

Real food solutions

Some farms produce food organically. Organic food is produced without using artificial chemicals. It's free from GM material and is managed in a way that treats farm animals better. Organic farming is better for the planet and wildlife, and reduces pollution.



It's a fact:

Even though the pesticide lindane was banned in 2001, it is still found in some chocolate bars



It's a fact:

97 per cent of British supermarket shoppers use a car to get there



Shopping at stores near your home is better than using out-of-town supermarkets. People can use buses, bicycles or walk the short distance to the shops rather than driving. This will help cut down on air pollution from cars and help small local shop owners to make a living.

biteback...
Youth and Education Programme

Friends of the Earth's Youth and Education Programme provides a range of publications exploring sustainable development, citizenship and environmental issues, designed to be used within a class, youth groups or by individual young people.

Why not read other leaflets in the Mad about... series?
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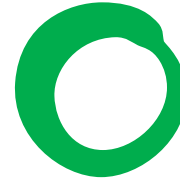
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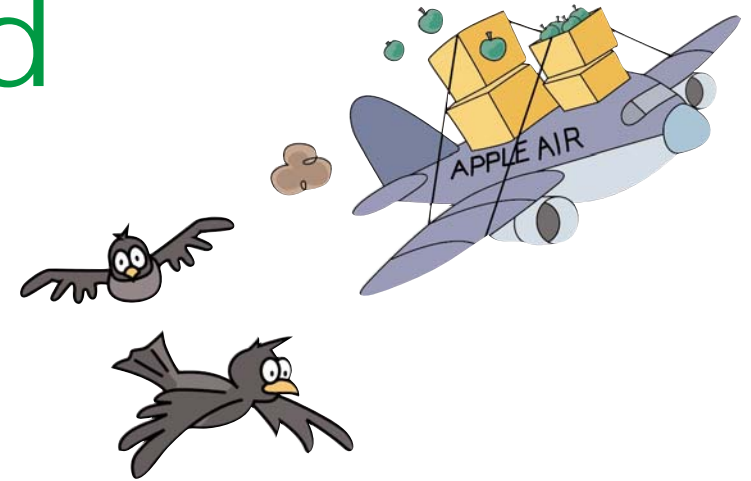
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Mad about... food



**Friends of
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Are you hungry to know more?

We all like safe, healthy, tasty food to eat. But some food is produced in ways that are bad for the environment, wildlife and you



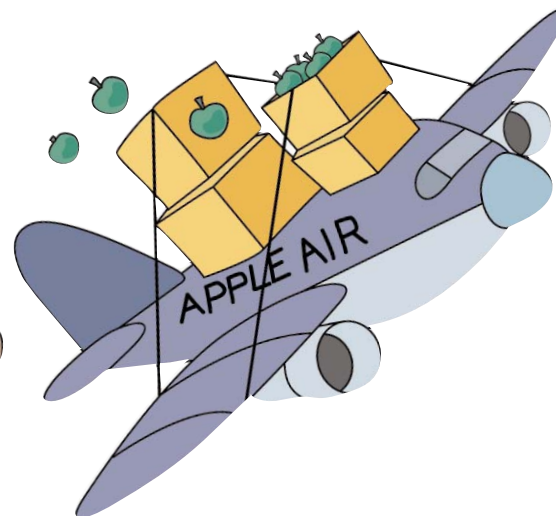
GM food

Genetically modified (GM) food comes from plants which have been changed by scientists. For example, scientists have made a new type of sweetcorn plant that can survive in cold weather by adding genes (tiny sets of instructions in all living things) from a fish that swims in Arctic seas. This wouldn't normally happen in nature. Scientists have to do this in the laboratory. Nobody knows whether growing and eating GM food is safe. There could be many dangers for people and for wildlife.



Food miles

Some of our food may have travelled thousands of miles by energy-guzzling and air-polluting aeroplanes, ships and lorries before it reaches the shops. Apples can come from as far away as New Zealand even though we grow apples in Britain.



Chemicals

Most farms use huge amounts of artificial chemicals, called pesticides, to grow their crops. Pesticides kill pests and butterflies, birds and flowers. They also pollute the soil and rivers. Pesticides can even threaten our health because they end up in the food we eat.



It's a fact:

Many apples get an average of 35 pesticide treatments before arriving at the supermarkets

Help serve up better food

Shop wisely

- Try to buy your food from shops near your home and not from supermarkets outside of town.
- Ask your parents to buy organic food whenever they can.
- Buy fresh food direct from local farmers. Visit farm shops and farmers' markets, if you have any near you.

Ask for better choice

- Get your school to put an organic meal on the menu once a week. Or ask them to serve chips made from organic potatoes.
- Look in your local sweet shop for organic and fair trade snack foods such as chocolate bars, crisps and drinks. If they don't have any, ask them to start selling them.
- Fair trade food means farmers get a fair price for the food they grow.

Mad about... food

Organic food is grown without artificial chemicals. It's better for wildlife and reduces pollution.

Apples can come from as far away as South Africa, New Zealand and the USA — even though they can be grown in Britain!

Cramming a large number of animals together means diseases can spread more quickly.

FACTORY FARM

Artificial chemicals like pesticides can harm wildlife, the environment and even people.

Organic farming treats farm animals better.

GM TEST FIELD

urm, now was that plant mixed with a fish or was it bacteria?

Some farms deliver fresh fruit and vegetables straight to your door.

No-one knows whether eating or growing GM food is safe for you or the environment.



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