



CONCRETE TIPS FOR A SUSTAINABLE DIET

Hello, we, the S5L2DEA, have been studying the topic of food production in class and we have seen how it is partly unethical and environmentally unfriendly. Therefore, we have been thinking about what we can do. Today we are sharing with you some concrete tips for your home to help you eat more sustainably and environmentally friendly.

First, some info:

Food Waste

Food waste is a **huge problem** these days. Not only for us, but also for the environment and the animals.

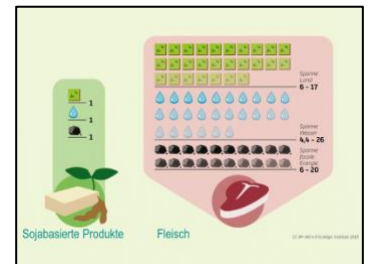


In the EU, 88 million tonnes of food are wasted every year. This means that on average, citizens of EU countries throw away 173 kg of food each. Belgians are the second biggest culprits, each eating 345 kilos of food a year.



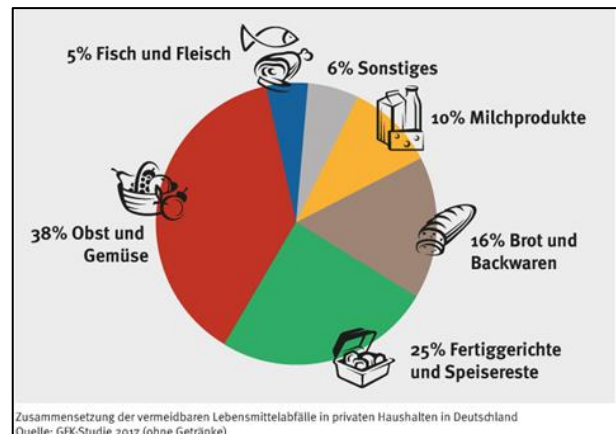
CO₂-Ausstoß von verschiedenen Ernährungsweisen

Vegetarians generate around 50 percent less CO₂ than meat eaters.



Many people refrain from becoming vegetarian because it is felt that being a vegetarian means consuming too much soy as an alternative source of protein, while meat eaters consume far more soy through meat animal diets!

How to avoid it?



Avoidable food waste in German households

Our tips:

1. Plan your purchases better

- Know what you already have at home
- Only buy what you really need
- Pay attention to the expiry date when shopping
- Making a list always helps

2. Buy and eat even fruit + vegetables that don't look so good

- As long as not moldy
- It can look bad, but still be good

! Nevertheless: Be careful! Make sure that the food is not spoiled.

3. Take home leftovers from the restaurant

4. Freeze leftovers

5. Cooking with leftovers

- You can use food leftovers to cook various dishes, e.g. soups, mush, etc.

6. Understand the best before date correctly

- best before date \neq expiration date
- says until when food is still 100% good
- Food is often still good after the best before date

Tipp 7: plant vegetables e.g. tomatoes

Why?

- cheaper than in the supermarket
- better for the environment
- better taste

What do you need?

- Pot with good soil
- To grow faster, mix with compost,
- Tomato seeds or tomato plants
- Water, preferably from a rain barrel
- Stick to support when the tomatoes grow

When?

- Plant at the beginning of May
- Water at least 1x per week (in hot weather, every day)
- Harvest between July and August

Where?

- In a sunny, sheltered and roofed place.
- But not permanently in the sun
- Greenhouses for a better result

How?

- Sow seeds, at the right depth, at the right time in a pot with soil.
- Use clean pots
- Plenty of light
- Keep moisture
- Fertilise

Tipp 8: Pay attention to quality seals

trustworthy seals:

- Fairtrade:



Working conditions and wages for workers are better. Attention is paid to the protection of the

environment.

Consequence: The products cost more.

- Ecolabel.be:



The EU Ecolabel is the official voluntary environmental label of the European Union. Launched in 1992, the globally recognised label certifies

products with a guaranteed lower environmental impact.

Lokal:

- Label Rouge



Indicates that the products come from France. Considered are: Production chain, cultivation techniques, feed, processing & distribution.

Seal that is not trustworthy:

- MSC-Siegel



Allegedly checks the quality of the fish and also how they are caught in order to protect the oceans from overfishing.

But this seal is unfortunately not very meaningful.

9: Sustainable shopping: our addresses

– Crowd farming

Buy food directly from the farmer and have it delivered::

<https://www.crowdfarming.com/en/farmers-market>

– Färm

Supermarket chain - organic, local, ethical



Also: Packaging-free with own containers

<https://farm.coop>

– Natural Corner

Organic shop - Fresh local products

<https://www.naturalcorner.be/en/home/#>

– Zero Waste

Sustainable Brussels Map of eco-friendly places:

<https://sustainablebrussels.be/the-map/>

The Zero Waste project of the City of Brussels

<https://zero-waste.brussels.be/>

A Belgian family's blog about zero waste

<https://zerocarabistouille.be/tag/zero-waste-shop/>

new sustainable, local and zero waste market in Woluwé-Saint-Pierre

<https://en.insidebrussels.be/V2/Brussels/the-new-local-sustainable-market-and-zero-waste-in-brussels/?amp=1>

All organic addresses in Brussels and beyond

<https://www.bioguide.be/accueil>

– Märkte in Brüssel:

Anneessens Markt



Where and when?

Place Anneessens, Tuesday, from 8:00 to 01:00 PM

[Itinerary](#)

Bockstael Markt



Where and when?

Place Emile Bockstael, Saturday, 8:00 to 13:00

<https://www.woluwe1150.be/services-communiaux/classes-moyennes-et-independants/marche-sanpetrusiens/>

<https://markets.brussels.be/>