

EATING TIPS TO REDUCE FOOD FOOTPRINT

EAT HIGH-NUTRIENT FOODS.

Devote resources to nutrient-dense foods.

EAT JUST ENOUGH.

Avoid overeating and throwaway mindset.

EAT SEASONALLY.

In seasons-food travel fewer miles.

EAT PRESERVED FOODS.

Preserved foods are best during off-season.

EAT ORGANIC.

Organic farming supports sustainable practices.

EAT NATURE'S PACKAGING.

Food Packaging fills up landfills.

EAT ROOT TO STEM.

Reduce household food waste.

EAT SMART.

Plan meals and reduce shopping trips.

EAT MORE PLANTS.

Plant-based diets have a lower eco-impact.

EAT REALLY LOCAL.

Grow some of your own food.

