



The key elements of **Food Sustainability** are; growing more, sourcing locally, cooking seasonally, being more plant based and reducing food waste

There is already a lot going on locally. The [G63 Food Growers](#) has been established to connect and support local food growers so they can learn from each other and access [seed libraries](#). If you're an experienced food-grower share your knowledge, if you're new to food-growing share your queries and get good locally suited tips from others. If you don't have a garden or just love gardening then you can

volunteer to be a part of [Grow G63](#) community growing.

If you aren't able to grow your own you can still reduce food miles and support local farmers and food producers by shopping with [Neighbourfood Balfron](#).

Our current global consumption of meat and dairy is unsustainable. While you may not be ready to become vegan (though it is becoming increasingly popular) you can consider reducing your meat and dairy intake. Why not adopt Meat Free Mondays? Ensuring you buy locally produced meat and dairy can enable a Just Transition that balances a gradual reduction in animal farming with supporting farmers switching to other activities.

It seems obvious that food grown in heated greenhouses or flown in from abroad has an increased carbon footprint. We need to understand what is [in season](#) at different times of the year and plan our menus accordingly... and we need to plan our menus to reduce food waste.

You can make these changes yourself, indeed you may have already done so, but we need volunteers to help others to make the change. We need people to help bring #KillearnFood to life. This might be helping to co-ordinate the Killearn aspect of some of the existing activities (organising local meet ups for Food Growers or promoting and enabling Neighbourfood Balfron deliveries) or it could be promoting activities on social media (highlighting recipe ideas using seasonal produce or tips to reduce food waste).

Do you have other ideas about what we can do as a community to help increase food sustainability? Can you help with any of the activities? Please email sustainable@kcfc.co.uk and tell us what you think.