



# Sustainable Foods

Sustainable are those foods with Low environmental impacts

## Problems:

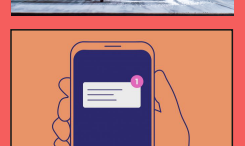
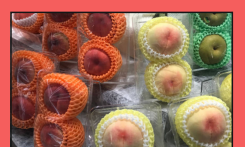
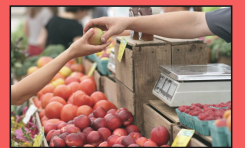
1. Food Wastage
2. Packaging
3. Food production in unsustainable ways
4. Use of pesticides and chemical fertilizers
5. Fatty, Sugary, Salty food : Unbalanced diet

## Benefits:

- Contribution to environmental conservation
- Prevents pollution
- Reduces costs
- Keeps biodiversity
- Respects the environment
- Profits farmers economically
- Preserves social quality
- Nutritionally adequate, safe and healthy

## What can we do as a consumer ?

1. Eat more fruits & vegetables
2. Eat locally, when in season
3. Novel agricultural technologies
4. Swap animal protein for plant-based ones
5. Choose Wholegrains
6. Choose sustainably sourced seafood
7. Avoid unnecessary packaging
8. Grow your own food
9. Ask business and policy makers to take action
10. Cut back on the white stuff (Sugar, Salt etc.)
11. Stay informed



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on "Environment Literacy - Eco-Labeling & Eco-friendly Products"

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