

## Tips for sustainable eating habits

- **Eat vegetables and fruit when they are in season**
- **Incorporate beans, lentils and chickpeas** into your daily cooking. We should ideally eat 100g of legumes a day
- **Reduce food waste** by planning leftovers and ingredients into your cooking to avoid food going stale
- **Get to know your vegetables**, so you know when and how to use your *whole* produce rather than just parts of it
- **Eat a maximum of 350g of meat per week** – preferably light meat. Dark meat in particular is among the most climate impacting foods
- **Drink water from the tap** instead of buying bottled water or other drinks
- **Turn food preparation and the meal into a shared moment of conviviality** with a focus on presence.
- **Be curious** and meet new ingredients, preparation methods and dishes with an open mind
- **Grow fruit, vegetables and herbs** on your own plot, balcony or windowsill.
- **Get a compost bin or chickens**, so you can utilise much of your biowaste.

