## Ingredient assessment questions

CONSIDERATIONS relevant to food Ingredient decision making:	
<b>Environmental Impact</b> : Consider resource intensity, transport, impact on particular species / ecosystem, seasonality	Impact on health: Consider animal products, high fat content
<b>Locally grown:</b> Are you buying from local suppliers? Is it a traditional, authentic ingredient?	Seasonal purchase: Is it purchased all year-round?
Ingredient yield: Is it mostly edible? Easy to repurpose/ versatile?	Fair Trade: Are working conditions good throughout supply chain? Are producers paid a fair price?

Common food ingredients	Environmental impact (H/M/L)	Health (H/M/L)	Locally sourced (H/M/L)	Seasonal (H/M/L)	Ingredient Yield (H/M/L)	Assessment decision Avoid / buy less / buy more	Sustainability Responses & Opportunities e.g. Re-purpose, find alternatives, buy in-season only, have once a week
e·g· Chicken							