



5 TIPS TO EAT MORE Sustainably



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



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