CLIMATE PROTECTION ON THE PLATE

Choose seasonal fruits and vegetables

Apples, grapes, and tomatoes can be bought in supermarkets all year round, but they only grow in Germany in certain months. Out of season, apples come from New Zealand, grapes from India and tomatoes from Africa. A seasonal calendar helps make climate-conscious choices.

Regional products have priority

Fish from the Pacific, beans from Egypt, avocados from Peru - this long transport route causes many greenhouse gases. In particular, food that comes to us by plane pollutes the climate. Therefore, give preference to foods from Germany and the EU that are grown in season.

Avoid packaging waste

Apples in foil, oranges in nets - there is a lot of packaging that is simply unnecessary. When shopping, look for food that is as unpackaged as possible – especially when it comes to fruits and vegetables. You can save on disposable bags by always taking a reusable cloth bag with you when you go shopping.

Prioritize organic food

The production of mineral nitrogen fertilizers and synthetic chemical pesticides used in conventional farming is very harmful to the climate. They are banned in organic farming.

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Eat more plant-based foods

The digestion process of cattle produces many climate-damaging gases. The cultivation and transport of animal feed is also very energy intensive.

Vegetable food produces only about one tenth of the climate-damaging gases compared to animal food. Therefore, try to incorporate vegetarian and/or vegan days several times a week.

Enjoy high fat dairy products in moderation

A particularly large amount of milk is required to produce cream, butter etc. To produce one kilogram of butter, 25 liters of milk are needed.

Do not throw food in the trash

Every piece of food thrown away involves a high consumption of resources such as energy and water. Many food wastes could be avoided by an appreciative and conscious handling. This protects the climate and the wallet.

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