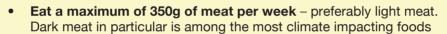


## Tips for sustainable eating habits

- 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 ingredientsinto 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



- 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.















