

MAKE EVERYDAY EARTH DAY

Decalogue of eco-sustainable nutrition

Open to the
future

Istituto Comprensivo Itri
Classe IIB

1. We are what we eat: don't use more than our planet can regenerate.
2. Let's reduce the usage of meat: The intensive farming destroys our forests.
3. Let's buy our food near home, We will save energy and polluting substances.
4. Let's buy bio-food. We and our planet will be healthier.
5. Let's imitate the nature at table too. Don't waste food, let's recycle it on our tables.
6. Let's buy seasonal food and with less packaging: we will save and help environment.
7. Let's eat in a proper way: there are no healthy people in a sick environment.
8. Let's eat in a sustainable way: we will save tons of CO₂ every year.
9. Let's eat fresh and seasonal fruits and vegetables, additives and preservatives pollute our planet.
10. Let's adopt all this attitudes, we will save our planet and the future of our planet will be green.