

Get involved

What can YOU do to make Good Food For Glasgow a reality?

Take a look at our top tips for individuals

1) Help make sure everyone has access to fresh, fair, healthy, affordable food:

- Ask your local shop to consider selling more fresh, healthy food
- Choose fresh food wherever possible
- Choose fair trade food wherever possible
- Volunteer for a local community organisation working on food issues

2) Use growing and cooking food to bring your community together:

- Cook from scratch with your friends or neighbours
- Grow your own food – at home in window boxes or pots, in an allotment or community garden
- Find ways to share your skills with food, from recipes to tips on finding great produce

3) Support Glasgow's local food economy:

- Shop local
- Try out a veg box scheme from a local farm
- Start your own food enterprise or food buying co-op
- Ask your school or employer to serve more good, local food

4) Enjoy and celebrate diverse, tasty and healthy food:

- Share recipes
- Host a food event
- Talk about good food – to your friends, neighbours and community

5) Make sure your food is good for the environment as well as you:

- Keep a reusable shopping bag handy
- Choose local, seasonal, organic food when you can
- Eat less but better meat and dairy, supporting high animal welfare standards
- Avoid and recycle packaging
- Plan meals and use up leftovers to avoid wasting food
- Recycle food waste that you can't avoid

Don't forget to sign up to the [Good Food for All Charter](#) to show your support!