PLANET-FRIENDLY EATING

MAKING OUR MEALS MORE PLANET-FRIENDLY

Eat less meat
Click or scan for more on
meat free Mondays

Eat more beans, lentils, soya, tofu, nuts and seeds

Use less cows milk products.
Try dairy free alternatives like soya and oat. Check they are fortified.

Eat wholegrain bread, pasta and rice

Have more local, seasonal fruit and vegetables

Fewer soft drinks

Reduce food waste

Recycle

TOP TIPS FOR CHANGES

- Click or scan to find your local food market or vegetable box
- Use your own water bottle and lunch box
- Plan meals, only buy what you need
- Try “wonky veg”
- Cook using leftovers
- Look for zero waste food hubs
- Try apps like “Too good to go” or “Oddbox”