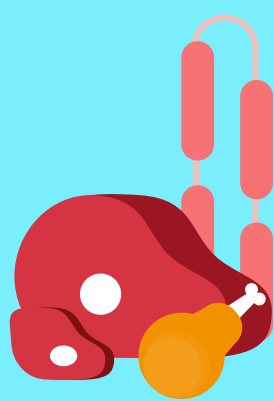


Be more sustainable with our food

By making a few everyday changes and altering our diet and consumption habits, we can help improve the health of our planet.



Our diet should be based on products of vegetable origin.



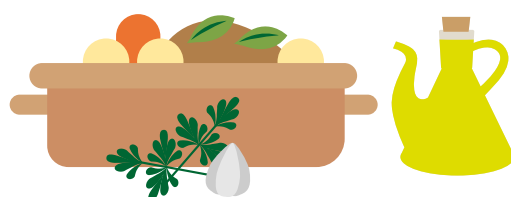
Meat should be eaten in moderation.



Consumption of seasonal produce is best.



Choose locally sourced products.



Prioritize the ingredients typical in traditional recipes.



Cook and eat together, which encourages the adoption of healthier eating habits.



Plan your weekly shopping; it will help you maintain a healthy diet and prevent food waste.



Try to consume traditional produce, since from an environmental perspective it is more sustainable than intensive production.



Try to buy fresh food with minimal packaging.

