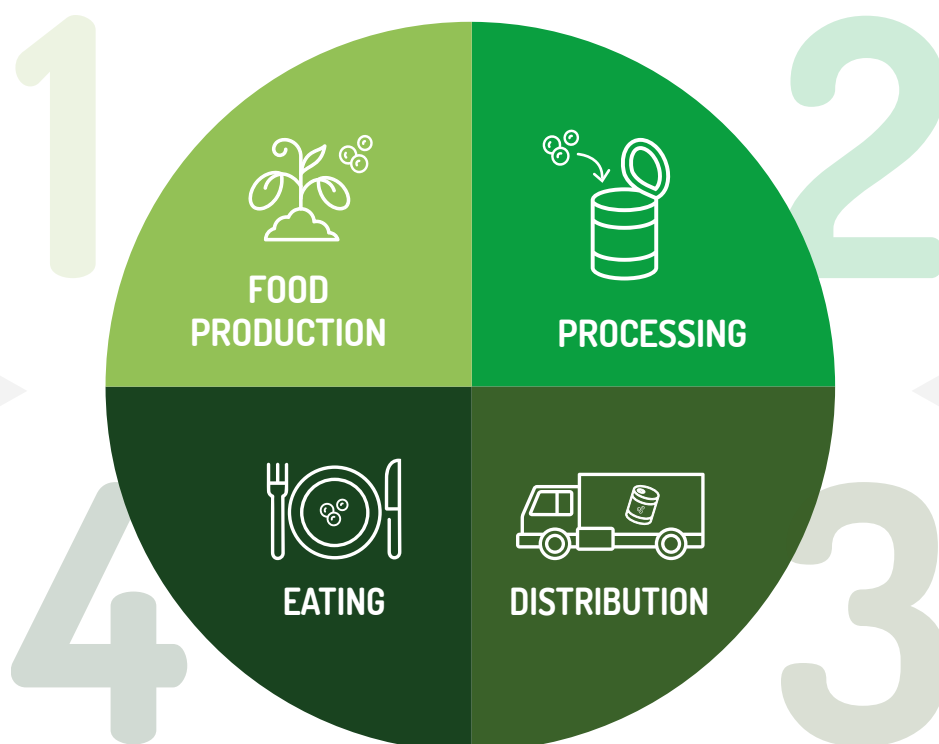


5 THINGS YOU CAN DO FOR A MORE SUSTAINABLE FOOD SYSTEM

If we are to feed the entire population adequately, food systems must evolve to become more sustainable. Citizens, as consumers, have the power to contribute to this transition.

The food system covers the entire **food process** from farm to fork, and encompasses the **non-food products** that constitute livelihoods, **the people**, as well as the **activities**, **investments** and **choices** that play a part in getting us these food and agricultural products.





1

BUY MORE HEALTHY, LOW-PROCESSED FOODS

- Fruit
- Vegetables
- Wholegrain cereals
- Pulses
- Nuts and seeds
- Sustainably caught fish



LIMIT THE CARBON IMPACT OF YOUR SHOPPING

- Opt for plant-based rather than animal sources of protein
- Eat local (within a 250 km radius)
- Avoid over-packaged produce



2



3

PLANT A (MICRO) VEGETABLE PATCH

If you have a garden or even a balcony, get started by planting some vegetables.



REDUCE WASTE

- Plan your shopping so you can buy the right quantities
- Be organised in the kitchen to limit waste, reuse leftovers...



4



5

READ THE LABELS

- Opt for products with an A or B Nutri-Score
- Look for information about how the food is produced and/or fair payment for producers

