



CHOOSE ETHICAL OPTIONS

At Arcola we are committed to sourcing ethical and local products. At our eco-bar you can find organic and fair trade products like chocolate, tea, coffee, and even organic wines and beers!! We also serve "Belu" water, which comes in 100% biodegradable bottles made from corn!!!

Did you enjoy the products at Arcola? Do you want to take action as a consumer? Here are some tips to help the environment and to support a fairer trade!

- Buy locally produced food. 95% of the fruit and vegetables sold in the UK are imported and transported by plane, the highest-emitting form of transport. When buying food you should consider the food miles (this are represented by the distance food travels from the field to your plate). By buying local produces you improve the quality of your life, contribute to carbon reduction and help local farmers to continue their livelihood activity. The fresh, seasonal and local food available at local farmers' markets is not only more flavourful and healthy but is most often better for the environment than buying imported produce at large supermarket chains.
- Buy organic and ethical labelled produce. Organic food is produced without pesticides, which can damage the products, contaminate the soil and affect the surrounding environment. When you buy ethical labelled produce (Fair Trade, Divine, People Tree, etc.) are supporting decent working conditions, local sustainability, and fair terms of trade for farmers in poorer countries. Visit the web site www.speak.org.uk/thebigdress/fairtrade



- Grow your own veg!! Gardens, balconies, front and back yards are usually unused spaces that represent great potential for growing your own cabbages, basil, or anything else! They will contribute to your healthy living and help to implement vegetation in your area. Growing your own veg requires very little effort and, and the time outdoors can become a family activity too. Recycle tea bags, fruit and veg peelings, and other kitchen waste into your own organic compost to keep your new vegetable garden growing without pesticides! For tips and help on how to start, take a look at these web sites:

www.bbc.co.uk/gardening/basics/techniques/growfruitandveg_index.shtml

www.foodupfront.co.uk

www.ideashelper.com/vegetable_grow.htm.

- Eat less meat. 1kg of beef results in more CO2 emissions than going for a three-hour drive while leaving all the lights on at home! More demand for meat means more deforestation to clear land for grazing. And don't forget the pesticides often used in the pastures end up in the animals, and on your plate!