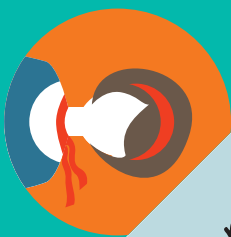


— DID YOU KNOW THAT... —

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Let's change the world...  
3 times a day!

This project is run by the analytical center Glopolis (CZ), in partnership with TEREZA (CZ), ŽIVICA (SK), Društvo DOVES – FEE (SI), Centrul Carpato-Danubian de Geoecologie (RO), Bulgarian Blue Flag Movement (BG), Udruga Lijepa Naša (HR), Environmental Partnership Foundation (PL), Nature Trust Malta (MT) and Vides Izglitibas Fonds (LV) with the financial assistance of the European Union and Czech Development Agency.



Find out more and get inspired at  
[www.eatresponsibly.eu](http://www.eatresponsibly.eu)

The content of this leaflet is the sole responsibility of Glopolis and can under no circumstances be regarded as reflecting the position of the European Union.

— TIPS FOR RESPONSIBLE  
CONSUMERS —

No need to be a super hero to start fighting deforestation, water pollution, climate change, poverty and food insecurity. Three times a day we can choose food that better respect people and the planet.

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- around **40%** of the world population works in agriculture
- agriculture uses **70%** of fresh water
- food production contributes more to global warming than all transport means
- **1/3** of all food is wasted or lost
- palm oil is found in **50%** of all packaged processed goods
- there are **2,400** litres of virtual water in a hamburger
- over 100 years, **75%** of agrobiodiversity has been lost



**1800**  
teachers

**550**  
eco-schools

– ABOUT –  
OUR PROJECT

**The project „We Eat Responsibly“ supports eco-schools in nine EU countries in exploring ways to make more responsible food choices.**

*Let's start planting seeds of change!*

**65000**  
pupils

**25000**  
students

- Prefer seasonal food that has been grown by a local farmer. You will reduce your carbon footprint and support local economy.
- Grow your own food! Old and local varieties are more resilient towards pests and diseases.
- Don't waste food! Plan your cooking, write a shopping list, cook from leftovers.
- Avoid highly processed foods and check labels for palm oil. The simplest solution is to eat whole food because it has fewer negative surprises.
- Try to reduce your meat consumption, avoid especially red meat. Production of meat contributes to climate change more than transport.
- Favor food that has been grown without chemicals such as herbicides and pesticides.
- Support farmers in the South by choosing Fair trade products. Or find a closest community-supported agriculture.