

Our Top Tips for Sustainable Eating



Choose Seasonal Produce

Enjoy fruits and vegetables when they're in season—they're fresher, tastier, and require less energy to produce.



Food waste

Plan your meals, use leftovers creatively, and compost scraps to minimize waste.

Buy miss shaped fruits and vegetable, they are just as nutritious and often cheaper



Cut Down on Meat Consumption

Include meat-free days to reduce meat intake, as animal farming has a high environmental impact



Use reusable bags and containers to avoid single-use plastics while shopping and storing food.



Support Local Farmers
Buy locally grown foods to reduce carbon emissions and support your community.



Grow Your Own Food

Start a small garden or herb pot—fresh, homegrown produce is sustainable and rewarding!



Nutrition
by Sarah Fontana

Eat sustainably for a healthier planet and a healthier you!