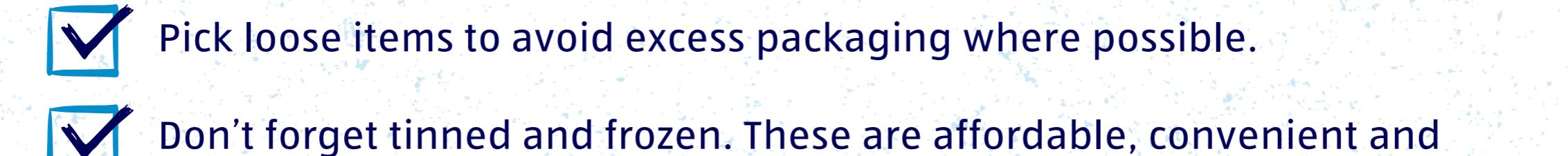


# Shopping with sustainability in mind – a handy checklist

A WIN-WIN approach: tasty, affordable, better for you **AND** better for the planet



## Fruit and vegetables: your 5-a-day

- Choose more British grown and seasonal.
- Pick loose items to avoid excess packaging where possible.
- Don't forget tinned and frozen. These are affordable, convenient and count towards your 5-a-day!



## Starchy carbohydrates

- Choose more wholegrain options where possible. They're nutritious and involve less processing than refined grain foods.



## Protein rich foods

- Experiment by adding beans, lentils or nuts to your favourite recipes.
- Remember, chickens don't just have breasts - try to make use of the whole chicken including thighs, legs and wings.
- Look for fresh, frozen and canned fish which is sustainably sourced.



## Dairy and alternatives

- Alongside milk, try plant based alternatives such as soya, almond or oat. Check on the label that they have added calcium and iodine.



## Food waste

- Soft drinks and bottled water require packaging. Tap water and drinks made from tap water, such as tea, are more sustainable sources of hydration.
- Plan meals ahead and use a shopping list, storing your purchases according to the label instructions so they last longer.
- Measure out dried ingredients such as pasta and rice so you only cook what you need and use up or freeze your leftovers.

### Remember...

**Small changes can make a big difference. Try one or two new healthy and more sustainable changes each time you shop and cook.**



**BDA** The Association of UK Dietitians

The information on this resource is general. If you have a medical condition, are pregnant or a child, please seek advice before making any changes to usual dietary advice.

Developed by the British Dietetic Association, in collaboration with Aldi Stores. Basket is representative of a food-based assessment undertaken against the Eatwell Guide (2016) and progress towards targets from the Eating Better Alliance for 2030. For full details of the methodology used, see <https://www.bda.uk.com/food-health/your-health/sustainable-diets.html>