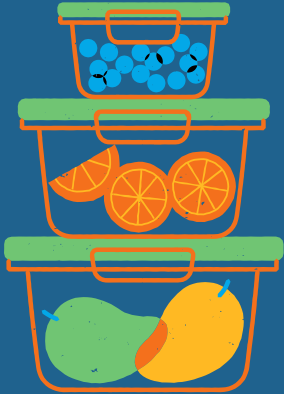


Environmentally responsible food

For human health and the planet



- Choose local foods and seasonal fruits and vegetables to save money.
- Don't hesitate to freeze them for later use.

ex. berries in yogurt, carrots in muffins, squash in soup, etc.

Use washable and reusable bags, containers and utensils.



Gradually add tofu and legumes to snacks to save money and help the planet.

ex. legume-based dips (e.g. hummus) or tofu, roasted chickpeas, etc.



To save money and waste less:

- Plan meals and snacks.
- Ask children about their hunger, to adapt portion sizes.