



SEASONAL FOOD

What it is

- Seasonal food is a product that is purchased and consumed around the time when it is harvested.
- Seasonal food is fresher, tastier and more nutritious than food consumed out of season.

Get Smitten with Winter Fruit + Veg!

JANUARY

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FEBRUARY

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MARCH

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Put a SPRING in your Step for these fruit + Veg!

APRIL

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JUNE

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These Summer Fruit + Veg are WAY COOL!

JULY

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AUGUST

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SEPTEMBER

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FALL for tasty AUTUMN Fruit + Veg!

OCTOBER

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NOVEMBER

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DECEMBER

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30	31					

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What are the advantages of seasonal food?



- Lower cost because of the absence of specific growth structures
- More nutritional values with lower pesticide content
- Respect for the land of cultivation

The economic impact of seasonal food

The families budget is reduced

The choice of seasonal vegetables, fruit and cereals reduces the cost of food

Healthcare costs are reduced

Eating seasonal fruit and vegetables is very healthy and reduces diseases.

Agricultural business improved

The demand for seasonal fruit and vegetables increases the revenue of the farmers

Reducing Greenhouse Gas Emissions

Growing fruit and vegetables outdoors during their natural growing seasons avoids excessive energy use

Region enhancement:

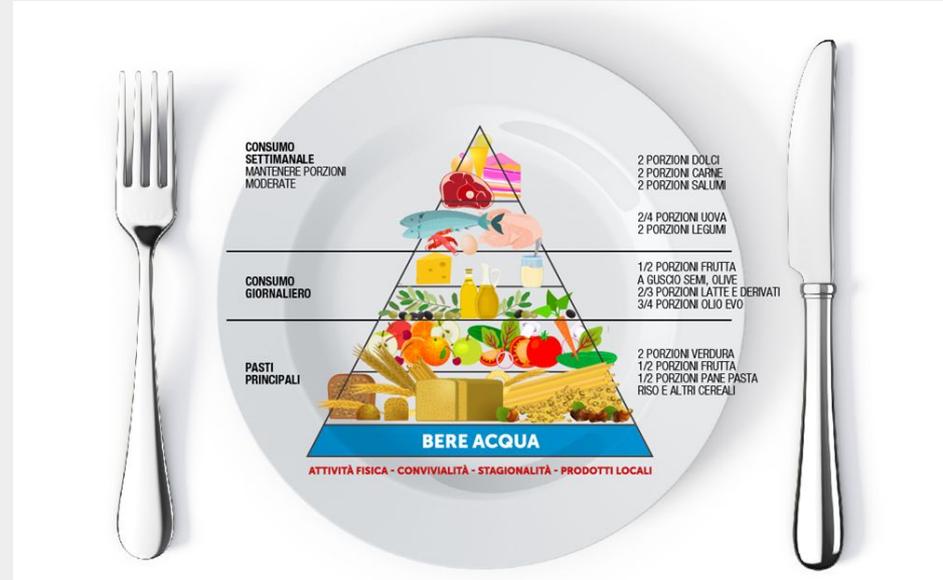
The gastronomic offer of seasonal fruit, vegetables, cereals, olive oil and wine helps to attract tourists.



ReferencesGoldjobit la dieta mediterranea e la sostenibilità ambientale, 9 settembre 2015|Blog Internet address:<https://www.goldjobit.com/blog/goldjobit-la-dieta-mediterranea-e-la-sostenibilita-ambientale/e-turisti>.

CURIOSITY

On November 16, 2010,
UNESCO
declared the
Mediterranean Diet
an Intangible
Cultural Heritage of Humanity



FOOD TRADITION

The Mediterranean Diet is a millenary food tradition, which has been passed down through generations.

Eating seasonal fruit and vegetables is one of the main features of the so-called Mediterranean Diet.

Italians learn to eat seasonal fruit and vegetables since their childhood and they learn the biodiversity which exists in different areas of the country.

The Mediterranean Diet helps conviviality because if meals are eaten together and accompanied by a good glass of wine, they represent our holidays and traditions.

Tourists love Italy not only for our architectural and artistic works, but also for our cuisine, which offers a lot of tasty traditional and local dishes.



ZERO KILOMETER



“Zero kilometer” is a type of trade in which products are marketed and sold in the same production area. The phrase "zero kilometer" in the agri-food sector identifies an economic policy that prefers local food, as opposed to global food.