

footprint, and can also result in an enormous improvement in the quality of the food we eat.

5. Finally we can reflect on our own lifestyles and attempt to consume less and live more simply.

Supermarkets are here to stay, and we shouldn't feel too guilty about accepting some of the benefits they offer. But we can all make a contribution towards mitigating their more harmful aspects if we shop

thoughtfully and responsibly when we do use them. If enough people were to adopt a life-style that was not dependent on frequent visits to the supermarket, that would in time result in fewer new supermarkets being built out of town. It would also help to ensure that our towns, and perhaps even our villages, could maintain a good range of local food outlets that are not dependent on the use of cars.

*Alwyn Marriage*