**Oxfordshire Food Superstars**
Helping you to cook, eat well, grow more and waste less food.

**Seasonal and Local Food**

The impact of COVID-19 has led to 90% of people in the UK to change their cooking and eating habits. Read here.

Buying food from your local market can help you to save money on travel and support local food producers. Find your nearest market here.

**VegPower**

#SeasonalVeg is good for you, good for British farming, and good for the environment. The stars of the show in July are: spinach, tomatoes, radishes and beetroot. Check out the seasonal veg calendar here.

**Did you know?**

The UK supplies 52.7% of our veg.

The majority of imported veg comes from Spain and the Netherlands.

Home production decreased by 12% in 2018 - the lowest level of production for over 20 years. Read more Veg Facts here.

**Cooking**

Recipes and videos to help you cook quick and tasty meals for the family. Get the kids involved with speedy chicken wraps, healthy french bread pizza and cost less lasagne. Pick your favourite meal!

Click here to watch the cook along videos.

Click here to learn more from Good Food Oxford’s Cookery For Everyone resources.

**Food Labels**

In the UK foods have:
- dates on the labels to help you decide if they are safe to eat. You may see ‘best before’, ‘use by’.
- to help you eat well they also have red, amber, green colour-coding.

Learn more here, also translated in Tetum, Swahili, Somali and Arabic here.

Cutting cola to cool our planet: sugar and the climate and nature emergency. Read more here.