

# FOOD: Conscious shopping and eating

Food is produced in a raw material-intensive way, transported for miles and (deep-)frozen before it reaches the store and is consumed.

The growing number of organic farms is an expression of a growing desire for responsible and ecological nutrition. Nevertheless, striving for this is and remains a challenge.

## TIPS FOR SUSTAINABLE FOOD CONSUMPTION:

- Buy local products: these foods are fresher and more nutritious than those with long transport distances and save on CO2 emissions
- Eating seasonal fruit and vegetables: the energy and resource consumption of seasonal fruit and vegetables is up to 60 times lower than that of greenhouse products.
- Restrict meat consumption: the majority of meat production comes from fattening farms. The production of 1kg of beef requires up to 15kg of grain and around 15,000l of water. Since the methane produced by ruminants is 21 times more climate-effective than CO2, 1kg of meat also produces greenhouse gases of up to 60kg of equivalent CO2. Consume less meat, and healthy meat from the farm.
- Do not throw food away: In the EU, an average of 1.5kg of leftovers per household ends up in the bin every week. Only buy what you really intend to eat, make sure you store it properly and avoid shopping on an empty stomach.



**How much is wasted if we throw only 1kg of bread?**

