



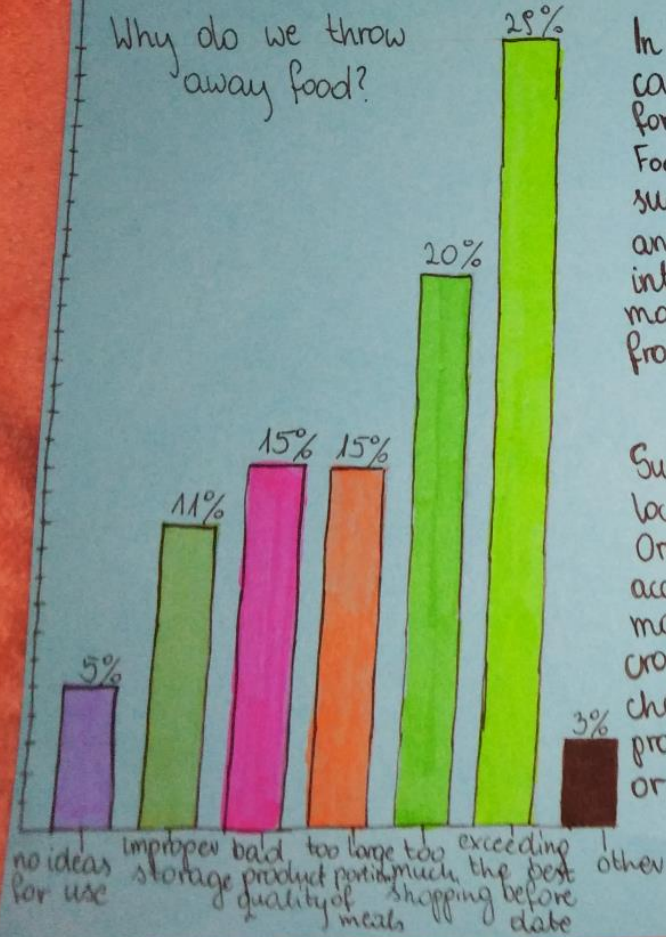
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**Sustainable food and why it is so important.**

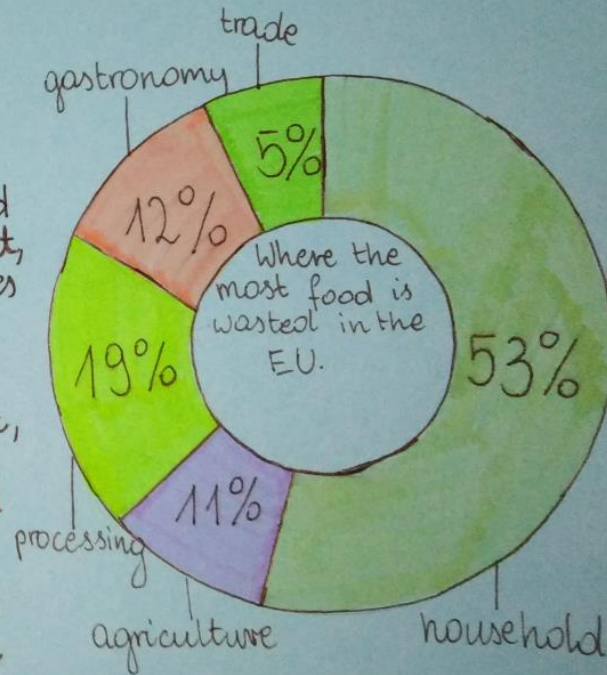
# Sustainable food and food production

Why do we throw away food?



In the 21st century, we can find a lot of foreign food in stores. Food from other countries such as fruit, vegetables and meat is also imported into Poland. As it turns out, most food in Poland comes from Spain and Italy.

Sustainable food is organic, local and fresh. Organic food is produced according to the rules most similar to natural crops, without the use of chemical plant protection products, artificial fertilizers, or feed additives.

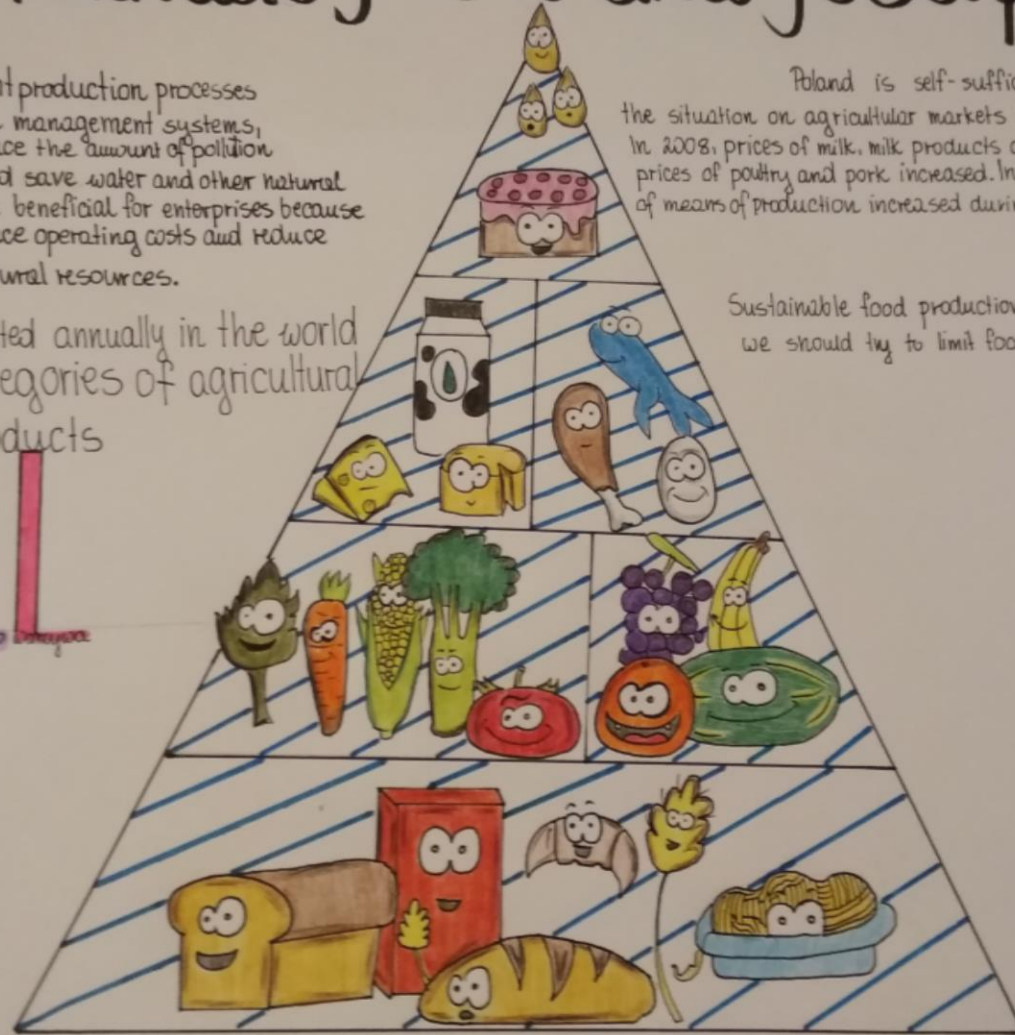
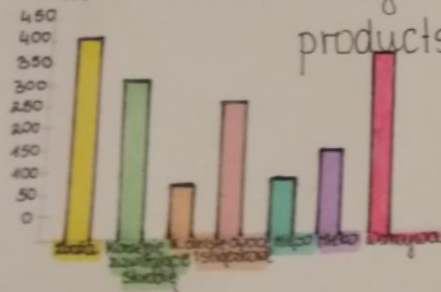




# Sustainable food and food production

Thanks to more efficient production processes and better environmental management systems, we can significantly reduce the amount of pollution and waste generated, and save water and other natural resources. It will also be beneficial for enterprises because they will be able to reduce operating costs and reduce their dependence on natural resources.

Amount of food wasted annually in the world in individual categories of agricultural products



Poland is self-sufficient  
the situation on agricultural markets is changing rapidly. In 2008, prices of milk, milk products and cereals dropped; prices of poultry and pork increased. In addition, the prices of means of production increased during this period.

Sustainable food production is very important because we should try to limit food and not waste so much.

Sustainable food is organic, local and fresh

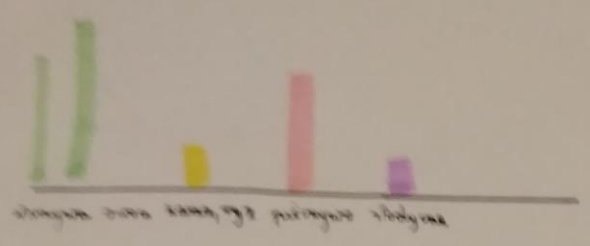
- How can we reduce food waste?
- keep order in the fridge and kitchen cabinets
- plan your menu
- go shopping with a list of necessary products
- make smaller purchases
- think about whether you really need these things

Balance food is important in our lives because it allows for proper nutrition. It is not "poisoned" with various chemicals.

Poland has self-sufficient food production because there are many industries involved in this activity for example

- Dairy industry
- Cereal industry
- Oil industry
- BEEF industry





Buy with your head  
 Use the products that you bought first  
 Put as much food on your plate as you can eat  
 Blend, mince or chop  
 Buy products that don't feel weird





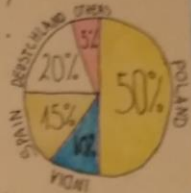
# Sustainable Food



## I. WHERE OUR FOOD COMES FROM?

The food in my kitchen comes mostly from our country - Poland.

Rest of the food comes from Deutschland, Spain and India.



## II. WHAT IS SUSTAINABLE FOOD?

Sustainable food is healthy for consumers and produced in a humane, ecologically benign, responsible and economically fair way. It's important because normal food produced is bad for our environment.

## III. HOW CAN WE REDUCE FOOD WASTE?

- 1) Shop smart and realistically.
- 2) Save - and actually eat.
- 3) Store food in the right places.
- 4) Keep track of what you throw away.

## IV. DOES POLAND HAVE A SELF-SUFFICIENT FOOD PRODUCTION?

Data from the last few years indicate that Poland is self-sufficient in the dairy, poultry and beef industries.

# Sustainable food and food production

## FOOD IN MY FRIDGE

Food in my fridge is rather from Poland. We have got some food from another countries but most of our food is Polish.

## WHAT sustainable food and food production is?

Sustainable food is healthy and safe food for people and meets the requirements of environmental protection. It is important because we can keep fit and friendly for nature.

## How can we reduce food waste?

To prevent food waste, we should: buy the food we are sure we will eat, eat products that were bought first, freeze what you don't eat. These steps will help you save food and, of course, money

I live in country which has a self-sufficient food production. What about your country?

## Sustainable food and food production

### Where does my food come from?

My vegetables come from a farm, which we care a lot. We grow our own potatoes, onions, parsleys, carrots, pumpkins and cabbages. We also have our own fruits in the court. We grow apples, pears, cherries and plums there.



### What is sustainable food?

Sustainable food is produced according to the rules which are most similar to natural crops. What means, that sustainable food is produced without using chemical plant protection products, artificial fertilizers or feed additives. Organic farming is a system that strives for sustainable food which takes into account local ecological, social and economic conditions.

### How to reduce wasting food?

- Think twice before you start buying your food. Remember to plan several meals in advance. It is good to make a list of ingredients you'll need to make your meals. If you have your shopping list with you, it will prevent you from buying unnecessary products. Please, try to avoid storing food.
- Remember to use the products that you have bought first. Store your food so that it will be visible. Keep your fridge in order. It is important to keep the oldest food on top. In this way, your food won't be broken.
- Put as much food on your plate as you can eat. When we are hungry, we often put too much food on the plate. After that, part of the meal is thrown into the bin.
- Love leftover food. It is easy to thaw out the remains of previously cooked meals and use them to prepare delicious lunch or dinner. Additionally, in this way, you will save money. You can also make smaller portions. When you are in a restaurant and you know that you won't eat the whole dish, ask the waiter if he can pack a take-out meal.

It is good to know that Poland has self-sufficient food production!

## Sustainable food and food production

Sustainable food is organic, local and fresh.



Fresh!

Clean Air!

How can we reduce food waste?



Shopping and meal planning!



Small product packaging!



Share!

Is Poland has a self-sufficient food production? **yes!**





## SUSTAINABLE FOOD AND FOOD PRODUCTION

My food mainly comes from animals that my grandmother raises and Polish producers.

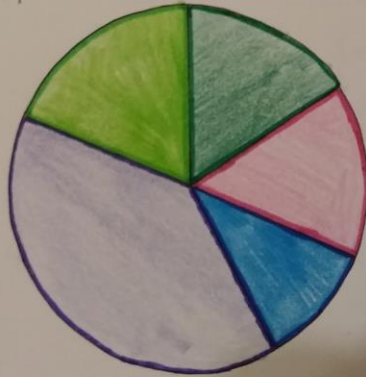
Sustainable production is about increasing production using less resources and thus protecting the environment. It's important because it can reduce the pollution and water consumption.

### HOW TO REDUCE FOOD WASTE

It's best to buy the right amount of food that you will eat 100% instead of buying food to spare.

#### THEY ARE MOST OFTEN WASTED

- drinks
- meat
- bread
- VEGETABLES
- FRUITS



#### POLAND IS SELF-SUFFICIENT IN PRODUCTION

- milk, butter, cheese
- beef meat
- poultry
- oil

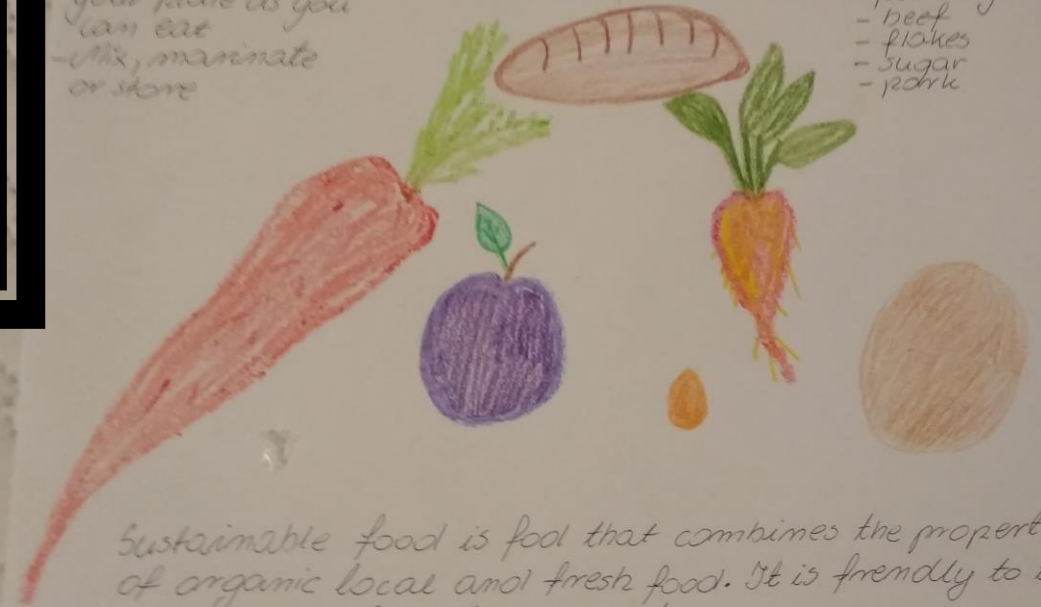
#### POLAND ISN'T SELF-SUFFICIENT IN PRODUCTION

- pork meat

- Buy with your head
- Use the products that were bought first
- Put as much food on your plate as you can eat
- Mix, marinate or store

Poland is self-sufficient in terms of food. We have industries:

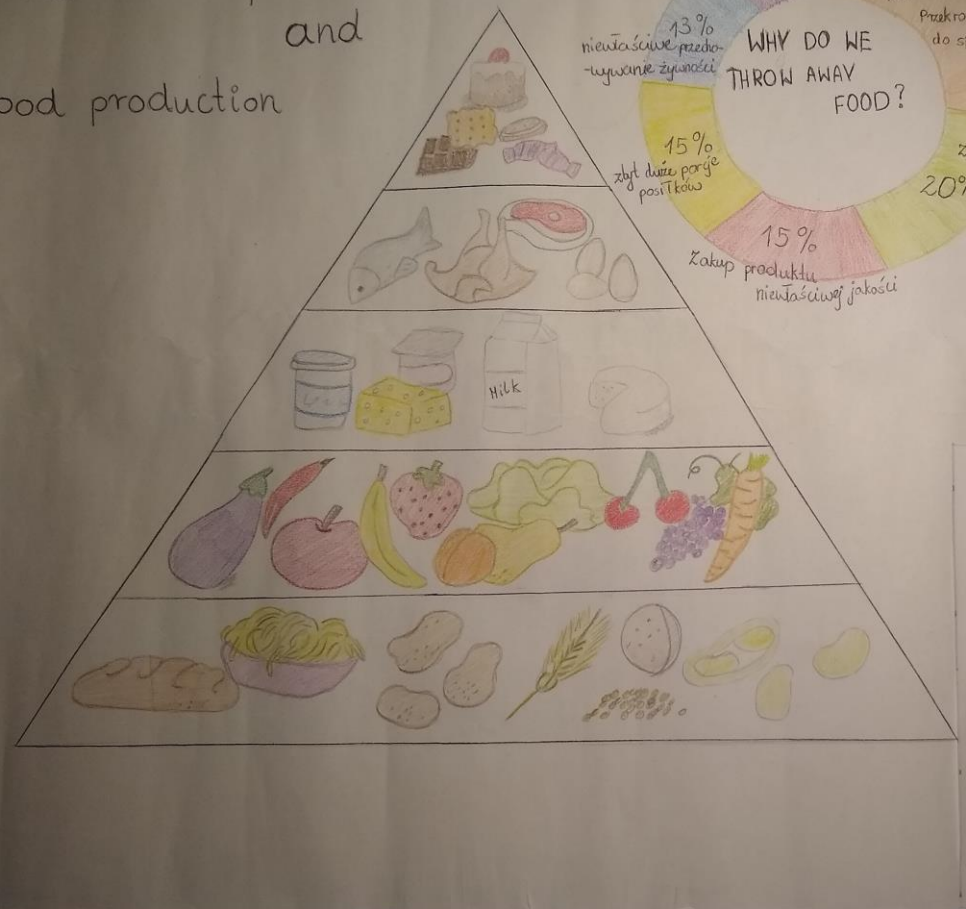
- dairy products
- poultry
- beef
- flakes
- sugar
- pork



Sustainable food is food that combines the properties of organic local and fresh food. It is friendly to the environment and humanity.

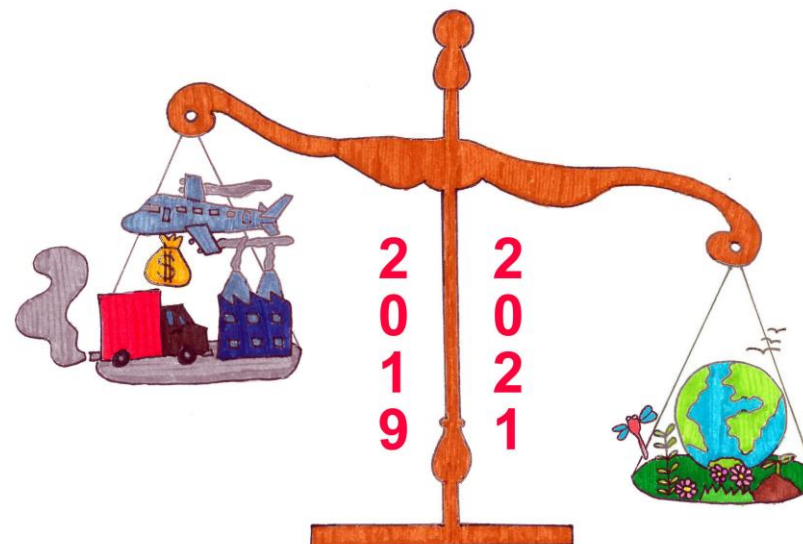


# Sustainable food and food production





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*look alive! for our world*