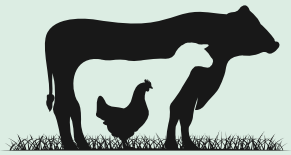
PLANET-FRIENDLY EATING

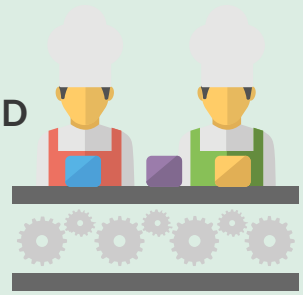
CAN I EAT IN A PLANET-FRIENDLY WAY?

- YES!
- Our eating habits can affect the environment and the speed of climate change.
- We need to think about where our food comes from and what happens to it.

1. FOOD IS GROWN AND COLLECTED



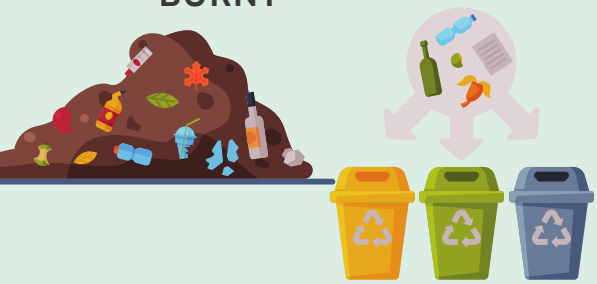
2. FOOD IS PROCESSED AND PACKAGED



3. FOOD IS SENT TO SHOPS

4. FOOD IS COOKED AND EATEN

5. WASTE FOOD AND PACKAGING IS SENT TO THE LANDFILL OR BURNT



Here are some ideas that could help reduce how far our food has travelled, reduce packaging, and reduce waste

- Choose vegetables without packaging
- Look out for local food co-ops and food waste hubs
- Check your fridge - try making a meal from leftovers
- Scan for veg on a budget ideas

Children and Young People's National Diabetes Network

BDA The Association of UK Dietitians Diabetes Paediatric Sub-Group