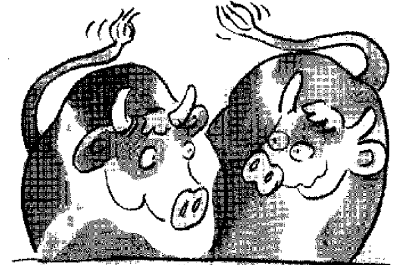


Hazards in the Home

Food - Meat & Fish

In the industrialised north we eat far more meat than people in other parts of the world. In the UK, we consume on average 75kg per person per year, compared with 1.1kg per person in India.

Many animals destined for food are reared in appalling conditions. Chickens are not the only creatures in battery cages - pigs and many cattle suffer the same fate. They are routinely injected with growth hormones, antibiotics and other chemicals. These chemicals are absorbed into the human body, posing huge health risks and making diseases more resistant to antibiotics¹



"I'm worried about Mad Cow Disease, are you?" "No. Won't affect me, I'm a pig"

Facts about meat and fish

- The use of antibiotics in chickens has increased 1500% in the last 30 years.²
- About 750m broiler chickens are reared and slaughtered in Britain each year, 98% of them intensively.³
- Virtually all factory farmed chickens are fed antibiotics every day of their lives as growth promoters and to counter disease caused by the unhealthy, cramped conditions in which they live.
- There is a clear link between disease and factory farming - BSE is the obvious example.² Transporting animals long distances to slaughter has made it almost impossible to contain outbreaks of serious diseases such as foot and mouth.³
- Salmonella was virtually unknown in the 1940's.
- Food poisoning has increased 400% in the last ten years, and is now estimated to cost somewhere between £1 billion and £3 billion every year.²
- There is widespread usage of antibiotics in fish farming, even though it is recognised that fish absorb very little of the dose, and that most escapes into the environment.⁴ Also, excessive amounts of the cancer causing agents dioxin and PCB's* are now found in fish.⁵

Genetically Engineered Food

It is impossible to guarantee that Genetically Engineered food is safe. The large food manufacturers backed by the government have made a concerted effort to brainwash us about how it is exactly the same as real food. It is NOT just an extension of cross-breeding. Nature only allows breeding between species. Genetic Engineering makes it possible to put genes from any species into any other. Human genes have even been put into farm animals.⁶



Alternatives

Increasing numbers of people are becoming vegetarian or cutting down on the amount of meat they eat. Organic meat, although more expensive, comes from animals raised in a non-intensive way. Alternatives to meat are pulses such as beans and tofu (soya bean curd). These are generally lower in fat and higher in fibre than meat, and most have just as much protein.



The Freedom Food Label. Developed by the RSPCA and supported by large retailers: a voluntary scheme with its own standards, not as strict as organic.

Watch out for Green-sounding labels such as 'Traditional', 'Farmhouse', 'Naturally Reared', and so on. They are meaningless, just designed to sound good.

Fish

The Department of Health recommends adults should eat one portion of oily fish, such as mackerel, sardine or herring per week to protect against cardiovascular disease.

The best protection is a varied diet with plenty of fresh fruit and veg.

*polychlorinated biphenyls

Sources of Information

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