



Food and Sustainability

What about Iceland?

What is your carbon *foodprint*?

- production, processing, and delivery of food has a disastrous impact on our environment—more than any other industry
- The food sector threatens Iceland's ability to be sustainable (carbon emission and food availability).
- Much of Iceland's food (especially fruit) is brought into Iceland on large, oil powered freight ships (roughly 50%) creating “food miles” ... Or in our case, food kilometers

Questions to ask

- Where is your coming from?
- How processed is it?
- What is the natural growing season?
- How was it grown and harvested?
- Who is growing your food and is it a fair system?
- What are you eating? – e.g. meat production often takes far more energy

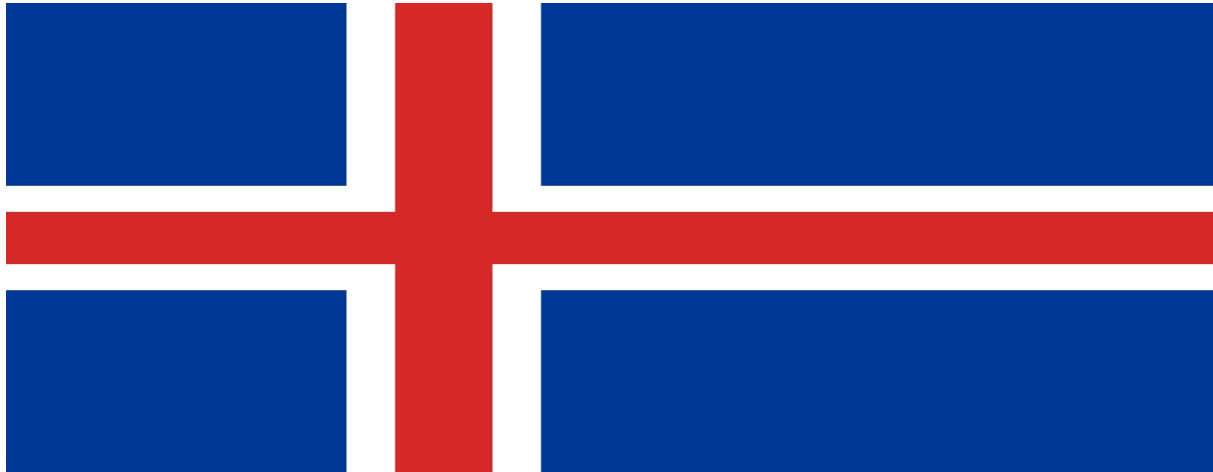


Buy Local

How is local defined?

What is available in the Westfjords?

What is available in Iceland?



Buy Local... options

In the Westfjords farming is limited to sheep, but...

- Iceland is self-sufficient for meat, dairy products, eggs, and some vegetables

- www.islenskt.is

- <http://www.Himneskt.is>

- Local farmers markets: Patreksfjörður and maybe in Ísafjörður

- Directly from the farm:

- www.beintfrabyli.is

- www.graenihlekkurinn.is

- If you cannot buy local, check the Food labels to see where it came from

- Veisla að Vestan

- Certified kitchens to rent: Nupur





EAST

NORTH

SOUTH ICELAND

WEST

Álftavetn

Tray

Bjarnarhöfn

Bjarteyjarsandur

Brjánslækur

Homemade Places

East-Clay Parks

Ferjubakki 2

Foss

Forex - Hjerðardalur

Gentufell

Reflector Places

Háafell

Neck

Hnjótur

Hraunholt

Husavík

Head

Farms

You can buy directly from farms throughout the country. Farms are marked onto the map below.



www.beintfrabyli.is

[Heim](#)[Tilboð](#)[Nýjar Vörur](#)[Allar vörur](#)[Umsagnir](#)[Samband](#)[Spurt & Svarað](#)

Afgreiðsludagar fyrir viku 22:
2. og 3. júní

Afgreiðsludagar fyrir viku 23:
9. og 10. júní



Shopping Cart (Details

0 pcs.

CATEGORIES

- » [Vegetables \(20\)](#)
- » [Fruits \(12\)](#)
- » [Spices and Brauðaukar \(4\)](#)
- » [Cereals \(11\)](#)
- » [Pasta Products](#)
- » [Bread and cookies \(8\)](#)
- » [Toppings and cakes \(17\)](#)
- » [Delicious \(6\)](#)
- » [Drinking Products \(1\)](#)
- » [Dairy \(10\)](#)
- » [Buff and citizens \(3\)](#)
- » [Hygiene and cosmetics \(16\)](#)

THE WEBSITE IS UPGRADING ...

The shop is in his weekly update. We open again with new catalog on Tuesday morning.

For more information [FAQ](#)

Organic Online provides an alternative for consumers who want to get organic products directly from manufacturers. People have the opportunity to order weekly or less often by their own wishes, according to catalog each time.

Green Links and oils in co-operation on the transmission of orders. In the case of Uppgrip Shops in Selfoss pyogenes, we Gullinbrú, Sæbraut, and protection at Mjódd. Landsbyggðarfólk can also benefit from the system, but we're each on land. Order period is from **Tuesday to noon on Monday** and orders processed on **Wednesdays and Thursdays** thereafter.

Best green links - Organic and Delicious



To update the status ... click here:

[Áfram](#)

www.graenhlekkurinn.is

Buy Organic

- Better for the environment and better for you
- Request organic food from your grocer
- Icelandic organic products: hay, silage, barley, herbs, trees, carrots, potatoes, turnips, cabbage, cauliflower, rhubarb, tomatoes, cucumbers, peppers, milk, lamb, beef, eggs and seaweed products.
- <http://www.tun.is/>



Buy in Season

Some products you cannot help but import, but try buying Fruits and vegetables that are in season – This involves figuring out where your food is coming from and what its growing season is for that region





Also...

- Ask for local products in stores
- Start your own garden!
- Compost your food waste
- Support farmer's markets
- Bike to the supermarket
- Always bring a re-usable bag !!!!!

In the Classroom

- Grow a vegetable plant in class to show how easily you can grow your own food – you can make terrariums in old soda bottles



In the Classroom

- Have a garden plot associated with the school that the kids can work in



In the Classroom

- Attempt to get food for the cafeteria from local sources or from the school garden



Integrating Sustainability

- A math word problem to calculate the “food miles” it took to bring an apple from Italy
- An art project made from food containers saved for a certain period
- Composting demonstrations for chemistry
- A book that includes farming or farmers for a literature class

