



LOOK BEYOND THE LABEL

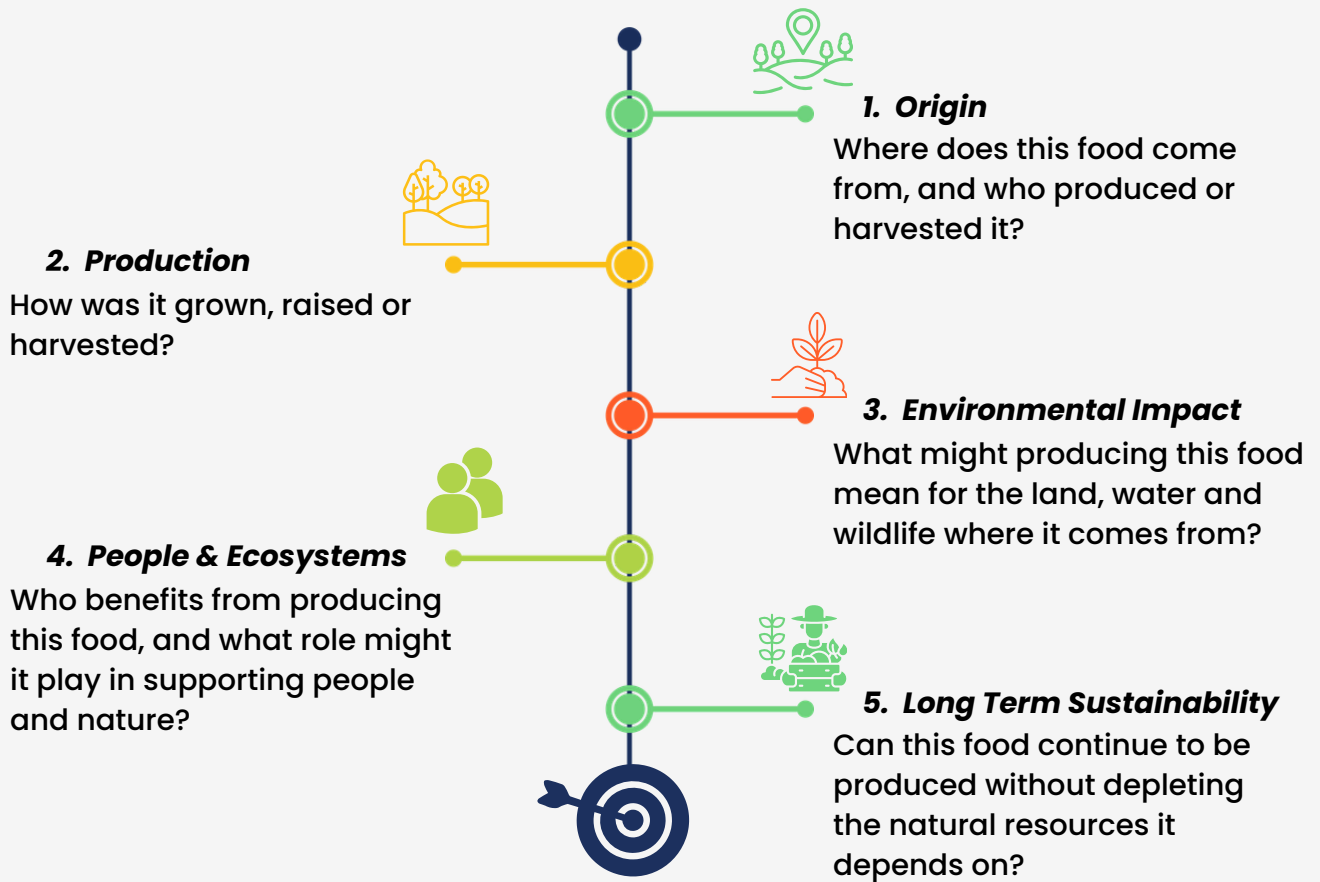
A Practical Guide to Asking Better Questions About Your Food

Food connects people, landscapes and wildlife.
Understanding sustainability means looking at those
relationships together.



THE 60-SECOND FOOD-SYSTEM CHECK

You do not need to know everything about every meal.
Start with five questions.

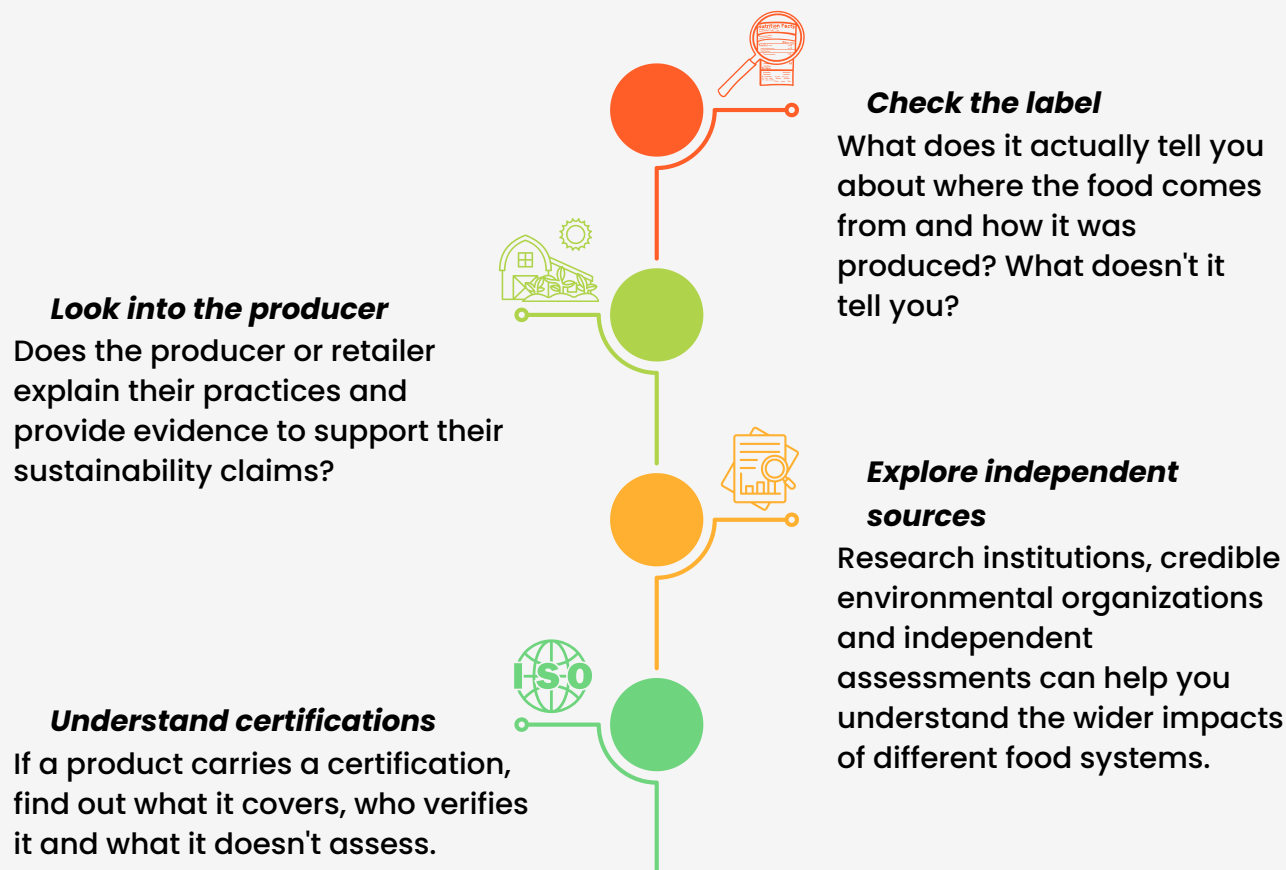


The goal isn't to find the perfect food.
It's to **better understand the system behind it.**



WHERE CAN YOU LOOK FOR ANSWERS?

You won't always find all the answers, but there are a few places you can start.



You don't need to investigate every purchase.
Even asking one or two questions can help you ***look beyond the label.***





SEE THE SYSTEM, NOT JUST THE FOOD



PEOPLE & KNOWLEDGE

- Who produces or harvests the food?
- What knowledge and skills does the system depend on?
- Are communities involved in managing the resources they rely upon?



WATER & INPUTS

- Is water locally abundant or scarce?
- What fertilizers, pesticides, feed, fuel, or other inputs are required?
- How are water quality and runoff managed?



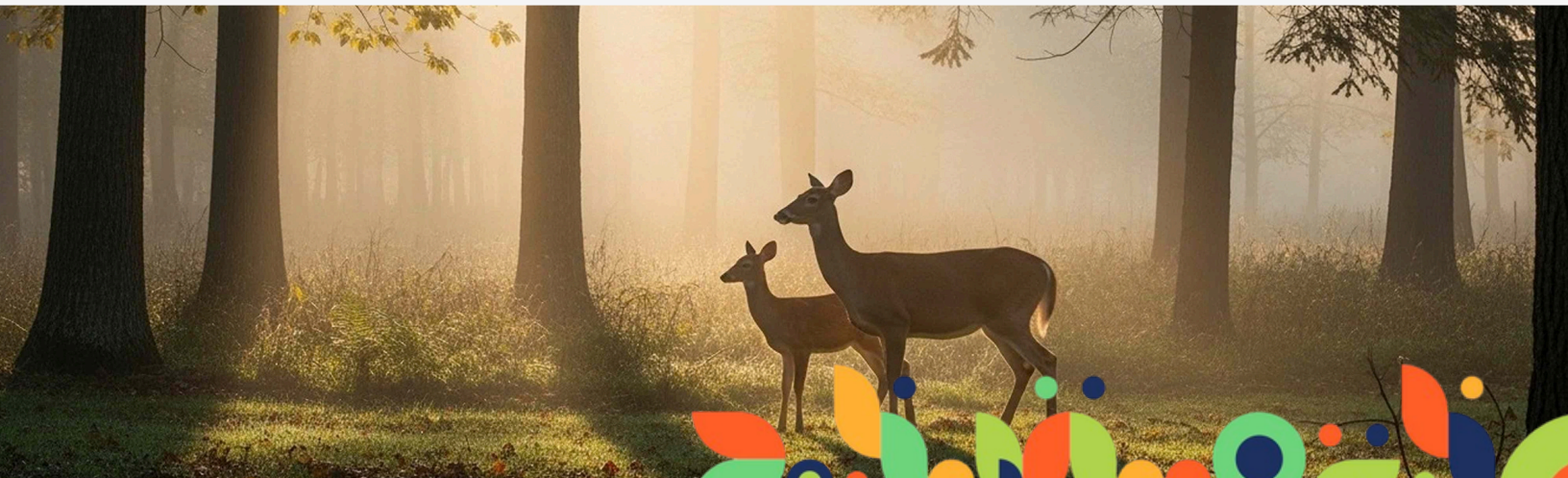
LAND & HABITAT

- Was natural habitat converted?
- How is soil affected?
- Does the system create incentives to conserve the landscape?



WILDLIFE & BIODIVERSITY

- How does the system affect wildlife?
- Is habitat retained?
- Does management support biodiversity over time?



DIFFERENT FOODS, DIFFERENT QUESTIONS

Different foods have different impacts. Here are some questions worth exploring:



PLANT-BASED FOODS

- How is the land managed, and has natural habitat been converted?
- What water, fertilisers and other resources are needed to grow the crop?
- How does production affect soil health and wildlife?
- Who produces the food, and how does production support their local economy?



Plant-based foods generally have lower environmental impacts across many conventional measures, but production methods and location still matter.



LIVESTOCK

- How is grazing land managed, and what happens to natural habitat?
- Where does the feed come from, and what resources are needed to produce it?
- How does livestock production affect soil, water and wildlife?
- Who is involved in production, and how does it contribute to local economies?



Livestock systems vary widely. Their impacts depend on factors such as land use, feed, grazing practices and habitat management.



WILD FOOD

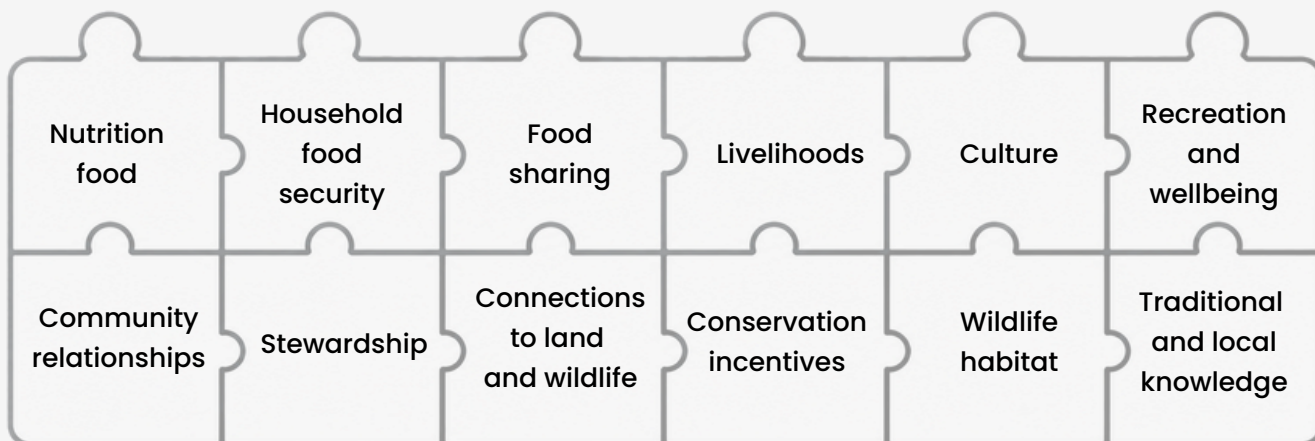
- How are wild populations and habitats managed?
- How do we know that harvesting levels are sustainable?
- What impacts does harvesting have on other species and the wider ecosystem?
- Who manages the resource, and how do people benefit from harvesting it?



Wild foods can come from functioning ecosystems, but their sustainability depends on healthy populations, habitats and responsible management.

WHAT ELSE DOES THE FOOD SYSTEM DO?

FOOD SYSTEMS ARE CONNECTED TO MORE THAN FOOD:



WHAT ELSE MIGHT CHANGE IF WE PRODUCE FOOD DIFFERENTLY?

Would it affect how land and water are used? What might change for wildlife and the people involved in producing the food? Could there be benefits we hadn't considered, or consequences we might overlook?



LOOK BEYOND THE PLATE

There is more to understanding a food system than measuring its environmental footprint. How food is produced can also affect people's lives, local economies, cultural practices and relationships with nature. Considering these connections can help us understand the wider consequences of our food choices.





Don't just ask,

“What am I eating?”

Ask,

**“What relationships make
this food possible, and are
they sustainable?”**



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