

TRAINING FICHE

05. TIPS/RECOMMENDATIONS APPLIED TO FOOD

(Sections in italic only for internal use, not to be published)

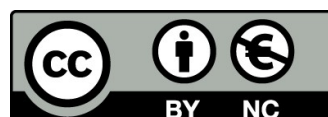
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Level	BASIC										
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Keywords	Food responsible consumption – water consumption – food waste – zero waste – cooking – leftovers										
Introduction (500-1000 characters including spaces)	We have already seen how, as much as it may seem that large industries are in control of the market, the consumer must keep in mind that supply depends on demand. The user therefore has a certain power and responsibility (towards the environment, his community and all the people										

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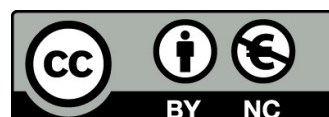
	<p>involved in the production and consumption processes) to exercise it in a conscious and ethical manner.</p> <p>Beyond purchasing choices, all consumption behavior can have a certain social or environmental impact. The trivial decision to start drinking water from the tap and using a water bottle when outside the home, for example, saves several kilos of plastic and CO2 (emitted for both the production and transport of the bottles) in a year.</p> <p>These small gestures not only have a direct impact on the environment, but also an indirect one, by setting a good example and inspiring people around us to do the same.</p>
<p>Tips and recommendations</p> <p>To do / Not to do</p> <p>(2000-3000 characters including spaces)</p>	<p>Current consumer habits are still too far from being sustainable, so there is much to change in one's daily consumption choices. This can frighten consumers and demotivate them. This is precisely why it is essential to start with small steps and to consider what each of us can do and with how much sacrifice. It is unthinkable, for example, to suddenly live producing zero waste. For someone it might be easier to focus on recycling and trying to produce as little waste as possible, for someone else, it might be easier to consume only seasonal products. Excessively large and sudden changes in one's habits risk not being lasting and therefore not being effective. One has to find the right balance to stay motivated to create and maintain new responsible purchasing and consumption habits and take small but steady steps.</p> <p>In order to start being a more responsible consumer, the most important thing to do is first to get informed and do research. You should start by finding out which are the most responsible brands</p>

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(both ethical and sustainable) to favour those and which ones to avoid. It is essential to do research on what kind of products harm the environment or have been produced by workers' exploitation, and which ones do not, and also where to conveniently find products that are produced responsibly (organic shops, markets, etc.).

Here's what you can start with:

- Buy local and seasonal products
- Buy products in bulk or with as little unnecessary packaging as possible
- Eat a controlled amount of meat, fish and dairies
- Avoid processed food
- Buy directly from the primary producer
- Have a varied diet (to preserve planet's biodiversity)
- Use a reusable water bottle and reusable packages
- Enhance small and ethic businesses by buying from them

TO DO

- Adopt a healthy and frugal diet based on fresh food
- Prefer vegetal proteins
- Use traditional, simple and homemade preservation techniques
- Bring your own bags and packaging elements when buying
- Shop often
- Use leftovers for cooking and take leftover portions from the restaurant

NOT TO DO

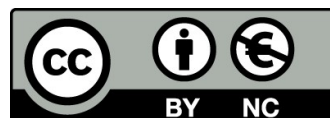
- Buy products in supermarkets and large stores
- Underestimate culinary tradition of your region

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	<ul style="list-style-type: none"> • Use chemical preservatives and additives • Go for long-term storage, refrigeration and food spoiling • Throw food • Eat a lot <p>Following these directions you will improve your eating habits developing a healthier lifestyle.</p> <p>Don't forget that you can seek inspiration and help on how to become a more responsible consumer. Various companies and companies have developed projects and initiatives aimed at helping the average consumer to be more aware and responsible. A good example is The Good Shopping Guide, a website created and run by The Ethical Company Organisation. The company constantly researches how various brands are produced and then associates each of them with an Ethical Index Score based on ethical and sustainability criteria, which vary according to product category, grouped into environment, animal, people and others.</p>
Language	English
Partner	IWS
Further references	https://www.eatresponsibly.eu/en/ https://www.globalcitizen.org/en/content/save-the-environment-and-drink-tap-water/ https://www.wwf.org.uk/betterbasket https://www.healthline.com/nutrition/mediterranean-diet-meal-plan

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