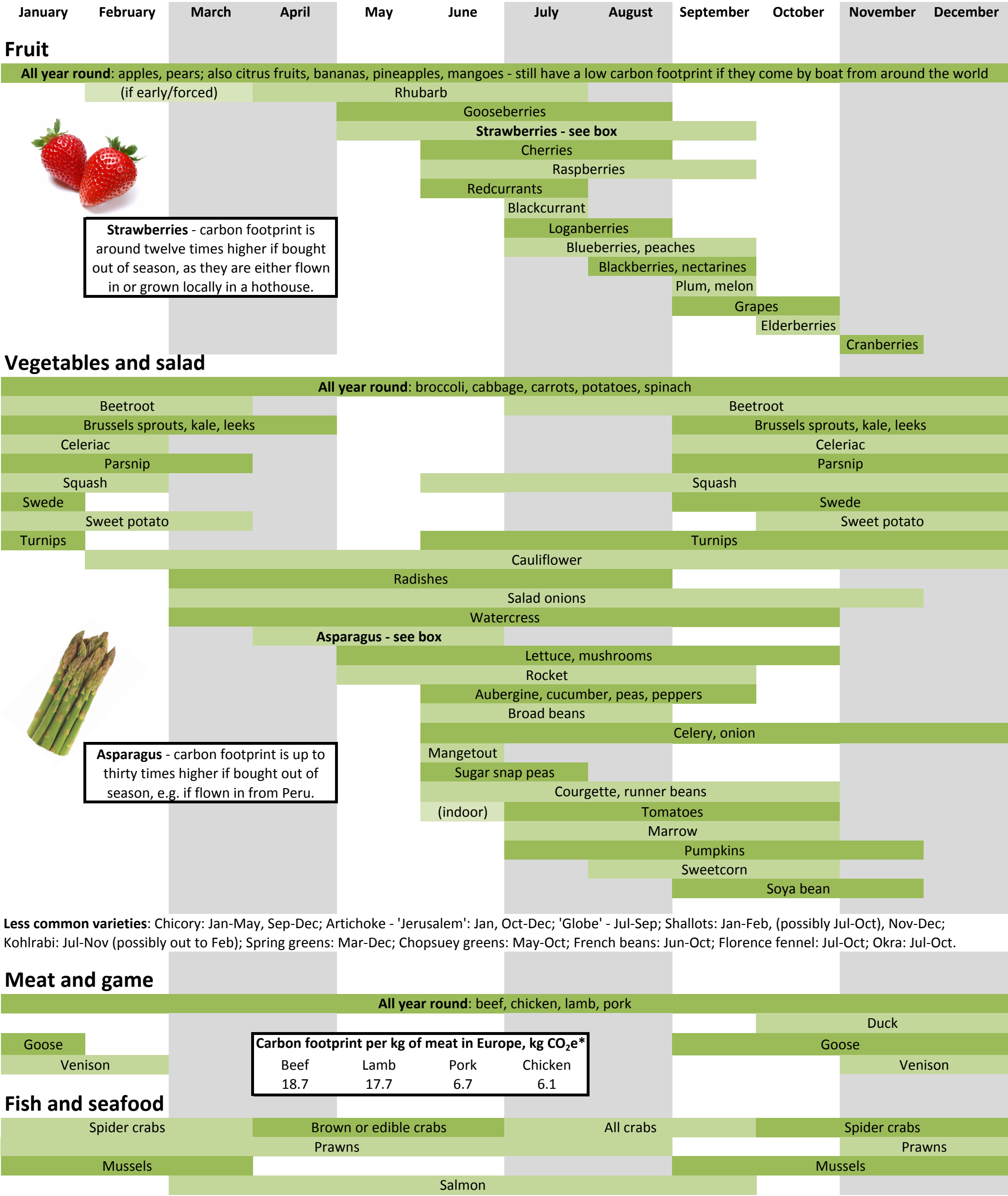


Food seasonality chart for the UK

Read down the chart for the current month to see what is in season.

Reasons to buy and eat food when it is in season:

- 1. It is tastier and often more nutritious
- 2. It is often cheaper
- 3. It causes fewer greenhouse gas emissions



Strawberries - carbon footprint is around twelve times higher if bought out of season, as they are either flown in or grown locally in a hothouse.

Asparagus - carbon footprint is up to thirty times higher if bought out of season, e.g. if flown in from Peru.

Carbon footprint per kg of meat in Europe, kg CO ₂ e*			
Beef	Lamb	Pork	Chicken
18.7	17.7	6.7	6.1

All other common fish are excluded as seasonality data are conflicting across a range of sources.