MY FOOD

Our food system is responsible of 30% of our CO2 emissions (FAO, 2021)

Your diet has a BIG influence on the climate crisis (and your health)



## REDUCING YOUR MEAT CONSUMPTION IS ONE OF THE ACTIONS WITH MOST IMPACT ACROSS ALL TOPICS.

Eating more plant-based and veggie makes a big difference:





## BUY SEASONAL, LOCALLY, AND PREFERABLY ORGANIC

Support your local farmers by boying their fresh products! Prefer Swiss kiwis to non-seasonal strawberries from abroad in winter.

Pesticides pollute our soils

TRY PLANT-BASED PROTEINS

cosystems and an bad for our health.

Try out yummy recipes with beans, lentils,

nuts, quinoa, tofu,...

## **4** AVOID FOOD WASTE

Optimize quantities, bake French To with your old bread, use the whole fruit, and buy reasonably.

