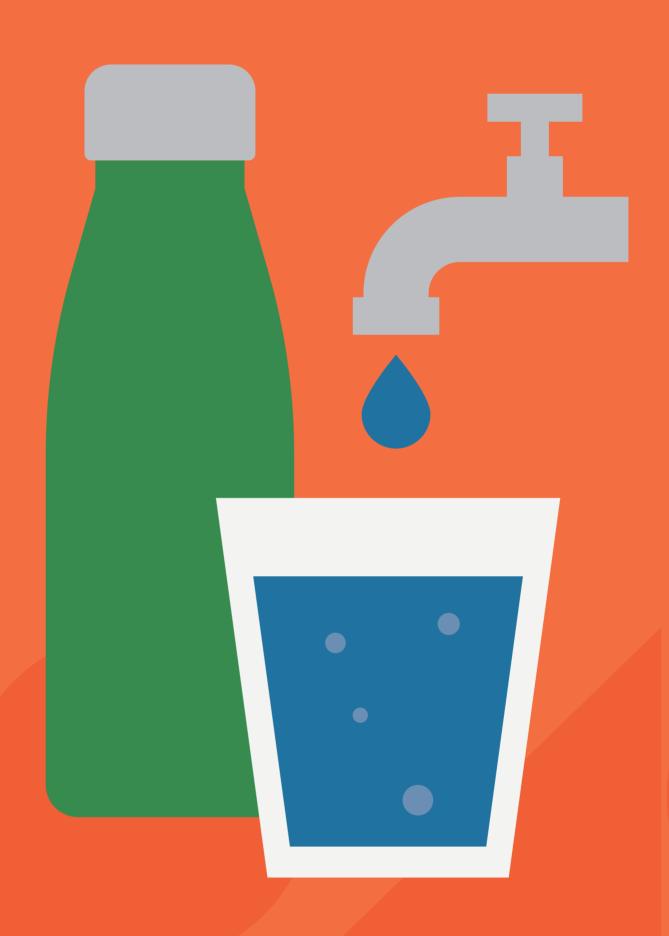


Eat well for you and the planet!

## Stay hydrated



## Fill up from the tap

Have about 6-8 drinks a day and choose reusable or recyclable drinks containers

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