Tip 1  Eat more fruit and vegetables
Fruit and vegetables have the lowest impact on the environment of the food groups

Tip 2  Eat seasonally
In-season produce is tastier, greater in nutrients and better for your wallet!

Tip 3  Eat roots stem leaves peel
Try new edible parts, which are full of nutrients like vitamins, minerals and fibre

Tip 4  Reduce food packaging
Avoid buying individual packets of food when you can bulk buy

Tip 5  Get creative with leftovers
Breathe new life into your leftovers by making a new meal

National Nutrition Week 2020
11-17 October 2020