

8 TIPS FOR A CLIMATE-FRIENDLY DIET

The climate is changing. But we can all play an important role in protecting the climate. For example, with our diet.

BUY LOCALLY

and prevent long transport routes.

EAT FRESH PRODUCE

and have limited processing steps, additives and packaging.

COOK AND COOL WITH EFFICIENT APPLIANCES

and save precious energy in the long run.

EAT SEASONALLY

and avoid food storage.

SHOP ON FOOT

and save CO₂ and fine particulates.

THROW AWAY LESS FOOD

and prevent the waste of valuable resources.

REDUCE ANIMAL PRODUCTS

and serve only as a supplement to fruit, vegetables and wholegrain.

BUY ORGANIC PRODUCTS

and avoid chemicals and increased greenhouse gas emissions.

