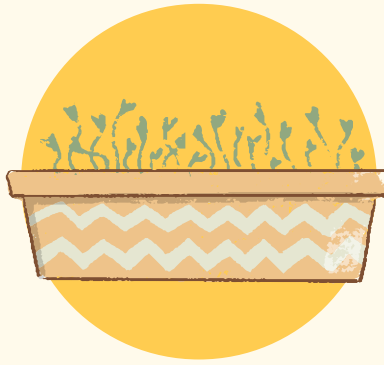


there are things you can do to support the environment and each other



Enjoy plant-based foods more often



Grow things you can eat



Compost your food scraps to make soil



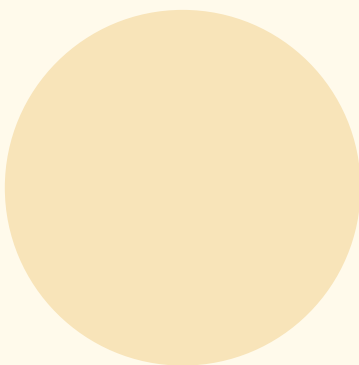
Buy directly from a grower when you can



Reduce throw-away packaging



Use "old" produce for pickles, stocks & sauces



Only buy what you need to avoid food waste

