recipe is organic and non-GMO with a low carbon footprint, uses local produce, is accessible, affordable, and healthy.

Serves 4



MUSHROOM



GLUTEN



EGGS



MILK

Pan-fried Hake with Lemon & Herb Butter Sauce



Prep: 5 mins

Cook: 5 mins

Ingredients

4 x 150g hake fillets (skin on and boned)
1 tbsp olive oil
salt and freshly ground pepper
50g butter
1/2 organic lemon (pips removed)
1 tbsp chopped mixed herbs
(parsley, chives and tarragon)

Sustainability Score



This pan-fried hake recipe is quick, simple and super tasty! Hake is also one of the most sustainable fish that you can eat, and makes a great alternative to cod. Thanks to good management and beneficial environmental conditions hake is now a great sustainable choice. European hake has a very similar texture to cod: meaty and flaky. Swapping cod for hake is as simple as substituting same weight/quantity in almost all recipes.

This fresh tasting dish is made with ingredients that are organic, non GMO, accessible, healthy and sustainably farmed with a low carbon footprint.



Method

- Heat the olive oil in a large frying pan and add the seasoned hake fillets, skin side down. Cook for 1-2 minutes until the skin is just beginning to crisp, then add the little knobs of butter to the pan around each hake fillet and cook for another minute until the skin is crisp.
- Turn the hake fillets over and cook for another 3-4 minutes until cooked through. This will depend on the thickness of the fillets. Transfer to warmed plates while you make the sauce.
- Add the rest of the butter to the frying pan and allow it to gently melt over a moderate heat. When it has melted, add a squeeze of lemon juice and the herbs, swirling to combine. Season to taste. Spoon the sauce over the hake fillets and serve with steamed broccoli and some sauteed new potatoes.



To make this dish more sustainable, choose wild caught fish instead of farmed, as it tends to have a lower carbon footprint and is also more nutritious than farmed fish.

Serves 4



MILK



FISH

Creamy Garlic Mushroom Tagliatelle



Sustainability Score



Prep: 5 mins

Cook: 15 mins

Ingredients

6 tbsp pine nuts
1 tbsp olive oil
2 tbsp butter
800g chestnut mushrooms (sliced)
6 garlic cloves (finely chopped)
6 sprigs of thyme
250ml vegetable stock
600g fresh tagliatelle
6 tbsp creme fraiche
75g vegetarian Parmesan cheese (grated)
pinch of salt
pinch of pepper

Garnish

Fresh parsley
Ground black pepper

This creamy pasta dish has mushrooms as the main ingredient, these being one of the most sustainable foods you can eat, this quick and easy recipe always hits the spot and is kind to the environment. Growing 1kg of mushrooms produces 0.7kg of CO2 equivalent emissions; that's 85x less than beef and 10x less than pork!

Throughout their growing process, the environmental impact is minimal because they can make use of by-products recycled from other crops as compost for growth. They also require only a minimal amount of water.

Mushrooms can make a satisfying substitute for meat for those looking to go vegetarian.

They are also a rich source of vitamins and minerals.

Mushrooms can also be foraged at certain times of year, but always make sure you know for sure which ones are safe to eat!

The main ingredients of this recipe are healthy, organic, non GMO, can be acquired locally, and are meat free with a low carbon footprint.



To make this dish even more sustainable, use local mushrooms and swap the cheese, butter, and creme fraiche for non-dairy plant based alternatives.

VEGETARIAN
FOOD

Method

- Heat a large non-stick frying pan over a medium heat. Add the pine nuts and toast for about 1 minute, stirring constantly, until lightly golden. Remove and set aside.
- Put the pan back over the heat and turn it up to high. Add the olive oil and butter and the mushrooms, season and fry for about 5-8 minutes until softened and most of the moisture has evaporated.
- Fill a large saucepan with boiling water from the kettle to cook the pasta later.
- When the mushrooms are soft, add the garlic and thyme. Fry for a further 3 minutes, then add the stock and simmer for 1 minute. Turn the heat down to low and stir in the creme fraiche.
- Cook the pasta in the boiling water for 3 minutes. Drain, saving half of the mug of the pasta cooking water.
- Add the pasta to the sauce along with half of the parmesan. Add a little of the pasta cooking water to loosen the sauce if needed. Toss together to coat the pasta in the sauce.
- Divide among serving bowls. Scatter with the toasted pine nuts and remaining parmesan. Serve with ground black pepper and a garnish of fresh parsley.

Serves 6



MUSHROOM



MILK



EGGS



GLUTEN



NUTS

No Beef Burger



Sustainability Score



Finding a sustainable substitute for beef in your diet is one of the best things you can do to lower your personal carbon footprint. With over 99 kg of carbon dioxide equivalents per kilogram, beef production remains the biggest source of greenhouse gases going, so steer clear to save the environment. This tempting no beef burger is sure to satisfy your cravings in a healthier and more sustainable way. So easy to make, these burgers hold together beautifully and when topped with your favourite sauces and fried onions they are a sustainability winner for the whole family! This recipe is organic and non-GMO, sustainably produced with a low carbon footprint, is accessible, affordable, and healthy.

Prep: 20 mins

Cook: 20 mins

Ingredients

2 tablespoons olive oil (hand harvested)
1 organic carrot (coarsely grated)
1 organic brown onion (finely chopped)
1 clove garlic (finely chopped)
1 tablespoon pure maple syrup
1 tablespoon Worcestershire sauce
1 free range egg (lightly beaten)
60g rolled oats
55g fresh breadcrumbs
400g tin brown lentils (drained and rinsed)
1 small handful of flat leaf parsley (chopped)
pinch of salt and pepper
8 small multigrain bread rolls
40g organic baby spinach leaves

Garnish

fried onion
60g grated cheese
tomato sauce or your favourite burger toppings

Method

- Heat 1 tablespoon oil in a non-stick frying pan over medium heat. Add the carrot and onion and fry for 5 minutes or until soft. Add the garlic and fry for a further 2 minutes. Add the maple syrup and cook for 3 minutes or until slightly caramelised. Remove from the heat and allow to cool slightly. Stir through the Worcestershire sauce and egg until well combined.
- Combine the onion mixture, rolled oats, breadcrumbs, lentils and parsley in a food processor and season with salt and pepper. Pulse the mixture until it just comes together, being careful not to over-process and turn it to mush. Divide and shape the mixture into 8 patties.
- Heat the remaining oil in a large non-stick frying pan over medium-low heat. Add the patties and cook for 3 minutes each side, or until golden brown. Drain on a paper towel and continue with remaining mixture.
- Serve on bread rolls with baby spinach, fried onion, grated cheese and tomato sauce or other toppings of your choice.



Use homegrown herbs and vegetables to make this dish even more sustainable.

Check out our grow your own food section to see how easy it is!

Makes 8 small burgers



GLUTEN



EGGS



MILK

Mushroom Pizza

Prep: 10 mins

(4 - 12 hours for dough to rise)

Cook: 15 mins

Ingredients

For the pizza dough:

400g all purpose flour

15g dried yeast added to 40ml warm water

200ml water with 1 tsp salt

olive oil for brushing

For the toppings:

garlic puree

mozzarella (chopped)

organic Mushrooms (sliced)

basil leaves (chopped)

olive oil

salt & pepper



Sustainability Score



Mushrooms are healthy on the plate and gentle on the planet, in fact mushrooms are one of the most sustainably produced foods you can eat. Throughout the mushroom growing process, their environmental impact is minimal because they can make use of by-products recycled from other crops as compost for growth. They also require only a minimal amount of water. Mushrooms can make a satisfying substitute for meat for those looking to go vegetarian. They are also a rich source of vitamins and minerals such as selenium, zinc, vitamin B1, B2, B5, B6 and B12.

Mushrooms can be foraged at certain times of year, but always make sure you know for sure which ones are safe to eat!

The main ingredients of this recipe are healthy, organic, non GMO, can be acquired locally, and are meat free with a low carbon footprint.



To make this pizza even more sustainable, use local mushrooms and either swap the mozzarella for a vegan cheese topping, or just leave out the cheese entirely. Your sustainable pizza will still taste great!

VEGETARIAN
FOOD

Method

- For the pizza dough: Mix the dried yeast & warm water in a cup, leave for 15 minutes until frothy. Prepare a bowl with the flour. Form a well in the centre and add the yeast mixture. Mix, then add the 200ml water with the salt. Knead dough for 10 minutes. Form two balls, leave dough to rise in a container that has been brushed with olive oil. Leave dough to rise for at least 4 hours or leave overnight. (Alternatively use ready made dough or pizza base)
- Preheat oven to 220°C / 200°C fan / gas mark 7. Knead the dough again for 5 mins, roll out thinly on a baking tray. Rub over lightly the garlic, then add the mozzarella, mushrooms, salt and pepper. Be generous with the mushrooms as they tend to shrink in the oven.
- Bake for 8-10 minutes until golden and crisp. During baking time, mix basil with olive oil in a bowl.
- Once pizza is ready and out of the oven, drizzle on some of the basil and oil mix.
- Serve hot from the oven and enjoy.

Serves 4



MILK



MUSHROOM



GLUTEN

Chicken Curry with Rice & Naan

Sustainability Score

Prep: 5 mins

Cook: 45 mins

Ingredients

2 tbsp sunflower oil
1 organic onion (thinly sliced)
2 garlic cloves (crushed)
1 thumb-sized piece of ginger (grated)
6 free range organic chicken thighs (boneless and skinless)
3 tbsp tikka paste
400g can chopped tomatoes
100g Greek yogurt
1 small bunch of fresh coriander (chopped)
50g ground almonds
Naan breads & cooked basmati rice to serve



This easy chicken curry is a fantastic recipe for family dinners. It's made with just a handful of ingredients and is enriched with creamy yogurt.

As the main ingredient in this dish is chicken, one of the most sustainable meats around, this is a more eco-friendly choice over beef, prawn or lamb. Always choose organic, free range chicken as the more ethical and healthy option for both you and the planet.

The canned tomatoes in this recipe are a cheap and easy option, but of course you can use fresh if you prefer.

This recipe is organic and non-GMO with a low carbon footprint, is accessible, affordable, and sustainably produced.

Method

- Heat the oil in a flameproof casserole dish or large frying pan over a medium heat. Add the onion and a generous pinch of salt and fry for 8-10 mins, or until the onion has turned golden brown and sticky. Add the garlic and ginger, cooking for a further minute.
- Chop the chicken into chunky 3cm pieces, add to the pan and fry for 5 mins before stirring through the spice paste and tomatoes, along with 250ml water. Bring to the boil, lower to a simmer and cook on a gentle heat uncovered for 25-30 mins or until rich and slightly reduced. Stir through the yogurt, coriander and ground almonds, season and serve with warm naan or fluffy basmati rice.



To make this dish more sustainable, try making a vegetarian version without the chicken, just add in extra veg or some paneer or tofu instead. Always choose products that are local, organic & free range.

Serves 4



NUTS



GLUTEN



EGGS



MILK

Vegan Lasagna

Prep: 25 mins

Cook: 2 hrs

Ingredients

30g bag dried porcini mushrooms
6 tbsp olive oil
1 organic onion (finely chopped)
2 organic carrots (finely chopped)
2 organic celery sticks (finely chopped)
4 garlic cloves (sliced)
few sprigs of thyme
1 tsp tomato purée
250g dried green lentils
2 x 400g cans whole plum tomatoes
250g pack chestnut mushrooms (chopped)
250g pack portobello mushrooms (sliced)
1 tsp soy sauce
1 tsp Marmite
6 tbsp plain flour
900ml soya milk
1 whole nutmeg for grating
12 vegan lasagne sheets
2-3 tbsp nutritional yeast (optional, adds cheesy flavour)



Sustainability Score



This 100% plant based lasagne is packed with flavourful vegetables which are good for your health and that of the planet. For the fresh vegetable elements in this recipe, try to shop locally, buy organic and in season. You can easily customize the selection of vegetables you use in this recipe to your own taste and what you have available in your area. You can also use the meat-free filling to make vegan spaghetti bolognese and moussaka.

The main ingredients of this recipe can be bought locally and in season, are organic, non GMO and healthy, 100% plant based with a low carbon footprint.



Use homegrown herbs and veg to make this dish even more sustainable. Check out our grow your own food section to see how easy it is!

Method

- Pour 800ml boiling water over the dried porcini and leave for 10 mins until hydrated. Meanwhile pour 1½ tbsp oil into a large saucepan. Add the onion, carrot, celery and a pinch of salt. Cook gently, stirring for 10 mins until soft. Remove the porcini from the liquid, keeping the mushroomy stock and roughly chop. Set both aside.
- Add the garlic and thyme to the pan. Cook for 1 min, then stir in the tomato purée and cook for a minute more, then add the lentils, reserved mushroom stock and cans of tomatoes. Bring to the boil, then reduce the heat and leave to simmer with the lid on.
- Meanwhile, heat a large frying pan. Add 1½ tbsp oil, then tip all of the mushrooms into the pan, including the rehydrated ones. Fry until all the water has evaporated and the mushrooms are deep golden brown. Pour in the soy sauce. Give everything a good mix, then scrape the mushrooms into the lentil saucepan.
- Stir in the Marmite, then continue to cook the ragu, stirring occasionally, over a low to medium heat for 30-45 mins until the lentils are cooked and the sauce is thick and reduced, adding extra water if necessary. Remove the thyme sprigs and season to taste.
- Heat the oven to 180°C / 160°C fan/ gas mark 4. To make the white sauce, heat 3 tbsp olive oil in a pan, whisk in the flour and cook for a couple of minutes to get rid of the raw flour taste, then slowly whisk in the soya milk. Cook until you have a creamy sauce, about 10 mins. Season to taste, adding a good grating of nutmeg.
- Spread a third of the ragu on the bottom of your ovenproof dish, then top with six lasagne sheets, followed by another third of the vegan white sauce, then another third of the ragu. Top with the remaining lasagne sheets, then the remaining ragu and finally, spread over the rest of the white sauce. Sprinkle over the nutritional yeast, if using, and bake for 45 mins-1 hr until the pasta is cooked.

Serves 6



MUSHROOM



SOYA



GLUTEN

Chopped Green Salad

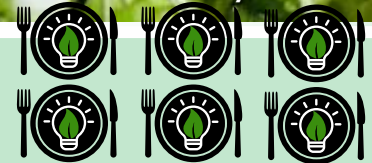
Prep: 20 mins

Ingredients

4 spring onions
1 organic cucumber
a few sprigs of fresh basil
1 round lettuce
1 punnet of cress
3 tablespoons extra virgin olive oil
Juice of 1 organic lemon
sea salt
freshly ground black pepper



Sustainability Score



Chopped salads are incredibly simple to prepare. Anyone can make them – just make sure you use a good, sharp chef's knife and your biggest chopping board (and watch your fingers). This fresh and vibrant salad makes a great side dish for many of the main courses you will find in this book. Salad greens contain Vitamin A, Vitamin C, beta-carotene, calcium, folate, fibre, and phytonutrient, and are a good choice for a healthy diet because they do not contain cholesterol and are naturally low in calories and sodium.

With some careful shopping, this recipe can be made from fresh, organic, non GMO, accessible and healthy ingredients with a relatively low carbon footprint.

Method

- Start chopping the harder, crunchier veg first – trim the ends off the spring onions and cucumber on a large chopping board, then roughly chop them.
- Pick and roughly chop the basil leaves, discarding the stalks, and bring to the middle of the board along with the spring onions and cucumber and continue chopping and mixing everything together as you go.
- Use scissors to snip over the cress, then continue chopping everything together, bringing the ingredients back into the middle every now and then.
- Once everything is chopped, you will have a big mound of salad on the board – make a well in the middle and add the extra virgin olive oil.
- Cut the lemon in half and squeeze over the juice, using your fingers to catch any pips.
- Add a tiny pinch of salt and pepper, and toss together so everything is nicely coated, then serve.



To make this dish even more sustainable, use salad leaves and greens you have grown at home, or use produce from local suppliers and markets.

Serves 4



Spiced Sweet Potato Wedges

Prep: 10 mins

Cook: 30 mins

Ingredients

- 2 tsp ground cumin
- 2 tsp chilli flakes
- 2 tbsp thyme leaves (roughly chopped)
- 2 tbsp rosemary leaves (roughly chopped)
- 3 garlic cloves
- zest and juice of 1 organic lemon
- 3 tbsp olive oil
- 1 ¼kg organic sweet potatoes cut into wedges

Method

- Heat oven to 200°C / 180°C fan / Gas Mark 6. Using a pestle and mortar, bash together the spices, herbs, garlic and some seasoning.
- Spoon into a large bowl and stir in the lemon zest and juice, and the oil. Add the potatoes and toss together. Arrange, skin-side down, on 2 baking trays and bake for 30–40 mins until soft inside and crisp on the outside.
- Serve as a perfect side dish or as an enjoyable sweet and spiced snack.



Be sure to buy non GMO and organic vegetables to avoid the toxic, chemical pesticides which contaminate air, water, soil, and harm biodiversity.

Herbs used in this recipe like thyme and rosemary are very easy to grow yourself at home, so which not start your own supply of herbs in your garden or in pots on a sunny window sill.

Sustainability Score



Sweet potatoes are sweet, starchy root vegetables that are grown worldwide. They are nutritious, packing a good amount of vitamin A, vitamin C, and manganese into each serving. As these wedges are baked instead of deep fried, it makes them a healthier alternative side dish that will go great with other recipes in this book.

Sweet potato production is relatively sustainable since there is no significant damage caused by their growth to air, water, land, soil, or forests. This recipe is healthy and accessible, organic and non GMO, plant based and sustainably produced, with a low carbon footprint.

Serves 8



Creamy Colcannon

Prep: 10 mins

Cook: 15 mins

Ingredients

- 900g organic Irish potatoes
- 2 tbsp salt
- A pinch of black pepper
- 100g sliced organic leek
- 50g fresh organic kale
- 60g butter
- 120mls milk

Garnish

spring onion or chives

Method

- Wash, peel and dice the potatoes. Throw them in a pot and pour water in (add just enough water to cover all the potatoes). Add 2 teaspoons of salt and cook until they are done.
- Meanwhile: Sauté the leek and kale in a frying pan with half of the butter (over low-medium heat). Make sure not to burn the butter.
- When the potatoes are done, drain the water and using a potato masher or fork mash them until smooth. Stir in the rest of the butter and milk. Add black pepper and salt to your taste.
- Finally, add in the sautéed veggies and give it a good stir.
- (Optional) top with chopped spring onions or chives.
- Best served warm!



Sustainability Score



Potatoes are good for a healthy, sustainable earth. In fact, potatoes produce more food energy per cubic meter of water used than any other major crop and use less land per kilogram of production than most other foods. Using local Irish potatoes in this recipe is a great way to make it even more sustainable, as local food doesn't have to travel as far to arrive on your plate, so it helps reduce greenhouse gas emissions and contributes to improving our carbon footprint. It also benefits the local economy, including supporting local farmers and other producers. If needed, you can substitute the leek and kale in this recipe for other fresh local vegetables. Instead of kale, savoy cabbage can be used, while leek can be substituted for scallions or green onions. When made with local and seasonal veg, this dish is sustainably farmed, organic and non GMO, accessible, seasonal and healthy, with a low carbon footprint.



To make this dish even more sustainable, substitute dairy butter and milk for plant based alternatives that will still taste just as great!

Serves 4



MILK

Seasonal Roasted Vegetables



Prep: 15 mins

Cook: 55 mins

Ingredients

- 4 tbsp olive or vegetable oil
- 6 medium organic carrots (ends trimmed)
- 6 small organic parsnips (ends trimmed)
- 4 small organic onions
- 1 small organic swede (cut into thick wedges)
- large knob of butter to serve

Method

- Heat oven to 200°C / 180°C fan / Gas Mark 6. Pour 3 tbsp of the oil into a roasting tin, scatter and roll the vegetables in the oil and season with salt and pepper. Drizzle with the remaining oil. Can be prepared to this stage up to an hour ahead.
- Roast the vegetables for 45-55 mins until tender and golden brown. Brush with butter before serving.

Sustainability Score



"Eating seasonally" means eating a variety of local foods that are in season and at peak flavour shortly after harvest during that particular time of the year.

Seasonal food is fresher, tastier and more nutritious as it hasn't travelled so far. Pesticides, waxes and preservatives are often used to preserve foods that are out of season as vegetables start losing their nutrients straight after they're picked. So the quicker they get to your plate the better they are for you and for the planet

When made with local vegetables, this dish is sustainably produced, organic and non GMO, accessible, seasonal and healthy, with a low carbon footprint.

Serves 6



To make this dish even more sustainable, substitute dairy butter for plant based alternatives and try using homegrown veg such as potatoes which can easily be grown in pots or buckets.



MILK

A close-up photograph of three glass cups filled with white yogurt. Each cup is topped with fresh mango chunks and a sprig of green mint. The cups are arranged on a rustic wooden surface. In the foreground, several slices of peach are scattered, some with mint leaves. In the background, a small white bowl contains more mango. The word "Dessert" is overlaid in the center in a white, sans-serif font.

Dessert



Sustainability Score

Prep: 15 mins

Cook: 30 mins

Ingredients

200g all purpose white flour
70g Fairtrade cocoa powder
1 tbsp baking powder
180g muscovado sugar
130g sunflower oil
500ml boiling water

Vegan Chocolate Frosting

- 450g Icing Sugar
- 4 Tablespoons Fairtrade cocoa powder
- 45g Vegan Butter (plant based butter spread)
- 4-5 Tablespoons Soy Milk or Oat Milk
- 1 teaspoon Vanilla Extract

Method

- Preheat the oven to 180°C / 160°C fan / gas mark 4.
- Sieve the flour and cacao powder into a mixing bowl. Add the baking powder and sugar and mix well together.
- Add the oil and boiling water and fold all the ingredients into a consistent cake batter.
- Line a spring form cake tin with baking parchment.
- Pour the batter into lined spring form cake tin, put in the oven and bake for 30 minutes at 180°C / 160°C fan / gas mark 4.
- Test that it is cooked through by sticking a toothpick/knife and seeing that it comes out clean, if it doesn't come out clean then bake for another 5-10 minutes until it comes out clean.
- Remove from the oven and leave to cool.
- For the frosting: Add the icing sugar, cocoa powder, vegan butter, vanilla and around half the soy/oat milk to a mixing bowl. Start mixing on slowly, gradually moving to a higher setting until thick, smooth and creamy. Add the extra soy/oat milk in slowly, only as much as needed.
- The frosting should be thick, but still be easily spreadable so it won't go sliding off a cake. So if it's not thick enough, add a little more powdered sugar.
- Decorate the cooled cake with frosting and some whipped vegan cream and berries.



This delicious and decadent vegan chocolate cake recipe is quick and easy with no unusual ingredients or replacements. Plant-based desserts are typically lower in calories than recipes which contain dairy or eggs since plants are lower in calories per serving than animal products. Plant based products are also much kinder to the planet as well as it's animal inhabitants, so enjoying this rich chocolate cake comes with minimal guilt! The main ingredients of this recipe are Fairtrade, organic and non GMO, accessible and healthy, and are 100% plant based and sustainably produced with a low carbon footprint.



To make this dish even more sustainable, use Irish made oat milk instead of imported plant milk to avoid emissions from food miles.

Serves 8-10



Fairtrade Banoffee

Prep: 15 mins
(1hr chilling time)

Cook: 10 mins

Ingredients

Base:

100g butter (melted)
& 250g digestive biscuits (crushed)

Caramel:

100g butter
100g dark soft brown sugar
397g can condensed milk

Topping:

4 small organic fairtrade bananas
300ml cream (lightly whipped)
grated fairtrade chocolate

Method

- Tip the biscuit crumbs into a bowl. Add the butter and mix in. Spoon the crumbs into the base and about halfway up the sides of the tin to make a pie shell. Chill for 10 minutes.
- Melt the butter and sugar into a non-stick saucepan over a low heat, stirring all the time until the sugar has dissolved. Add the condensed milk and bring to a rapid boil for about a minute, stirring all the time for a thick golden caramel.
- Make sure that you really boil the filling for at least 1 minute to be sure it sets to a perfect squidgy caramel.
- Spread the caramel over the base, cool and then chill for about 1 hour, until firm or until ready to serve.
- Carefully lift the pie from the tin and place on a serving plate. Slice the bananas and place on top of the caramel. Spoon the softly whipped cream over the base
- Decorate and finish with the grated chocolate on top of the cream.

Serves 12

VEGETARIAN
FOOD

Sustainability Score



When you choose fairtrade products like bananas and chocolate, you know that the farmers and workers who produced the fruits and cocoa received an additional premium on top of the price of their crop, which they can invest in their communities and use to fight the effects of climate change.

Choosing fairtrade is a simple and accessible way that any consumer can make a positive choice for humanity and the planet.

The main ingredients of this recipe are easily accessible, organic and non GMO, fairtrade, and sustainably farmed with a low carbon footprint.



To make this dish even more sustainable, substitute the regular dairy products for plant-based condensed milk, butter & cream.



GLUTEN



EGGS



MILK

Dairy-Free Vegan Ice Cream



Sustainability Score



This sustainable vegan ice cream is rich, creamy, and incredibly easy to make. And because it contains no animal products such as dairy, it has only a fraction of the carbon footprint of regular dairy ice cream. Coconut milk is naturally lower in fat than cow's milk, and is rich in electrolytes such as potassium, magnesium and phosphorous.

The main ingredients of this recipe are non GMO, sustainably produced and healthy, 100% plant based and ethical with a very low carbon footprint.

Prep: 10 mins **Cook: 25 mins**
(Plus chilling and churning)

Ingredients

2 x 400g cans coconut milk
175g caster sugar
1 tsp sea salt flakes
1 vanilla pod or 1 tbsp vanilla bean paste
2 tbsp cornflour
Pinch turmeric
Optional mix in such as vegan
chocolate chips, nuts, fruit, or sauces

Method

- Pour most of the coconut milk into a saucepan, reserving a splash in a small bowl for later. Add the sugar, salt and turmeric (for colour) to the pan. Cut the vanilla pod in half lengthways (if using) and scrape the seeds out of both sides with the side of the knife. Put the seeds and the pod, or vanilla paste, into the pan. Warm on a low heat for 10 mins until the sugar has melted and the mixture starts to steam.
- Mix the cornflour with the reserved coconut milk in a small bowl until smooth. Pour into the hot milk, and continually whisking, heat for another 5-10 mins until the mixture thickens to a pourable custard consistency. Strain into a bowl, and cover. Leave to cool, then chill for at least 2 hrs.
- Pour the chilled mix into an ice cream maker, and churn for 20-30 mins until you get a soft scoop ice cream. Transfer to a sealable container and freeze for up to 3 months until ready to serve. If you don't have an ice cream maker, pour the chilled mix into a wide-based plastic tub or dish. Freeze for 2-3 hrs, stirring the mix every 20 mins with a fork, to break up any large ice crystals, until soft ice cream. Transfer to a smaller tub and freeze until ready to serve. You should be able to scoop the ice cream easily from the freezer, or leave for a few mins at room temperature to soften, if you need to.
- Add your ice cream mix-ins just before your ice cream is finished. They only need to mix for about a minute. Or, once your ice cream is complete, use a large spatula to gently fold the ingredients into your ice cream. This is a great way to handle more delicate ingredients like fresh berries.



To keep this dish sustainable, use toppings and mix ins for your ice cream that are plant-based, fairtrade, local and seasonal.

Makes 1 large tub



CORN

Autumn Apple & Blackberry Crumble

Prep: 10 mins

Cook: 25 mins

Ingredients

For the crumble topping:

120g plain flour

60g caster sugar

60g butter at room temperature (cut into pieces)

For the fruit compote:

300g organic apples

30g butter

30g demerara sugar

115g organic blackberries

¼ tsp ground cinnamon

vanilla ice cream, to serve

Method

- Heat oven to 190°C / 170°C fan / gas mark 5. Tip 120g plain flour and 60g caster sugar into a large bowl.
- Add 60g butter, then rub into the flour using your fingertips to make a light breadcrumb texture. Do not overwork it or the crumble will become heavy.
- Sprinkle the mixture evenly over a baking sheet and bake for 15 mins or until lightly coloured.
- Meanwhile, for the compote, peel, core and cut 300g apples into 2cm dice.
- Put 30g butter and 30g demerara sugar in a medium saucepan and melt together over a medium heat. Cook for 3 mins until the mixture turns to a light caramel.
- Stir in the apples and cook for 3 mins. Add 115g blackberries and ¼ tsp ground cinnamon, and cook for 3 mins more.
- Cover, remove from the heat, then leave for 2-3 mins to continue cooking in the warmth of the pan.
- To serve, spoon the warm fruit into an ovenproof gratin dish, top with the crumble mix, then reheat in the oven for 5-10 mins. Serve with vanilla ice cream.

Serves 4

Sustainability Score



Apples and blackberries are the staples of autumn, and they're best enjoyed hot! This seasonal apple and blackberry crumble is a comforting and sustainable pudding for cold autumn evenings.

If you have apple trees nearby you can go apple-picking, or use locally sourced apples. While blackberry picking is one of the easiest and most satisfying ways to forage wild food in autumn.

This recipe can be made with organic apples from local producers; it is healthy, accessible and affordable, sustainable, fairtrade, plant based, seasonal and non GMO.

This dish is also freezable to avoid potential food waste.

VEGETARIAN
FOOD



To make this dish more sustainable use home grown or foraged apples and blackberries.



GLUTEN



EGGS



MILK

Summer Berry Eton Mess



Sustainability Score



Prep: 20 mins

Ingredients

- 3 free range egg whites
- 130g caster sugar
- 500g seasonal summer berries
- 500ml whipping cream
- 1 tbsp icing sugar

Between the months of May to July in Ireland there are a whole range of delicious summer berries available such as blackberries, gooseberries, raspberries, and strawberries; any of which would be simply scrumptious in this sweet summer dessert. This Eton Mess is sweet and bright with a great combination of creamy and crunchy textures.

The main ingredients of this recipe are seasonal and local, are organic and non GMO, relatively healthy, sustainably produced and have a low carbon footprint.

Method

- Put the egg whites into the bowl of the stand mixer.
- Attach the Wire Whip (or mix by hand if you do not have a stand mixer).
- Whisk the egg whites until stiff peaks form.
- While mixing, add 1/3 of the sugar and wait until it reaches stiff peaks again. Repeat twice with the remaining sugar.
- Scoop large spoonful's of meringue on a baking tray lined with parchment paper. Bake for 1 hour and 20 minutes in a 120°C / 100°C fan / gas mark ½ preheated oven and let completely cool in the oven.
- Pour the whipping cream into a large bowl and whip until it holds its shape. Do not overmix.
- Break meringues into pieces and put a layer of meringue in dessert bowls. Add a scoop of whipped cream and berries. Make another layer of meringue, cream and berries and finish off with some dusted icing sugar.

VEGETARIAN
FOOD



To make this dish even more sustainable, use locally or homegrown seasonal berries and leftover crushed meringues instead of making new ones.

Serves 6



EGGS

MILK

Air Fryer Cookies



Sustainability Score

Prep: 20 mins **Cook: 10 mins**
Cooling time: 30 mins

Ingredients

125g unsalted butter
100g light brown sugar
75g white granulated sugar
1 medium free range egg
300g plain flour
1 tbsp cornflour
1/2 tsp bicarbonate of soda
1/2 tsp sea salt
300g fairtrade chocolate chips (150g dark, 150g milk)



These air fryer chocolate chip cookies are an easy dessert that doesn't require heating up your kitchen or the planet! Air fryers are much more energy efficient than traditional ovens, so baking cookies in an air fryer helps keep electricity bills and energy related carbon emissions down. Bake in batches, or as many as you want to eat fresh, you can refrigerate the rest of the cookie dough for up to 48 hours. You can also freeze the rest of the cookie dough once scooped into portions.

The main ingredients of this recipe are accessible and non GMO, fairtrade and free range, with a low carbon footprint.

VEGETARIAN
FOOD

Method

- Add the butter and sugars to a bowl and beat until creamy
- Add in the egg and beat again.
- Add the plain flour, cornflour, bicarbonate of soda, and salt and beat until it forms a dough.
- Add the chocolate chips and beat until they're distributed well.
- Portion your cookie dough onto a tray - each cookie should weight about 50-60g.
- Line your air fryer with a piece of parchment paper and add as many cookies as will fit at a time.
- Bake the cookies for 10 minutes at 160°C.
- Once baked, let the cookies cool for a few minutes before removing the parchment paper with the cookies on as the cookies will still be very soft. Let the cookies cool for 15 minutes before serving.
- Repeat as many times as you want for as many cookies as you need, and enjoy!



To avoid wasting dough and always have delicious cookies ready to cook in the air fryer, freeze some of the dough in pre-portioned lumps. Then defrost for cookies on demand with a fraction of the heat needed for oven baking.

Makes 16 cookies



CORN



UTEN



EGGS



MILK

The image features three tall glasses of smoothies. The leftmost glass is filled with a bright orange juice, garnished with a thick slice of orange and a yellow straw. The middle glass contains a vibrant red smoothie, topped with a single strawberry and a red straw. The rightmost glass is a deep purple smoothie, decorated with a cluster of blueberries and a dark blue straw. In the foreground, a large, juicy slice of orange sits on a wooden surface, surrounded by fresh strawberries, raspberries, and a small bunch of green herbs. The background is a soft, out-of-focus green, suggesting an outdoor setting.

Drinks & Snacks

Wild Garlic Pesto

Prep: 15 mins

Cook: 2 mins

Ingredients

100g wild garlic leaves
75g organic pine nuts
75g vegetarian parmesan cheese (grated)
150ml olive oil
salt and pepper (to taste)
squeeze of organic lemon juice

Method

- Wash the wild garlic leaves and dry them with a clean kitchen towel. Choose nice tender young leaves. (TIP: Use a mild flavoured olive oil – as the flavour comes through strongly in the finished pesto.)
- Untoasted pine nuts gives you a richer creamier result, if you like nutty pesto, toast the pine nuts in a dry pan over medium heat until they are golden brown, stirring frequently to prevent burning.
- In a food processor, combine the wild garlic leaves, pine nuts, and parmesan cheese.
- Pulse until the mixture is coarsely chopped. While the food processor is running, slowly pour in the olive oil until the mixture is smooth and creamy. If the mixture is too thick, add a bit more olive oil.
- Season the pesto with salt and pepper to taste. Add about half a teaspoon of lemon juice.
- Transfer the pesto to a sterile jar or container and store it in the fridge, pouring a little olive oil over the top just before you close the jar. This will seal the product from the air.
- Use within one month while the flavours are at their best. Serve the wild garlic pesto with pasta, roasted vegetables, or use it as a dip for bread or crackers.



To make this dish even more sustainable, substitute the regular parmesan for a plant-based vegan parmesan cheese.



Sustainability Score



Wild garlic has been eaten in Ireland for thousands of years, and is a great natural source of folic acids and probiotics. Wild garlic can be foraged or grown at home between April and May. It mostly grows in damp wooded areas and has a distinctive white flower and garlicky smell. The entire plant is edible with the flower often being used as a garnish. Its leaves can be chopped and used to give recipes a subtle garlic kick while its bulbs are used in a similar fashion to your regular garlic clove!

The main ingredients of this recipe are foraged locally, are organic and non GMO, seasonal and healthy, and are meat free with a low carbon footprint.

Foraged ingredients are also free and do not involve any packaging.

Makes 1 Jar



NUTS



MILK

Air Fryer Pretzel

Prep: 10 mins

Cook: 7 mins

Ingredients

500mls warm water
480g all purpose flour
15g quick rise yeast
1 teaspoon sea salt
1 tablespoon sugar (or honey)

Glaze

55g melted butter
Pretzel salt (optional)

Method

- Add water to a bowl and heat it to about 45°C so it is just warm – not hot and not cold.
- Add yeast and whisk together. Set the bowl aside.
- Next, grab a large bowl, and mix together the flour, sugar, and salt.
- Pour the water-yeast mixture to the flour mix, and stir until a dough forms – you may need to add another tablespoon or so of water, you want that dough to be nice and thick and not too sticky!
- Sprinkle some flour to a countertop, and divide the dough into 8 pieces.
- Roll the dough into eight ropes.
- Slice the dough into 1-inch pieces.
- Lightly spray or brush the basket of the air fryer with a sustainable oil of choice.
- Place the pretzel bites into the basket, giving them enough room to expand. Brush them with melted butter.
- Cook for 7 minutes at 200°C, or until lightly browned on top.
- Remove from air fryer, and once slightly cooled, transfer them to a plate.
- Brush them once more with remaining butter and sprinkle pretzel salt on top.
- Serve and enjoy!

Sustainability Score



This recipe creates a healthier version of the classic snack as these pretzels are air fried, which requires less cooking oil, and uses less energy than a conventional oven or fryer. These can be served with sweet or savoury dips and toppings, and make a great alternative to packaging laden shop bought snacks for a party or match day.

The main ingredients of this recipe are accessible, non GMO, and healthy with a low carbon footprint.



To make this dish more sustainable, swap the regular butter for a plant-based vegan butter, and use sugar instead of honey.

VEGETARIAN
FOOD

Serves 6



GLUTEN



MILK

Zero Waste Vegetable Skin Crisps

Prep: 10 mins

Cook: 25 mins

Ingredients

50g potato peel from around 2 large potatoes
50g kale
½ tbsp olive oil
A generous pinch of chilli powder
½ tsp sweet smoked paprika powder
¼ tsp salt
Freshly ground black pepper (to taste)

Method

- Preheat the oven to 150°C/ 130°C fan /gas mark 2 and line 2-3 baking trays with baking parchment.
- Place the potato peel in a mixing bowl with half of the oil, spices, salt, and pepper. Using your hands (wear gloves if necessary), gently rub the peel until it is completely coated with oil and spices. Set aside.
- Using a sharp knife, remove the tough, woody kale stems and roughly chop the leaves into bite-sized pieces.
- Place the kale in a mixing bowl with the remaining oil, spices, salt, and pepper. Gently rub the kale for 1-2 minutes until it is completely coated and starting to soften.
- Spread the potato peel and kale thinly on separate baking trays in single, even layers. Set the kale tray aside.
- Place the potato peel in the oven and leave to roast for 25 minutes. After 10 minutes, add the kale tray and continue roasting for the remaining 15 minutes, or until crisp. Watch carefully to ensure they don't burn.
- Remove the crisps from the oven and leave them on the trays for a few minutes to crisp up before eating.
- The crisps are best eaten within a few hours but can be stored in an airtight container for 1-2 days.
- Re-crisp them in the oven at a low temperature for 3-4 minutes.



To make this dish even more sustainable, use organic, homegrown and seasonal vegetables.



Sustainability Score



This clever recipe lets you transform your leftover potato peelings or old veg into these tasty crisps, creating a healthy zero waste snack from leftover vegetables. You can customise the recipe depending on what you have to hand, and start to get creative with the contents of your fridge. Swap the kale for beetroot, parsnip, or sweet potato to enjoy different versions of this thrifty and sustainable snack.

The main ingredients of this recipe can be bought locally and in season, are non GMO and healthy, and are plant based with a low carbon footprint. Because this recipe uses leftovers, this is also a way to cut down both food waste and excess packaging.

Serves 2



Fairtrade Banana Bread

Prep: 15 mins

Cook: 50 mins

Ingredients

250g self raising flour
125g butter
125g light muscovado sugar
2 free range eggs
2 large organic fairtrade bananas (very ripe)
1 teaspoon vanilla Essence
80g packet chopped walnuts (optional)

Garnish

fairtrade chocolate (shaved) (optional)

Method

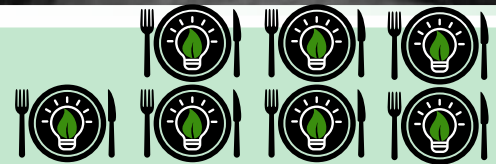
- Preheat oven to 170°C/ 150°C fan /gas mark 3. Lightly grease and base line a 900g/2lb loaf tin.
- Put the butter, sugar, eggs, mashed banana and vanilla essence into a bowl and beat well.
- Add the flour and stir into the mixture. Remove about 2 tablespoons of chopped walnuts from the packet (for the top!) and mix remainder into the mixture (optional). The walnuts can be substituted for fairtrade chocolate chips if you prefer.
- Transfer to the prepared tin, scatter the reserved walnuts on top (optional) and bake in a central oven position for about 50 minutes until well risen and a knife gently pressed into the bread comes out clean.
- Allow to rest in tin for about 10 minutes then turn onto a wire tray to cool.
- When cold wrap in greaseproof paper and tinfoil.
- Cut into slices to serve with a shaving of fairtrade chocolate.



To keep this dish at its most sustainable, choose produce that is Fairtrade & Organic. Fairtrade does not require organic certification, but organic production is promoted and rewarded by higher fairtrade minimum prices for organically grown products.



Sustainability Score



This banana bread is a great way to use up over ripe bananas and avoid food waste. Always choose fairtrade produce such as bananas and chocolate, as fairtrade addresses the injustice of low prices and global inequality by guaranteeing that producers receive fair terms of trade and fair prices.

To sell fairtrade products, farmers also have to improve soil and water quality, manage pests, avoid using harmful chemicals, manage waste, reduce their greenhouse gas emissions and protect biodiversity. The main ingredients of this recipe are easily accessible, organic and non GMO, fairtrade, and sustainably farmed with a low carbon footprint.

VEGETARIAN
FOOD

Makes 1 loaf



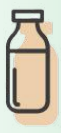
GLUTEN



NUTS



EGGS



MILK

Mixed Berry Smoothie



Sustainability Score



Prep: 10 mins **(No cook)**

Ingredients

1 ripe organic fairtrade banana
140g blackberries, blueberries, raspberries
or strawberries (fresh or frozen)
apple juice or mineral water (optional)

Garnish

extra berries of your choice
fresh mint leaves
drizzle of runny honey

Smoothies can be a great and accessible way to increase intakes of fruit and vegetables in our diet, which would have many health benefits as long as you do not overdo the fruits with a high sugar content. Frozen berries are a thrifty alternative to fresh, however it is best to use local produce whenever possible to avoid causing added carbon emissions from your food miles.

The main ingredients of this recipe are organic and non GMO, healthy, easily accessible and affordable, and are plant based with a low carbon footprint. Many of the ingredients in this recipe such as mint and berries can also be foraged or grown at home in pots in even the smallest spaces.

Method

- Slice the banana into a food processor or use a hand blender in a large bowl.
- Add the berries of your choice. If using frozen berries, there is no need to let them defrost first.
- Blend until smooth. While blending, pour in the juice or water to achieve the desired consistency.
- Add your extra fruits and fresh mint leaves on top, drizzle with honey, and serve chilled from the fridge or over ice.



To make this dish even more sustainable, use berries and mint from your own kitchen garden. Some berries such as blackberries can also easily be foraged in the right season and then frozen for later use throughout the year.

Serves 2-4

**VEGETARIAN
FOOD**

Elderflower Cordial

Prep: 10 mins
(sit for 24-48 hours)

Cook: 20 mins

Ingredients

1kg granulated sugar
1 litre boiling water
Juice 2 large organic lemons (unwaxed)
Zest of 2 large organic lemons (unwaxed)
15 elderflower heads (stalks removed)

Method

- Gently shake the elderflower heads to remove any insects (don't rinse them, as it strips the pollen and flavour). Remove the leaves and stalks.
- Place the sugar into a saucepan, pour in the boiling water and stir until the sugar dissolves. Add the lemon juice and zest to the sugar syrup.
- Add the flower heads to the sugar syrup. Cover and leave to stand for 24-48 hours, stirring once in the morning and again at night.
- Strain the elderflower cordial through muslin (or a very clean tea towel) and pour into sterilised bottles, up to about 1cm below the top.
- Seal the bottles with swing-top lids, sterilised screw-tops or corks.
- It's now ready to use. Once bottled, the cordial will keep for several weeks in the fridge.
- Add to sparkling water and ice for a refreshing, long drink - about one part cordial to 5 parts water - or add to your favourite drink for a fragrant summer fizz.



Sustainability Score



Elder trees bloom for approximately 6 weeks every summer. Depending on the weather, the elderflower season may run any time from May to July. Pick the flowers on a warm, dry day and don't forget to give them a little shake to remove any insects without harming them. Try to avoid collecting elderflower from busy roads as the flowers will absorb the traffic-fumes. Always make sure you know which plants are safe to forage, as some species may look similar but are not all safe to consume.

The main ingredients of this recipe are foraged locally, are organic and non GMO, seasonal and healthy, and are plant based with a low carbon footprint. Foraged ingredients are also free and do not involve any packaging.



When foraging always ask the landowner's permission and pick sustainably. Make sure to leave flower heads on every plant so that they can grow into elderberries later in the year, as the berries are a crucial late summer food source for birds, mammals and insects.



Listed Food Allergens

Check the symbols included with each recipe for the listed allergens.



- Milk & Milk Products
- Eggs
- Fish (e.g., bass, flounder, cod)
- Crustacean Shellfish (e.g., crab, lobster, shrimp)
- Nuts (e.g. treenuts–almonds, walnuts, pecans)
- Peanuts
- Gluten
- Soybeans
- Sesame

Useful Resources for Sustainable Eating



Happy Cow: An app that offers you vegan restaurants all over the world. You can look at reviews to see what other people thought of the vegan restaurant that you're interested in. There are also recipes to check if you're in the mood to cook.

www.happycow.net/mobile

How Good: An IOS app that helps you make better sustainable choices when you go food shopping. They have sources from 350 organizations. You can rate the products you buy and check out other people's ratings.



apps.apple.com/us/app/howgood



Seafood Watch: Helps you choose seafood with the least impact on the environment. It helps you by being able look up information about different fish and how sustainable they are.

www.seafoodwatch.org/



Too Good To Go

Too Good To Go: An anti-waste app that connects customers to restaurants or shops that sell unsold food for a low price.

www.toogoodtogo.com/en-ie

Share Waste: Connecting people who want to recycle food to someone who can make use of it for things like composting or for animals.



www.sharewaste.com/

Imperfect Foods: A subscription box that is delivered to you from local farmers and retailer's to stop food waste. It is also cheaper than a supermarket.



www.imperfectfoods.com/

Reading Labelling & Logos

Fairtrade



The Fairtrade mark is an independent consumer label that appears on products as a guarantee that disadvantaged getting a better deal. Through Fairtrade premiums, farming groups in developing countries gain the opportunity to strengthen their villages and families through their own living and working condition.

Certified Organic



Organic Farming is a way of producing food that seeks to respect the environment and applies to a wide variety of products. The organic certified logo guarantees that food has been produced in accordance with strict EU environmental and animal welfare rules and is checked regularly.

Board Bia



Bord Bia is an Irish state agency with the aim of promoting sales of Irish food and horticulture both in Ireland and abroad.

Free Range



Free range denotes a method of farming husbandry where the animals, for at least part of the day, can get outdoors rather than being confined in an enclosure for 24 hours each day.

Non GMO



Non GMO indicates when products do not contain any genetically modified organisms or ingredients derived from GMO sources or processes.

Vegan



Vegan is abstaining from all food derived from animals. This includes dairy and all meats. The vegan symbol can look several different ways, but usually include a leaf/flower and maybe a V, or the word Vegan. It indicates that the product contains no animal products.

Vegan/Vegetarian



The V-Label is an internationally recognized, registered symbol for labelling vegan and vegetarian products and services. For consumers, it is a simple and reliable guide to help them when they are shopping.

Vegetarian



The vegetarian label describes the product does not contain any meat products.

Rainforest Alliance



The Rainforest Alliance certification means that the product was produced by farmers, foresters, and or companies working together to create a world where people and nature thrive in harmony.

Better Farming Better Future



Is a programme and label for sustainable farming.

Certified Sustainable Palm Oil



Sustainable Palm oil makes businesses profitable while not harming people or the environment.

Farmed Responsibly ASC



ASC is an independent organization which certifies environmental and social wellbeing in farmed seafood.

Certified Sustainable Seafood



The Certified Sustainable Seafood certificate is awarded when the fish was farmed from sustainable fish stocks, and can continue indefinitely.

Love Irish Food



The Love Irish Food logo is the mark of authentic Irish food and drink brands. A symbol that shoppers can trust.

Recycling



These symbols indicate the item can be recycled. Recycling stops waste as instead of going to a dump or incinerator, it finds use in another product.

Plastic Recyclables



These symbols indicate what plastic makes up the item. All symbols 1-7 can be recyclable, especially the first 6. 7, which stands for other, can mean multiple plastics used where some might not be as recyclable.

Non Recyclable



This means that the packaging is not or not yet recyclable, and must be disposed of with general waste.

Glass Recycling



This symbol is found on glass containers. It asks you to recycle glass bottles or jars at your local bottle bank. Colours of glass must be separated.

The Green Dot



This is a European trademark which indicates that suppliers and producers have contributed financially to recycling of packaging in Europe. The symbol does not mean that the packaging is recyclable, has been recycled or will be recycled.

Aluminium Recycling



This symbol indicates that the product is made from recyclable aluminium. You can place aluminium cans, trays and clean foil in your household recycling bin, clean dry and loose. You can also dispose of aluminium cans at most local bottle banks.

Steel Recycling



This symbol indicates that the product is made of steel. You can place steel food cans and lids in your household recycling bin, clean, dry and loose.

Industrial Compost



This symbol means that packet is industrially compostable – You should never place compostable packaging in the recycling bin with other items. It is designed to break down so it cannot be recycled in a normal recycling bin as it will contaminate recyclable items. Packaging that carries this symbol can be recycled with your organic waste collection. (Do not put in your garden compost).

Glossary of Terms

Sustainability

The practice of avoiding depletion of natural resources in order to maintain an ecological balance.

Sustainable Development Goals

The Sustainable Development Goals (or SDGs) are a set of global goals to promote sustainability and to take against climate change for the United Nations 2030 agenda.

Carbon Footprint

A measure of the amount of carbon dioxide released into the atmosphere as a result of the activities of a particular individual, organization, or community.

Eco-Friendly

Eco-Friendly means environment friendly and when something is environment friendly it doesn't harm the planet.

Conservation

Conservation is the act of protecting Earth's natural resources for current and future generations.

Bio Diversity

Short for biological diversity — is the variety of all living things and their interactions. Human-caused environmental damage reduces biodiversity, and creating a healthy, sustainable society requires increasing biodiversity.

Climate Change

The altering of the planet's climate due to an increase in greenhouse gas (GHG) emissions from human activity.

Greenhouse Gasses (GHG)

Gases, such as carbon dioxide and methane, which trap and hold heat in the atmosphere and contribute to climate change. Human activity such as burning fossil fuels for energy and transport, farming land for food production, and deforestation are big GHG emitters.

Water Security

A society's capacity to have reliable access to a sufficient quantity of clean water for human survival and to carry out different productive activities such as agriculture.

Food Security

A society's capacity to have a physical and economical access to a sufficiently safe and nutritious foods that meets their dietary needs and preferences for an active and healthy life.

Plant Based

Foods that comes from plants and is free from animal ingredients.

GMO/Non-GMO

Genetically modified organisms (GMOs) are organisms (i.e. plants, animals or microorganisms) in which the genetic material (DNA) has been altered in a way that does not occur naturally. Non-GMO means a product was produced without genetic engineering and its ingredients are not derived from GMOs.

Biodegradable

A substance or object can be capable of being decomposed by bacteria or other living organisms.

Gluten Free

A gluten-free diet excludes any foods that contain gluten, which is a mixture of proteins found in wheat, as well as barley, rye, and oats.

Dairy Free

Dairy-Free means no milk or milk products.

Pescatarian

A diet that does not include any meat except fish and seafood.

Flexitarian

A person who primarily has a vegetarian diet but occasionally eats meat or fish.

Vegetarian

A diet that does not include any meat, poultry, or seafood. It is a meal plan made up of foods that come mostly from plants and some dairy products such as eggs, milk and cheese.

Vegan

A diet/lifestyle that avoids all animal foods such as meat, dairy, eggs and honey; animal derived products like leather and wool; and often products tested on animals.

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Lastly, we want to thank you the reader! for educating yourself about sustainability by reading this book, we hope this will help you on your way to living a more sustainable, healthy, and happy life.



West Wicklow Youthreach is an alternative education and training programme. We offer QQI level 3 and 4 junior and leaving cert equivalent, and personal development programmes in a welcoming and supportive environment.

To learn more about who we are and what we do please visit

www.blessingtonfetc.ie/youthreach





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