



BDA #BDASustainableSeptember

SUSTAINABLE SEPTEMBER

Supported by our corporate member Oatly

5 **SHARE TO WIN** **THE ORIGINAL OAT-LY!**

Share your favourite plant-based recipe with us!

12 **?** **?**

Quiz time! Let's test your plant-based knowledge!

19 **i**

A veggie diet can be good for the planet: include a wide variety of plant-derived foods grown locally to ensure your diet is balanced and sustainable

26 **?**

TOP TIPS!

- Follow the Eatwell Guide
- Reduce food waste
- Eat seasonal and local
- Reduce meat and dairy intake

6 **?**

Batch cooking and freezing food

13 **?** **?**

The amount of food we throw away each year in the UK would feed 30 million people

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Which meals have you made recently using seasonal fruit and veg? Share your photos!

27 **?** **?**

What is the recommended daily intake of vitamin B12 for adults?

7 **?** **?**

How much (£'s) does the average UK family waste on food they do not eat per year?

14 **i**

Consumption of plant-based drinks is rising for various reasons. But are we missing out on key vitamins & nutrients?

21 **?**

Swap your cream-based soup for a vegetable based one

28 **?** **?**

Make your freezer your best friend - save plastic tubs and foil boxes to freeze food in

1 **?**

Swap what you add to your coffee

8 **?** **?**

Ever wondered how your food choices impact the environment?

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What food have you created using parts you'd usually bin? Share to win!

22 **?** **?**

Quiz Time! Which of these contains the most vitamin B12?

A 70g serving of beef
B 30g of fortified cereal with 150ml fortified plant-based drink

29 **i**

Air freighted produce and unseasonal Mediterranean - style produce are particularly greenhouse gas intensive

2 **?** **?**

What percentage of total greenhouse gas (GHG) emissions does food production contribute to in the UK?

A 0-15%
B 15-30%
C 30-45%

9 **i**

What is a sustainable diet?

16 **?**

A key tip for sustainable shopping is to make a meal plan before you go, particularly for your main meals

23 **?** **?**

Try plant-based sources of selenium, such as Brazil nuts, brown rice and baked beans.

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Have you made any savoury delights or sweet treats using the fruit and veg in season this month? Show us your creations!

3 **?** **?**

Have a fake away:

- ? Sunshine Vegetable Curry
- ? Tofu Katsu Curry
- ? Singapore Noodles

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How local can you go? Share an ingredient you have that's been made or grown locally

17 **?** **?**

Which one of these is NOT in season?

1. Plums
2. Cabbage
3. Radishes
4. Leek

24 **i**

100 million pints of milk are tipped down the drain each year in the UK

4 **i**

41% of food is thrown away because it wasn't used in time

11 **?**

Planning & meal preparation is key to creating healthy choices on a limited budget

18 **?** **?**

Cutting down on or cutting out meat? Get enough zinc, iron & vitamin B12 with these alternatives

25 **SHARE TO WIN** **THE ORIGINAL OAT-LY!**

Grow your own fruit and veg? Show us your patch!

...SMALL STEPS TO EATING MORE SUSTAINABLY