



National Sheep Association

NSA and members are proud to support

British Lamb Week

1st -7th September

Five reasons to eat British lamb

1. It comes in a variety of cuts that suit every recipe, from a traditional roast right through to exotic and spicy dishes.

2. Sheep farming has shaped the British landscapes we love. Eating home-produced lamb helps sheep farmers to stay in business and continue caring for the land in an environmentally sustainable way.

3. Sheep support wildlife and plant biodiversity. Without sheep our grassland, and upland land in particular, would become overgrown and less valuable to many types of plants, small mammals and ground nesting birds.

4. Around 60% of UK farmland is only suitable to grow grass. Sheep are a sustainable way of converting this land into healthy and delicious food that our growing population can eat.

5. When you buy lamb directly from a farmer, butcher or supermarket, the Red Tractor, Welsh Lamb, Scotch Lamb, Quality Standard England and Farm Quality Assured Northern Ireland logos all mean critical steps of the food supply chain have been independently inspected to ensure top quality standards from farm to pack.



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