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FOOD CONSUMPTION



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Activate the University for Climate Change



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FOOD CONSUMPTION

**LOOKING FOR A GOOD DIET,
CHOOSE THE ONE FOR THE CLIMATE**

Our diet has an impact on our lives and health. Civilization diseases affecting millions of people in the world are related to improper diet. This diet also has an impact on the planet on which we live.

The diet good for the climate and for us is based on 2 simple principles:

- 1) limiting meat consumption**
- 2) consumption of local and seasonal products**



It is also worth remembering not to waste food because it is a waste of the entire agri-food chain, i.e. production, processing, transport and storage. These stages account for 20% of all greenhouse gas emissions into the atmosphere.



CLIMATE FRIENDLY LUNCH

Today we can take steps that will have a positive impact on our health and the environment. Just start by limiting the amount of meat you eat and at the same time introduce more vegetables and fruits to our plates. **The best for the planet will be seasonal and local veggies and fruits.**

A way to supplement any protein deficiencies in a meat-free diet or with limited consumption are legumes (beans, chickpeas, green peas, peas, broad beans, lentils) and eggs.

[Recipes good for the climate](#)

[Protect the planet by cooking dinner](#)



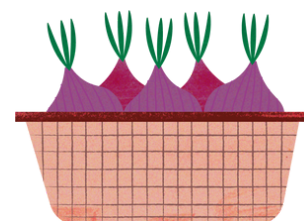
BECOME AN URBAN GARDENER

Community gardens can be an interesting way to spend free time, neighborhood or university integration, revitalization of urban space. They certainly help the city to become more attractive, friendly to the environment and people.

Above all, however, they allow us to grow our own harvest without the use of artificial fertilizers. In this way, we also reduce greenhouse gas emissions when our food is not transported

Setting up a community garden in your neighborhood

How I set up a community garden on the estate



NEIGHBORHOOD FOODSHARING

According to statistics, 1/3 of the food produced is wasted. Foodsharing places are specially marked refrigerators and cabinets where you can leave unnecessary food or use what others have left.

Each of us has some excess supplies, which if not eaten on time will become waste. By sharing with others, we can save them.

Share food in your neighbourhood

Foodsharing in Warsaw



RESPONSIBLE SHOPPING FOR FOOD

When shopping for food, we also pay for their packaging. When you come home, these packages almost immediately end up in the trash. Packaging accompanies food at every stage – not only consumption, but also production and distribution. We can reduce this amount of waste.

Responsible shopping can be done not only in zero waste stores, but also, for example, in the markets and local shops.

Shopping less waste

The world on the plate, or how diet affects the environment

Shopping without wasting



ECOLOGICAL AND SEASONAL SHOPPING

Are you aware of the reasons why some products end up in your shopping cart and others do not? More and more people pay attention to whether the products are organic. In addition, it is worth paying attention to whether the products are seasonal.

Food that growl at the right time of the year is the healthiest for us. Their production is also less burdensome for the environment.

Eat eco and fair, or why you should trust certificates

Before we eat the planet. Rice cooking zine





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