

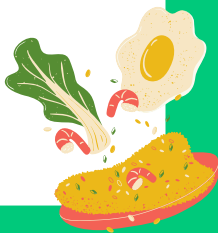
RESPONSIBLE CONSUMPTION & PRODUCTION

Avoid food waste

Today, food waste is something we can't ignore. Here are a few tips to reduce waste from home:

1.

Cook just enough; this is the main cause of waste



MENU

2.

Plan your menus; this is one way to keep control of what you eat



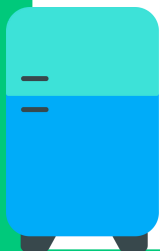
3.

Buy what you need; don't overload your fridge with food, it may expire, and it uses more energy.



4.

You must freeze or reuse leftovers



Choose eco-friendly products

Buying eco-friendly products, we can help the world. Here are a few tips to help you with this:

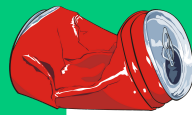
1.

Choose local and seasonal products, this avoids transport consumption



2.

Avoid disposable products; these waste natural resources and increase the amount of waste



3.

Choose products with sustainable certificates: look for products with recycling symbols



4.

Bring your own containers to buy fresh food



And remember, small actions could make big change, everyday we can find more and more establishments that sell sustainable products, take care of the world and the world will take care of us all!

