



**Edible  
Edinburgh**  
Our food. Our city.



# Our food Our city

## Everyone can join in.

Every day, we can all make Edinburgh a better place through the food choices we make, whether we live here or visit for work or holidays. How our food is grown, how far it travels, where we buy it and how we cook it all have a big effect on our wonderful city and its thriving food culture.

## Support our vision:

### FOOD

Food is healthy and fairly traded. Fresh produce is locally grown.

### PEOPLE

People can afford to eat well and food poverty is a thing of the past.

### ECONOMY

There is a thriving food economy with many more small and successful food businesses and great training to support them.

### CULTURE

Culture is transformed and good food is at the centre of Edinburgh life.

### ENVIRONMENT

The environment benefits from better ways of growing, shopping and eating food that are better for wildlife and better for our planet.



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Carrots © EH49 Coop

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**This is our city, so let's get together and celebrate our food, and join in to make it better for our health, our environment and our economy.**



# Your Small

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# steps

**...will join thousands of others to make a massive difference.**

**We'd love you to show your support to the Edible Edinburgh vision by signing up on our website. We want to share just how many people will be helping to improve our city's food through one or more of our 'sustainable seven':**

## **1 Celebrate food**

Make good food the centre of your social life with family, friends, colleagues and your community.

## **2 Eat more fruit and veg**

Eating a healthy diet, high in fruit and vegetables, in season where you live, is good for health and good for the environment.

## **3 Waste less**

Reduce the amount of food wasted and recycle or compost what can't be used.

## **4 Cook!**

Cook from scratch more using fresh, local, seasonal ingredients.

## **5 Make Edinburgh a Fair Food City**

Press for change that will make food poverty a thing of the past – an Edinburgh where everyone has the opportunity to eat well. You could join a meal swap scheme or join an anti-poverty campaign group.

## **6 Eat Local!**

Eat more food that is grown and produced locally and buy from local independent shops if you can.

## **7 Grow food**

Grow your own – from a tiny window box to an allotment or a community farm, it's great fun growing your own delicious herbs, fruit and vegetables.

**Visit Edible Edinburgh's website, Facebook page and Twitter for ideas to help keep you moving along the road to better food!**

**Find suggestions on how you can make changes to your own food, keep motivated and how you can get involved locally. Look out for our pledges, events listings and local project information.**

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