

be heólthy

The University of Manchester

Tips for eco-eating

- 1. Eat more plant based meals
- 2. Lower your meat consumption
- 3. Store food correctly
- 4. Understand expiration dates
- 5. Freeze leftovers
- 6. Compost waste

7. Buy locally sourced ingredients
8. Choose minimal packaging
9. Take your own shopping bags

10. Buy a reusable water bottle