

From common sense to smart cents

Being sustainable in your food choices and actions

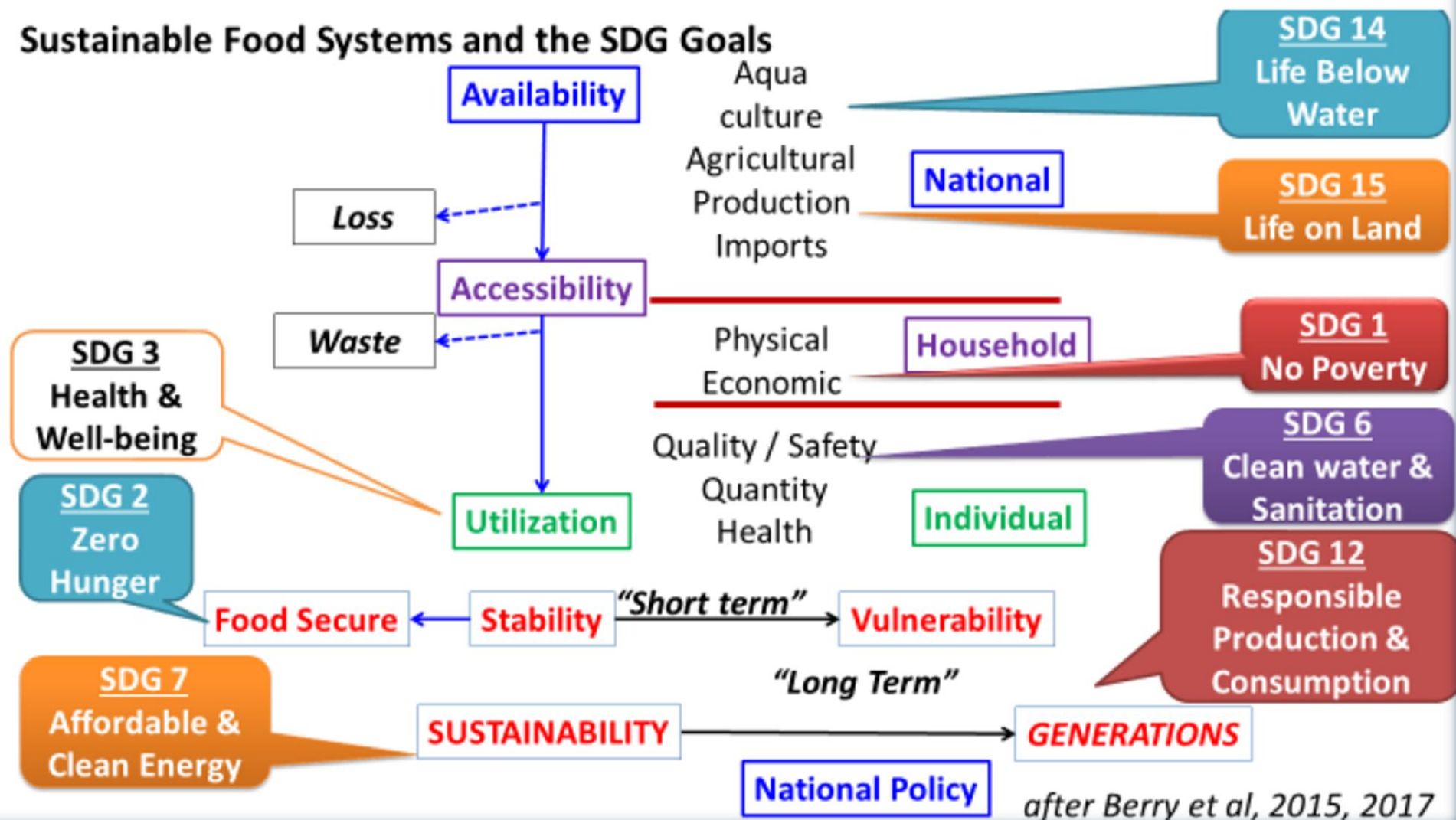
Suzanne Piscopo

All photos © Suzanne Piscopo

“A well fed nation
is a healthy nation,
is a sustainable and productive
nation”.

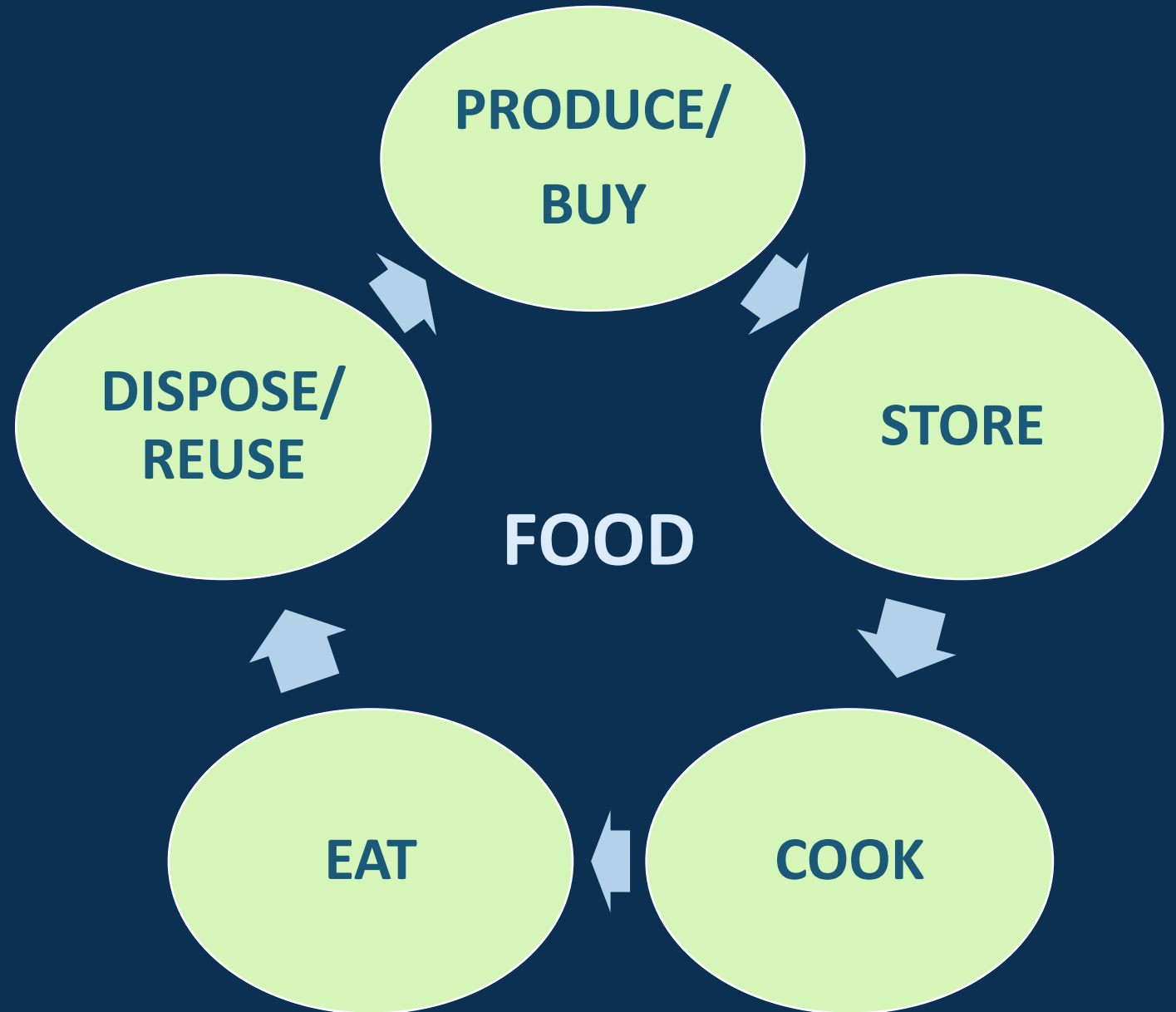
(E.M. Berry, 2019)

Sustainable Food Systems and the SDG Goals



Berry, E. M. (2019). Sustainable Food Systems and the Mediterranean Diet. *Nutrients*, 11(9), 2229. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/nu11092229>

Maximise the value of what you eat whilst safeguarding your health, the natural environment, the livelihood of fellow humans, and global wellbeing.



The 80% vs. 20% dilemma.

Sourcing local as far as possible.

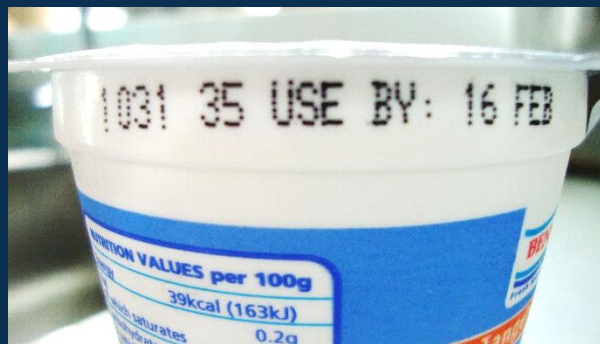


Checking for sustainability labels.





Choosing packaging wisely...
looking for logos...
avoiding plastics.



Checking expiry dates and storage instructions.

According to a U.N. report, if global food waste were a country it would have the 3rd highest climate footprint behind China and the U.S.



Favouring a plant-based diet...
seeking healthy low-cost ingredients...
trying to save on some ingredients to
afford more costly ones...
keeping traditional meals and snacks on
the menu.



Planning meals to eat fresh and in season...
cooking from scratch as far as possible...
using healthy cooking methods to retain nutrients and
use less energy and water.





Għaqal id-dar,
Hajja Aħjar

KORS OFFRUT FI HDAN IL-KUNSILLI LOKALI
MOGħTI MINN

HOME ECONOMISTS IN ACTION

MINISTERU GHALL-FAMILJA,
DRITTIJET TAT-TFAL U
SOLIDARJETÀ SOĊJALI



MINISTERU GHALL-ĠUSTIZZJA,
KULTURA U GVERN LOKALI



Education for
sustainable eating and
for innovation to
create new sustainable
food products



Plan your meals so that you use
more forks and spoons
than knives...
and *enjoy* your food!

(Adapted from E.M. Berry, 2019)