

Sutton Local Food Guide



BioRegional Development Group
www.bioregional.com

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BioRegional

What is the problem with food?

When people think about how they can reduce their environmental impact they usually think about reducing energy consumption in the home, increasing recycling and reducing the impact of travel. Although food is becoming more of an issue, as highlighted by the continual growing of the organic market, it is still seen as more of a health issue than an environmental one, although there is a growing concern over food miles.

Food accounts for 23% of the environmental impact (or 'ecological footprint'¹) of the average Sutton resident. As can be seen, after shared services, food is Sutton's largest impact. If everyone lived like the average person in the South East we would need three planets to support us. We therefore need to reduce our ecological footprint by two thirds in all areas.

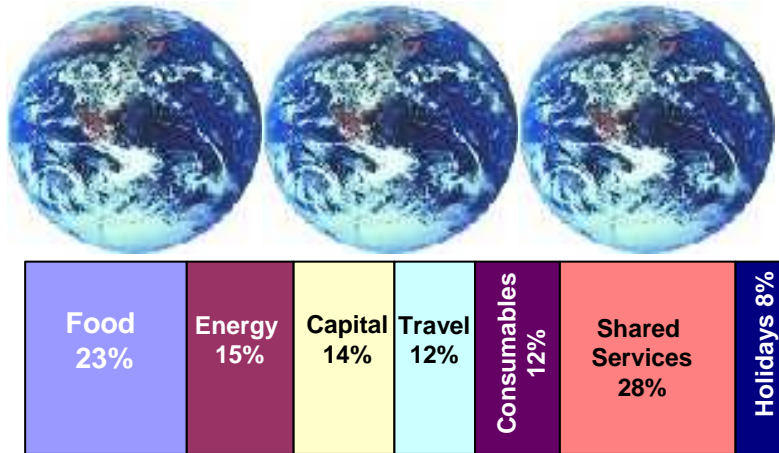


Figure 1 Sutton's Ecological Footprint

The modern food production and distribution system is changing the way we eat and farm. Figure 2 shows the estimated ecological footprint of the average UK diet; as can be seen meat and dairy have the highest impacts; whilst animal products comprise 30% of our diet, they account for over 50% of our diet's impact, due to the energy needed to produce them.

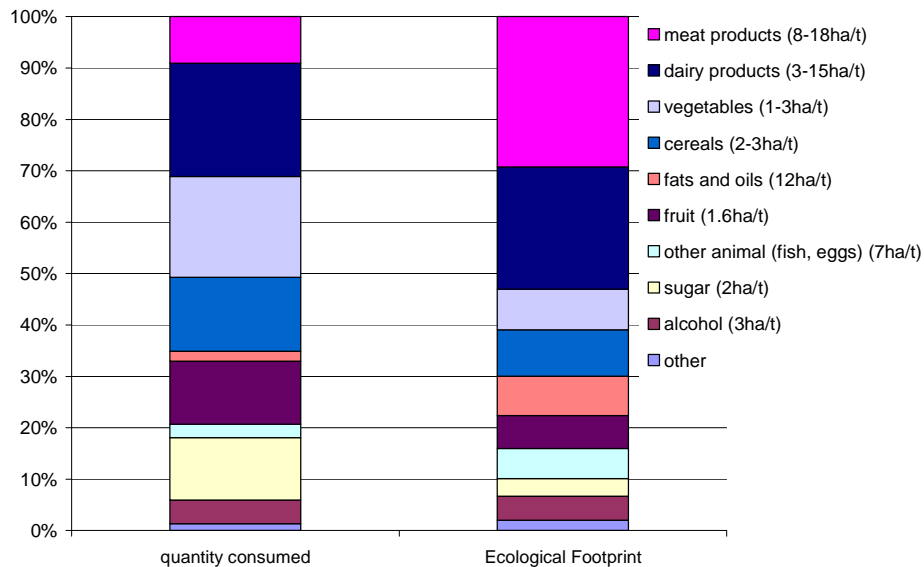
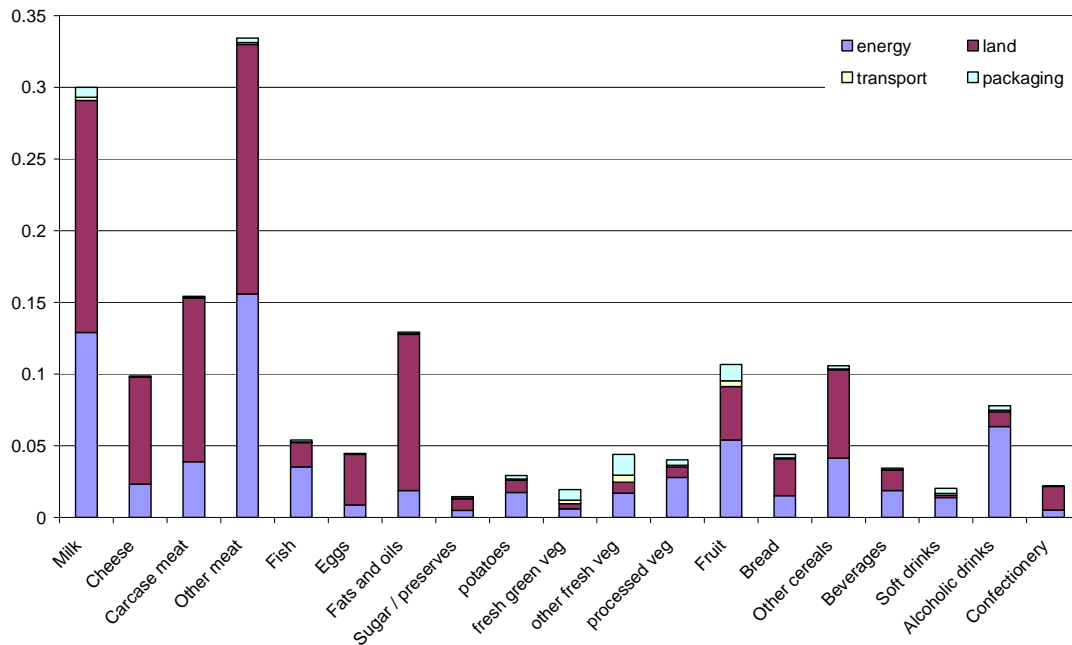


Figure 2 The Ecological Footprint of Food

¹ Ecological footprint is a measure of the area of land required

If we look at the impact of our food more closely, we can see that energy, i.e. energy use in machinery and fertilizers used to produce most food items, is one of the biggest impacts.



So what can we do about it?

There are lots of things we can do to reduce the impact of the food we eat. Shopping locally and supporting local producers is important, as is eating fresh, seasonal produce, and food which needs less energy, land and water to produce it. The following section provides you with a list of producers local to Sutton and a table of seasonal produce. A supermarket review is also provided showing which supermarkets are doing the most to reduce their ecological footprint.

→ Grow your own

Growing your own food in your garden, allotment or window box is one of the best ways to reduce the impact of your food; it eliminates transport, is very cheap and relatively easy to do and means you have access to the freshest, nutritious ingredients available. It can also be a great thing to get kids involved with. Sutton has many allotment sites, for further information contact: 020 8770 5070

<http://www.sutton.gov.uk/index.aspx?articleid=638>

For more information about home growing see: <http://www.gardenorganic.org.uk/organicgardening/gvo.php>

→ Shop locally

Shopping locally reduces the impact of transport. For example, distributing goods by air releases 50 times more carbon dioxide per tonne-kilometre than sea freight and on top of this because the carbon dioxide is released high into the atmosphere it has a greater climatic forcing effect. Buying local produce reduces this impact even further.

Local produce is also generally fresher, more nutritious and often has higher animal welfare standards. It isn't only better for the environment though; shopping locally also supports the local economy. For example, the New Economics Foundation² found that every £10 spent in a local independent shop is worth £25 to the

² www.neweconomics.org

local economy, compared with just £14 when the same amount is spent in a supermarket. A list of local producers is provided below.

→ **Sutton Local Producers**

The following table lists the local producers and outlets within a ten mile radius of Sutton. If you know of any others that should be included please email: anna.francis@bioregional.com

Product	Producer	Details	Contact details
City Farms	Deen City Farm	Open School Farm	39 Windsor Avenue SW19 2RR Tel: 020 8543 5300
Dairy	DAIRY CREST local	Milk – they also now do organic milk delivered to your door in reusable bottles	Phone to order a delivery of milk and/ or the many other products we offer. Or visit www.milkdeliveries.co.uk/doorstep/ 4 ALEXANDRA ROAD EPSOM KT17 4BJ Tel: 0800 615 715
	Huge Cheese Direct		Unit 52 Lisle Close Heritage Park Church Lane Tooting Bec SW17 6LB Tel: 01323 641950
Delis	Bayley & Sage	Deli	60 High Street Wimbledon Village Wimbledon SW195EE Tel: 0208 9469904
	Palmers	Deli. Cheeses, meats and much more.	25 The Street, Surrey KT21 1AA Tel: 01372 279537
Farmers Markets	Wallington Farmers Market		Old Town Hall & Library Gardens, 2nd Saturday monthly 9:00 - 1:00 0208 770 5668/6255
	Epsom Farmers Market		Epsom Market Place First Sunday of EVERY month 01372 732 341
Fruit and veg	VegZED	Fruit and veg delivery and markets	Pavilion, BedZED, Wallington www.vegzed.co.uk Tel:
	THE IRON RAILWAY VINEYARD	White Wines and Tasting. Soft fruit, apples & vegetables for sale.	11 Vincent Road Coulsdon CR5 3DH Tel: 01737 551829
Health products	NOAH HEALTH FOOD STORES		4 SOUTH PARADE, STAFFORD ROAD WALLINGTON SM69AJ Tel: 020-8647 1724
Meat	Bushell's Fam Shop & Butcher	Beef, sausages, home cured bacon, PYO	Woodmansterne Rd Carshalton SM54AL Tel: 0208 643 1600 Tues to Sat: 7.30am - 5.00pm and Sun: 9.00am-1pm. Closed Mondays except June and July
	Woodward Brothers	EBLEX Quality English Beef and Lamb butcher	133 Central Rd Worcester Park KT4 8DY Tel: 0208 337 7279
	D Parker & Son	Eblex Quality Standard Beef and Lamb Butcher	4 Central Avenue Wallington SM6 8NX Tel: 0208 688 6416
	Kenneth J Eve Butcher	Rick Stein hero, family butcher, award winning pies	9 Corner House Parade, Epsom Rd, Ewell Epsom KT171NX Tel: 020 8393 3043

	South Lane Butchers	EBLEX Quality English Beef and Lamb butcher	167 South Lane New Malden KT3 5ES Tel: 020 8979 2959
	Hearn's Butchers	EBLEX Quality English Beef and Lamb butcher	35 Tattenham Crescent Epsom Downs KT18 5QJ Tel: 01737 356 884
	Barn Bacon Co London	Bacon	199 Franciscan Road London SW178HJ Tel: 07818068063
	Tann Butchers	EBLEX Quality English Beef and Lamb butcher	35 Elmfield Way South Croydon CR2 0EJ Tel: 0208 657 7558
	The Real Halal Meat Company Ltd T/A J R's High Class Butchers	EBLEX Quality English Beef and Lamb butcher	163 Upper Tooting Road SW17 7TJ Tel: 0208 682 3949
	Back to Nature Farm Produce	Naturally reared farm assured lamb and Sussex breed beef produced for taste from a traditional and environmentally sustainable farming method. Free range; reared on herbs, grasses and wildflowers free from pesticides, herbicides, fungicides and chemical fertilisers. Also free range goose at Christmas.	Local delivery; Reigate, Banstead, Coulsdon areas. School and group visits by appointment. Farm open days; lambing, shearing. Wildlife events; farm walks, moth nights. Sheep dog trial; annual event, July. Details on website Shabden Park Farm, High Road Chipstead CR53SF Tel: 01737 552744
	Chapman & Son	EBLEX Quality English Beef and Lamb butcher	22 Cross Road Tadworth KT20 5SR Tel: 01737 812 166
	R A Bevan & Sons (LIPS)	Eblex Quality Standard Beef and Lamb Butcher, cured Pork Products	136 Richmond Road Kingston-on-Thames KT2 5EZ Tel: 0181 5460783
	Hammonds	EBLEX Quality English Beef and Lamb butcher	202 Barnet Wood Lane Ashted KT21 2DB Tel: 01372 276621
Misc	PROCESS & SUPPLIES LTD.	Beverages, seasonings, spices and herbs.	38 Staneway Epsom KT17 1PN Tel: 020 87867577
	Sue Woodward	homemade jams jellies and chutneys.	123 Waverley Road Stoneleigh Epsom KT17 2LN Tel: 020-8394-1556
	Hehlis Holistics	Teas, spices, yoga products, grain mills, pet care. mail order.	17 Lansdowne Court, Brighton Rd Purley CR8 2BD Tel: 0208 660 7954
	Joelles Luxury Chocolates	Hand made luxury chocolates using natural ingredients	114 Ridge, Sanderstead Surrey CR2 0FS Tel: 0208 405 4996
Plants	Foxhollow Herb Nursery	Mainly herb plants & shrubs. Also Xmas trees.	73 Lower Pillory Downs CARSHALTON SM5 4DD Tel: 020 86600991
	Beechcroft Nursery	Plants & shrubs	127 Reigate Rd, Ewell EPSOM KT17 3DE Tel: 020 83934265
	A.J Dobbe & Sons	Plants & shrubs	Bramley Nurseries ASHTEAD KT21 1RD Tel: 01372 273924
Pre-prepared meals	COOK Epsom	Delicious ready made meals, cakes and puddings that look and taste homemade using mostly locally produced ingredients.	Unit 25, The Ashley Centre Epsom KT185DA Tel: 01372 742 999

		Mon - Fri; 9.30am - 6m, Sat; 9am - 5.30pm, Sun; 11am - 5pm
Happy Hampers	Hampers	46 Chipstead Way BANSTEAD SM7 3JP Tel: 01737 357619

→ Other useful websites

Other websites that list local producers include:

- The Surrey Food Links Directory <http://www.surreyfoodlinks.co.uk/LocalFoodFinder.asp#anchor>
- Bigbarn, a national database of local producers www.bigbarn.co.uk
- UK Farmers Market Directory: <http://www.farmersmarkets.net/>

→ Eat Seasonally

There are a number of good reasons to eat more local, seasonal food:

- to reduce the energy (and associated CO₂ emissions) needed to grow and transport the food we eat
- to avoid paying a premium for food that is scarcer or has traveled a long way
- to support the local economy
- to reconnect with nature's cycles
- many local producers also ensure higher animal welfare standards
- to reduce packaging

but, most importantly:

- seasonal food is fresher and so tends to be tastier and more nutritious

The tables below highlight which fruit and vegetables are available in the UK.

→ Vegetables

Spring	Summer	Autumn	Winter
Asparagus			
	Aubergine		
	Beans (Runners, Round, Flat, Broad)		
Beetroot		Beetroot	Beetroot
	Broccoli	Broccoli	
			Brussels Sprouts (and tops)
Cabbage (red, white, green, black, savoy, spring)	Cabbage (red, white, green, black, savoy, spring)	Cabbage (red, white, green, black, savoy, spring)	Cabbage (red, white, green, black, savoy, spring)
Carrots	Carrots	Carrots	Carrots
Cauliflower	Cauliflower	Cauliflower	Cauliflower
Celeriac			Celeriac
	Celery		
	Courgettes	Courgettes	
	Cucumber	Cucumber	
	Fennel		
		Garlic	
	Kohlrabi	Kohlrabi	
Leeks			Leeks
	Lettuce	Lettuce	
		Mangetout	
Mushrooms	Mushrooms	Mushrooms	Mushrooms
Onion	Onion	Onion	Onion
	Parsley	Parsley	

			Parsnip
Potato	Potato	Potato	Potato
	Peppers		
	Radicchio	Radicchio	
	Rainbow Chard	Rainbow Chard	
	Rocket	Rocket	Rocket
	Spinach	Spinach	
Sprouts (Alfalfa, Mung, Mixed)	Sprouts (Alfalfa, Mung, Mixed)	Sprouts (Alfalfa, Mung, Mixed)	Sprouts (Alfalfa, Mung, Mixed)
Squash (Butternut, Crown Prince, Green Hokaido, Red Kuri, Gem)		Squash (Butternut, Crown Prince, Green Hokaido, Red Kuri, Gem)	Squash (Butternut, Crown Prince, Green Hokaido, Red Kuri, Gem)
Swede			Swede
	Sweetcorn	Sweetcorn	
	Tomatoes	Tomatoes	
	Turnip	Turnip	
Watercress	Watercress		

→ Fruit

Spring	Summer	Autumn	Winter
	Apple (Discovery, George)	Apple(Discovery, George)	
Apple (Cox, Worcester, Jonagold, Ida Red)		Apple (Cox, Worcester, Jonagold, Ida Red)	Apple (Cox, Worcester, Jonagold, Ida Red)
Apple (Bramley cookers)			Apple (Bramley cookers)
	Pear (Abate, Anjou, Conference, Bosc, Packham)	Pear (Abate, Anjou, Conference, Bosc, Packham)	
	Plum (Victoria, Czar)	Plum (Victoria, Czar)	
	Raspberry	Raspberry	
	Strawberry		

→ Other useful websites

Other websites that list seasonal produce include

- Eat the Seasons: <http://eattheseasons.co.uk/>
- BBC Seasonal Food website, including recipe ideas: http://www.bbc.co.uk/food/in_season/
- UK box scheme website with lots of local, seasonal recipes: <http://www.riverford.co.uk/recipes/index.php>

→ Eat less energy intensive food

As can be seen from figure 2, which highlights the ecological footprint of our diet, meat and dairy have a huge impact; eating food which is less energy intensive significantly reduce this impact. There are also different impacts associated with different products, for example, in terms of the amount of grain needed to produce each kilo of meat; 7 kilograms of grain is needed to produce 1 kilogram of beef, 4 kilograms for pork and two kilograms for chicken. As can be seen from the graph below, in terms of pounds of protein per acre of land, soya and potatoes are much more efficient than more energy / land intensive products such as pork or beef. In addition, animals, such as cattle, produce substantial amounts of methane, a greenhouse gas which is 20 times more potent than carbon dioxide (Figure 3).

Meat and dairy production also requires a lot of water, it is estimated that the diet of the average meat eater requires five times as much water than a diet which avoids animal products!

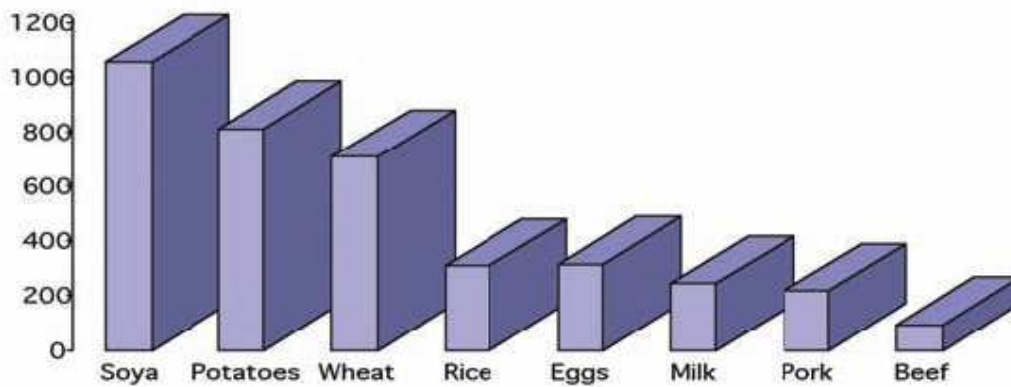


Figure 3 Pounds of protein per acre of land for different agricultural products

→ **Other useful websites**

- Eating the Earth report: <http://www.vegansociety.com/phpws/files/phatfile/environbooklet.pdf>
- Recipe ideas: <http://www.veganvillage.co.uk/recipes.htm>

→ **Eat Organic**

Did you know that in the UK over 4.5 billion litres of pesticide are now used annually? The harmful environmental effect of pesticides is now well documented. They can affect wildlife populations – from beetles to songbirds – and many are also deemed detrimental to human health. Pesticides also require a lot of energy to produce, for example, it is estimated that 35% of the energy demand of the average US farm is due to production of chemical inputs.

→ **Other useful websites**

- The Soil Association <http://www.soilassociation.org/>
- UK organic search engine: <http://www.alotfororganics.co.uk/>

→ **Support Fair Trade**

Sutton achieved Fairtrade Borough status in September 2006. For further information contact Keith Bowman on 020 8770 4121

→ **Reduce Food Waste**

Recent figures have shown that in the UK approximately a third of all food is wasted and as consumers we throw away five million tones of food every year! Reducing the amount we waste not only reduces the impact on the environment but can also save us money – on average each person in Greater London wastes £424 a year on food they don't eat!

Composting any left over fruit and vegetable peelings can also make a big difference. Sutton provides some householders with free compost bins; ring the Recycling Champions hotline 020 8669 9902 to find out how to get one.

→ **Other useful websites**

- Sutton's composting service: <http://www.sutton.gov.uk/azservices/reuserecyclingandcompostingservicesinsutton.htm>
- Interesting report on the amount of money we spend on wasted products (a total of £80 billion!!), including food, in the UK: http://www.assurre.eu/uploads/documents/13-1-soggy_lettuce_report_2004.pdf

→ Supermarket Summary

Whilst supporting local producers and farmers markets is the most sustainable option, there may be some items that you still need to get in a supermarket. The tables below summarises each of the main supermarkets against four criteria: food transport, waste, nature and sustainable farming, based on work done by the National Consumer Council, with an update for 2007. As can be seen, Waitrose and Marks & Spencers are doing the most to reduce their impact, followed by Tesco and Sainsburys.

Supermarket Review		Wait-rose	Marks & Spencer	Tesco	Sains-burys	Co-op	Asda	Somer-field	Morriso ns
Food Transport	Seasonal UK-sourced food	C	D	D	D	C	B	C	D
Waste	Reduce, reuse and recycle	C	C	D	C	D	E	E	E
Nature	Fish	B	D	A	B	E	D	D	E
	Trees	A	E	D	C	C	E	E	C
Sustainable Farming		B	C	C	B	C	D	E	D
Update 2007		B	A	B	C	D	E	E	E
Overall score		B	B	C	C	D	D	E	E

→ Supermarket Report Cards

Below are the full report cards for each of the supermarkets.

Asda		Comments	Score
Food Transport	Seasonal UK-sourced food	Good. Along with Morrisons, had the highest proportion of UK-sourced veg (69%), and was the supermarket doing most to highlight British veg. Opportunity for more customer information on 'seasonality'.	B
Waste	Reduce, reuse and recycle	Poor: no declared recycled content on own brand cereal packaging or toilet paper, though company told us 'Shades' own-brand toilet paper has 40% recycled content. This wasn't declared on the label. No disincentives on carrier bags found. Told us it plans to reduce plastic bag use by 40%.	E
Nature	Fish	Room for improvement: fish counter staff unable to provide information. Two MSC certified products found. Told us it plans to stock only fish from MSC standard sustainable fisheries in next 3-5 years.	D
	Trees	Poor: no FSC-certified wooden kitchenware found. Company told us 'Shades' toilet paper has 60% FSC-certified content (but not declared on label).	E
Sustainable Farming		Room for improvement: limited range of organic produce with some in-store promotion. Plans to triple organic range this year. Some LEAF products found.	D
Overall comments and score		Top scorer on sourcing and promoting UK produce – with potential to do more to signpost seasonality – but lagging behind on other indicators. We encourage Asda to communicate its recycled content on its own-brand toilet paper.	D
Update 2007		Asda is owned by Walmart who have recently said they will lower the group's	E

carbon footprint through using suppliers of products that rely "less and less on carbon-based energy"
Plans to "eventually" switch to 100 per cent sustainable timber and pulp-based products but no set timetable.

Comment: quite woolly and Walmart has a very bad track record on environmental and social issues

Co-op		Comments	Score
Food Transport	Seasonal UK-sourced food	Showing potential: 55% of seasonal veg was UK-sourced, but had little signposting or promotions apart from a few Union Jack flags on products. Helpline unable to help, but referred to local store which produced list of UK produce available. Had the smallest amount of 'long distance' fruit from outside Europe.	C
Waste	Reduce, reuse and recycle	Room for improvement: only company we found that had more than one own-label toilet paper with 100% recycled content (giving a B rating), but poor overall due to no declared recycled content on own-brand cereal packaging or incentives to reduce carrier bag use except availability of 'bags for life'. Company told us it has pioneered degradable plastic bags and compostable packaging.	D
Nature	Fish	Poor: unable to provide information on sustainable fish. No MSC-labelled products found.	E
	Trees	Showing potential: one-third of wooden kitchenware products FSC-certified and FSC content in one own-brand toilet paper.	C
Sustainable Farming		Showing potential: small fresh produce sections with little variety, including organic. Some LEAF products found and good labelling on non-organic produce: 'Conventionally grown; reducing, banning and controlling pesticide use' and posters: 'We ban more pesticides than any other retailer'.	C
Overall comments and score		A disappointing overall score for the Co-op. Has potential to build on 'ethical' commitments and pioneering packaging work to improve scores in all areas.	D
Update 2007		Has done some work on Fair Trade Wine. Little additional information available on energy, waste etc.	D

Marks and Spencer		Comments	Score
Food Transport	Seasonal UK-sourced food	Room for improvement: more emphasis on promoting non-seasonal and exotic produce than on UK-sourced in-season vegetables. No information on seasonal produce available through helpline. Along with Waitrose, had comparatively more fruit likely to have been airfreighted long distance, including Mexican raspberries and blackberries and Australian nectarines.	D
Waste	Reduce, reuse and recycle	Room for improvement: all breakfast cereal packaging contained a minimum 50% recycled content (B rating) but let down by having no toilet paper or kitchen roll with declared recycled content and no incentives to reduce carrier bag use, other than 'bags for life'.	D
Nature	Fish	Excellent: leading the way. Sources all fish from sustainably managed sources. Communicates issue with customers through leaflets and posters in-store. Staff able to help with information.	A
	Trees	Room for improvement: no FSC-certified wooden kitchenware. However, company told us it is committed to sourcing increasing amounts of FSC-certified products as member of WWF Forestry Trade Network. Also, has pioneered FSC-certified cardboard sandwich packs and is working towards FSC certification for tissue products.	D
Sustainable Farming		Showing potential: reasonably good range of organic products available (16%) with some price promotions on organic produce. Company told us of its commitment to publish its own pesticide residues testing data.	C
Overall comments and score		Overall, showing potential and top scorer for sustainable fish sourcing and customer communication. Has opportunity to place more emphasis on UK seasonal produce and reduce proportion of airfreighted produce.	C

Update 2007

In 2007 launched the £200m Plan A. "Plan A" is a 100 point, 5 year programme to make the high street retailer carbon neutral, and set new standards in ethical retail, as well as end all waste to landfill sites, increase sustainable sourcing and help staff and customers to lead a healthier life. Holistic and ambitious.

A

Morrisons		Comments	Score
Food Transport	Seasonal UK-sourced food	Room for improvement: had highest proportion of UK-sourced seasonal veg (B rating) but this was let down by lack of signposting and promotions. Helpline was particularly unhelpful. Only company to flag up use of airfreight (for pomegranates from India and apples from the US) though company told us it minimises use.	D
Waste	Reduce, reuse and recycle	Poor: only company not to offer reusable 'bags for life'. Offered an own-brand toilet paper and kitchen roll with recycled content, but no declared recycled content in ownbrand cereal packaging.	E
Nature	Fish	Poor: no MSC-labelled products found. Fresh fish counters unable to provide information on sustainably sourced products.	E
	Trees	Room for improvement: a quarter of wooden kitchenware FSC-certified. Company didn't tell us of any commitments to FSC sourcing.	D
Sustainable Farming		Room for improvement: restricted range of organic options in surveyed food categories (11%). Some promotion ('Organic food that doesn't cost the earth') in Southeast store.	D
Overall comments and score		Overall poor rating. Apart from having the highest proportion of UK seasonal veg (71%), did not shine in any other category. Only company not to offer reusable 'bags for life'. Opportunity to give greater emphasis to all environmental sustainability policies.	E
Update 2007		Recently came under fire for apparent 'inaccurate' carbon emission data. Has made Palm Oil pledge	E

Sainsburys		Comments	Score
Food Transport	Seasonal UK-sourced food	Room for improvement: 59% of in-season veg were UK-sourced, but little signposting of seasonality. No seasonality information available from helpline.	D
Waste	Reduce, reuse and recycle	Showing potential: high recycled content in two-thirds of breakfast cereal packaging (B); one toilet paper and two kitchen roll products with 100% recycled content (B). Let down by having no incentives to reduce plastic bag use other than availability of 'bags for life' (D). One store had recycling bins for plastic bags.	C
Nature	Fish	Good: had the widest range of MSC options (8 out of 72 products on sale) including some alternatives to popular species such as cod, but little promotion of products. Some helpful information available at fresh fish counter, and fishmonger able to point out sustainable options. Notice in Southeast store explaining skate no longer available due to sustainability concerns.	B
	Trees	Showing potential: a quarter of wooden kitchenware FSC-certified. Company told us it is committed to sourcing increasing amounts of FSC-certified products as member of WWF Forestry Trade Network.	C
Sustainable Farming		Good: had the highest percentage of organic options in surveyed food categories (21%) and only supermarket to have organic option for all ten products available in both stores surveyed. Policy on responsible pesticide use found on some conventional products. Company told us of its commitment to publish its own pesticide residues testing data.	B
Overall comments and score		Top of the big four supermarkets and showing leadership on organics/pesticides and sustainable fish sourcing. Room for improvement in sourcing and signposting UK in-season produce.	C
Update 2007		Plans to reduce carrier bags, developed the popular 'I'm not a plastic bag' Trialled food composting in Dorset First supermarket chain to source all of its own-brand tissue from sustainable	C

sources.
 Plans to sell a greener washing detergent, which claims to wash clothes as thoroughly at 30 degrees as at 40 degrees, and compostable garden sacks.
 Aims to double battery recycling.
 Has made Palm Oil pledge
 Aims to reduce carbon but no specific targets or encouraging sustainable farming.

Somerfield		Comments	Score
Food Transport	Seasonal UK-sourced food	Showing potential: 62% of in-season veg were UK-sourced, with several price promotions and displays for UK produce, though little emphasis on seasonality. In-store magazine feature on seasonality featured non-UK produce. Low proportion of fruit likely to have been airfreighted. Company says it minimises airfreight due to cost.	C
Waste	Reduce, reuse and recycle	Poor: no declared recycled content on breakfast cereal packaging, and no own brand toilet paper or kitchen roll with recycled content. Offers 'bags for life', but no other incentives for reducing plastic bag use. One store had recycling bins for plastic bags.	E
Nature	Fish	Room for improvement: three MSC products found but with no promotion or signposting. No fresh fish counters in either store and helpdesk unable to provide information.	D
	Trees	Poor: no FSC-certified wooden kitchenware found in either store.	E
Sustainable Farming		Poor: provided the least organic choice – only 4% of options were organic in surveyed food categories.	E
Overall comments and score		Has considerable potential to improve ratings, particularly on sustainable sourcing policies and waste. Sourced reasonable level of UK seasonal produce. Has opportunity to increase promotion and signposting.	E
Update 2007		Has not committed to the Palm Oil pledge	E

Tesco		Comments	Score
Food Transport	Seasonal UK-sourced food	Room for improvement. 61% of in-season veg were UK-sourced, but no noticeable signposting of seasonal produce. Particularly unhelpful helpline.	D
Waste	Reduce, reuse and recycle	Showing potential: half of breakfast cereal packaging had recycled content of 75%; offered one toilet paper and two kitchen rolls with recycled content. Was the only company to promote reusable 'bags for life' at checkouts, including price promotion. Kitchen roll carried statement 'This kitchen towel is made from recycled paper and therefore helps reduce the amount of waste which is land filled.' Stores had recycling bins for carrier bags.	C
Nature	Fish	Room for improvement: one MSC product found out of over 150 products surveyed. No information available. Fish counter staff failed to understand questions, however much explained.	D
	Trees	Poor: only 5% of wooden kitchenware FSC certified.	E
Sustainable Farming		Showing potential: very large stores with reasonably good range of organic choices. 16% of options were organic in surveyed food categories.	C
Overall comments and score		Poor overall score for the UK's largest retailer. Has room to improve on all aspects, including sustainable sourcing and seasonality. Showing potential on waste and reducing carrier bag use.	D
Update 2007		Working with producers to recycle cartons in some areas. Has halved the price of energy efficient light bulbs. Has promised to attach a carbon label to all its goods. Plans to have halved the average energy used by its UK buildings by 2008. And it has set out to achieve the same target for its global operations by 2020 but has not pledged to become carbon neutral. Tesco USA will get the "World's Biggest" Solar Roof	B

Waitrose		Comments	Score
Food Transport	Seasonal UK-sourced food	Showing potential: 53% of in-season veg were UK-sourced, with eye-catching information on British growers. No specific seasonal signposting. No easily accessible information from helpline, but was the only company able to send a typewritten list following request. Had highest number of fruit likely to have been airfreighted, including apricots and organic strawberries and blueberries from New Zealand.	C
Waste	Reduce, reuse and recycle	Showing potential: three-quarters of breakfast cereal packaging had between 75-80% recycled content. One own-brand toilet paper and kitchen roll with 100% recycled content. No incentives to reduce plastic bag use except availability of 'bags for life'.	C
Nature	Fish	Good: stocked five MSC products (out of 63) and fish counter staff were the most helpful in our survey, able to offer information, including printed materials, on fish and sustainability.	B
	Trees	Excellent: the small range of wooden kitchenware products were all FSC-certified. Company told us its policy is to source only independently certified timber (such as FSC).	A
Sustainable Farming		Good: second only to Sainsbury's. Largest proportion of organic options within surveyed products (19%). Organic options signposted with blue 'O' on shelf tag. Range of LEAF products also available.	B
Overall comments and score		Overall top rated retailer, with good policies on sustainable sourcing. Has potential to source and signpost higher proportion of seasonal UK produce and to reduce amount of airfreighted out-of-season produce.	B
Update 2007		Recently made a commitment to supporting the growth of greener farming systems across the world; pledged that by 2010 all conventional fresh, prepared and frozen fruit, vegetables and flowers on sale in its supermarkets would be farmed to high environmental standards using sustainable farming methods. Organic produce will continue to be certified by the Soil Association, but all other items will carry the Leaf Marque . Trialed withdrawing free plastic bags from one store	B

→ Other useful websites

To find out more about supermarkets in the UK, how they are performing:

- NCC Supermarket Report (2005) www.ncc.org.uk/responsibleconsumption/greening-supermarkets.pdf
- www.corporatewatch.org

→ Top Tips for a One Planet Diet

- Grow your own
- Buy local produce
- Reduce meat and dairy consumption
- Buy organic (and local) where possible
- If you do need to shop at supermarkets, try to avoid air freighted and over packaged products. Marks and Spencers and Waitrose are doing more to address their ecological impact than most of the other supermarkets
- Reduce food waste and compost fruit and vegetable peelings