



WHAT YOU CAN DO

- EAT MORE PLANT-BASED FOODS
- BUY LOCAL AND SEASONAL PRODUCE
- MINIMIZE FOOD WASTE
- GROW YOUR OWN FOOD
- SUPPORT LOCAL VENDORS
- CHOOSE SUSTAINABLE SEAFOOD
- AVOID SINGLE-USE PLASTICS

IMPROVE THE WAY YOU CONSUME FOOD

Food waste occurs at various stages, from production and distribution to consumption and disposal. Wasting food wastes the resources used to produce it, such as water, energy and labor. Reducing food waste is crucial to conserving these resources, fighting hunger and addressing climate change.

7 HABBITs YOU CAN START TODAY TO MAKE YOUR CULINARY CHOICES GREENER



LEARN MORE!

YOU ARE OFFICIALLY MORE SUSTAINABLE! BUT YOU CAN ALWAYS DO MORE!

VISIT OUR WEBSITE TO LEARN EVEN MORE SUSTAINABLE FOOD PRACTICES TO COMBAT THE GLOBAL EPIDEMIC THAT PLAGUES OUR SOCIETY: FOOD WASTE.

WWW.LEARNABOUTFOODWASTE.COM

IT IS IN OUR POWER TO CHANGE THIS!

“WHY WOULD I DO THAT?”

01 | ENVIRONMENTAL PROTECTION

Sustainable food habits help reduce waste, conserve water and lower greenhouse emissions, contributing to a healthier planet.

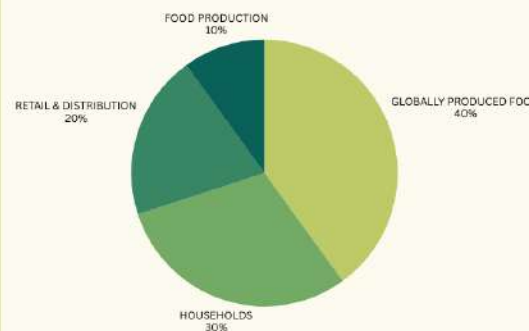
02 | HEALTH BENEFITS

Eating more plant-based and whole foods can improve nutrition, reduce the risk of chronic diseases and support overall well-being

03 | ECONOMIC SAVINGS

By minimizing food waste and buying locally, sustainable food habits can lower grocery costs and support local economies

DID YOU KNOW?



**40% OF ALL FOOD
PRODUCED GLOBALLY IS
WASTED**



Co-funded by
the European Union

