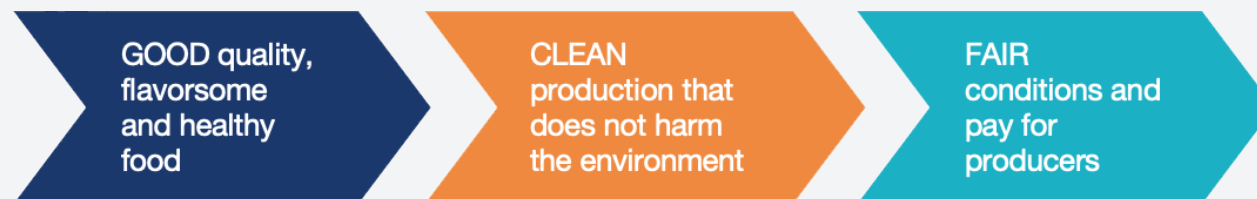




FOOD CHARTER

This is a guide for approaching sourcing food at home bases, restaurants and stopovers. There is an opportunity with the way we source our food to support local economies, growers and rebuild biodiversity, to support team health and wellbeing, to source ethically and consider animal welfare and fair trade.

We align with the Slow Food Movement philosophy that envisions a world in which all people can access and enjoy food that is good for them, good for those who grow it and good for the planet.



GOOD FOOD GUIDE



Local, organic

Support local growers and businesses by asking where your produce comes from and how it's grown, and sourcing within a 150-kilometre radius of team base or stopover locations wherever possible.



Meat Free

Going meat-free one day a week has a triple-whammy positive impact on carbon emissions, land use and health! Animal agriculture is responsible for 91% of Amazon deforestation. A plant based diet cuts your personal carbon footprint by 50%.



Seasonal

Embrace seasonality! Buy locally and abundantly harvested, ripe ingredients at the peak of flavor and freshness. Each year, 817 million tons of food is shipped around the planet. The result is that a basic diet of imported products can use four times the energy and produce four times the emissions of an equivalent domestic diet.



Compost

By composting food scraps, we can return rich nutrients to revitalise soils. Compost in the wooden bin in PLF or in the metal composter in the container.



Ethical

Social justice should be pursued through the purchase of produce that has respectful conditions of labor. Fair Trade product prices ensure safe and fair working conditions, and ensure workers are paid enough to cover costs of living — food, shelter, education, and healthcare — even if market prices drop.



Offshore Food

Buy in bulk, look into compostable packaging. Look into solutions for dispensing freeze dried food on a daily basis without using SUP. All waste remains on board.



Package-free

Use only reusable flatware, glassware, containers, and dinnerware. Buy from bulk or package free shops wherever possible.



Donate

Roughly one third of the food produced in the world for human consumption every year — approximately 1.3 billion tons — gets lost or wasted, meanwhile there are approx 110 million people in the EU who live in households at risk of poverty or social exclusion, equivalent to 22.4 % of the entire population. Plan your meals to reduce food waste in the first place, then look to apps like 'Olio', and food banks to redistribute food in your local community.



Seafood

90% of the world's fisheries are now fully exploited, over-exploited or have collapsed. Sustainable seafood choices can be identified using any of the following apps; Seafood Watch (USA), Mr GoodFish (FRA) or Good Fish Guide (UK/ Global) or by looking for the blue MSC Certified tick label in supermarkets.

APPENDIX

HELP WITH SEAFOOD

**Marine Stewardship Council
Certified** [Food label]



The Good Fish Guide App
[UK/Global]



Mr GoodFish App
[FRA]



Seafood Watch App
[US]



COFFEE, TEA LABELS TO LOOK OUT FOR

Rainforest Alliance



Soil Association




Fairtrade









































APPENDIX

FRUIT AND VEG - SEASONAL GUIDE

NOVEMBRE



 artichaut	 belle-epave	 blette	 brocoli	 carotte	 celeri <small>racine, branche</small>	 champignon <small>pleurote, strobile</small>	 chou de Bruxelles	 chou-fleur <small>chou de fleur</small>	 chou lisse <small>noix</small>	 courge <small>butternut, muscade, spaghetti</small>				
 courgette	 endive	 fenouil	 navet	 panais	 patate douce	 poireau	 pivoren	 pomme de terre	 potimarron	 salade <small>belizone, chou, laitue, niche, vitello</small>	 topinambour			
 banane	 chataigne	 citron	 clémentine	 mandarine	 grenade	 kaki	 kiwi	 mangue	 noix	 orange	 poire	 pomelo	 pomme	 raisin

Biocoop propose des fruits et légumes toujours de saison et 100% bio, en privilégiant l'origine France (ou **au plus près**) et le **commerce équitable Nord-Sud**.

Seasonal Fruit and Veg guide:

<https://www.biocoop.fr/produits-bio/Fruits-et-legumes/Legumes-de-saison-decouvrez-notre-calendrier-de-saisonnalite>

APPENDIX

MEAT, EGGS AND DAIRY

Organic, Free Range

12 specific organic foods you should buy



MEAT FREE RESTAURANTS AROUND EUROPE

Veggie and vegan restaurants, supermarkets, stores, and recipes:

<https://www.happycow.net/>



WHERE TO BUY

France:

Organic seasonal produce:

BIOCOOP

USA:

Organic: **WHOLEFOODS**,

Organic and non-GMO:

THRIVE MARKET (online)

UK: Local Plastic-Free / Bulk / Unpackaged / Refill / Zero Waste Shops and Projects

THE ZERO WASTER

WHERE TO COMPOST...



FOOD SHARE APPS AND LOCAL FOOD BANKS

OLIO <https://olioex.com/>



To Good To Go <https://toogoodtogo.com/>



Food Bank Concarneau

<https://concarneau.fr/ville/sillage-vivre/1406-epicerie-solidaire-et-sociale>

APPENDIX

Sources: <https://www.eurofoodbank.org/en/poverty-in-europe>

<https://greatist.com/health/ethical-healthy-food#8>



Sustainability@1degree.us