



Sustainable Feeding: Step-by-Step Checklist (Hong Kong)

Follow these steps in order when choosing a new pet food. Each step includes a quick “why it matters” in plain language.

Step 1 — Read the label (start with the basics)

- I can clearly see the main protein on the label (e.g., chicken, fish, beef, insect/BSF).

Why it matters: If you can’t tell what the food is mostly made of, it’s hard to judge quality or impact.

Step 2 — Choose a lower-impact protein (when possible)

- I am avoiding very meat-heavy recipes if my pet can eat a balanced alternative.

Why it matters: Meat-heavy diets generally use more land, water, and energy.

- I’m considering lower-impact options like insect-based protein (Black Soldier Fly / BSF).

Why it matters: BSF protein typically needs much less land and water than livestock.

Step 3 — Make sure nutrition comes first

- The food is labeled as “complete and balanced” (or equivalent wording).

Why it matters: Sustainability should never reduce your pet’s health—complete food provides essential nutrients.

Plain meaning: “Complete and balanced” = your pet can eat this as the main diet and still get all needed nutrients.

Step 4 — Think about Hong Kong realities (imports & packaging)

- I’m choosing a local or closer-to-HK option when it’s available and trustworthy.

Why it matters: Many HK pet foods are imported—long-distance shipping increases emissions.

- I’m choosing simpler packaging (less plastic, fewer layers) when I can.

Why it matters: Extra packaging adds to landfill pressure in Hong Kong.

Step 5 — Do a quick “red flag” check

- The food does NOT have a strong chemical smell or unclear ingredient information.

Why it matters: Clear information helps you make safer, more confident choices.

- If my pet has allergies or health issues, I will check with a vet before switching.

Why it matters: Pets with medical needs may require special diets and careful transitions.

Step 6 — Switch safely (7–10 days)

I will transition slowly over 7–10 days (not overnight).

Why it matters: Slow switching reduces digestive upset.

Use this simple schedule:

- Days 1–3: 25% new + 75% current
- Days 4–6: 50% new + 50% current
- Days 7–9: 75% new + 25% current
- Day 10: 100% new

Step 7 — Watch your pet’s signals

I’ll watch appetite, energy, and stool during the switch.

Why it matters: These are the easiest early signs that a food is (or isn’t) working.

If problems continue for more than a few days, pause and consult a vet.

Step 8 — Quick myth check (keep it simple)

I remember: “More meat” doesn’t automatically mean “more healthy.”

Why it matters: Health comes from balanced nutrients, not just meat quantity.

I remember: Insect-based food can be safe and nutritious when properly made.

Why it matters: It can lower environmental impact while still meeting nutrition needs.

Final Tip

Pick ONE improvement first (protein, packaging, or switching safely). Small steps add up.

