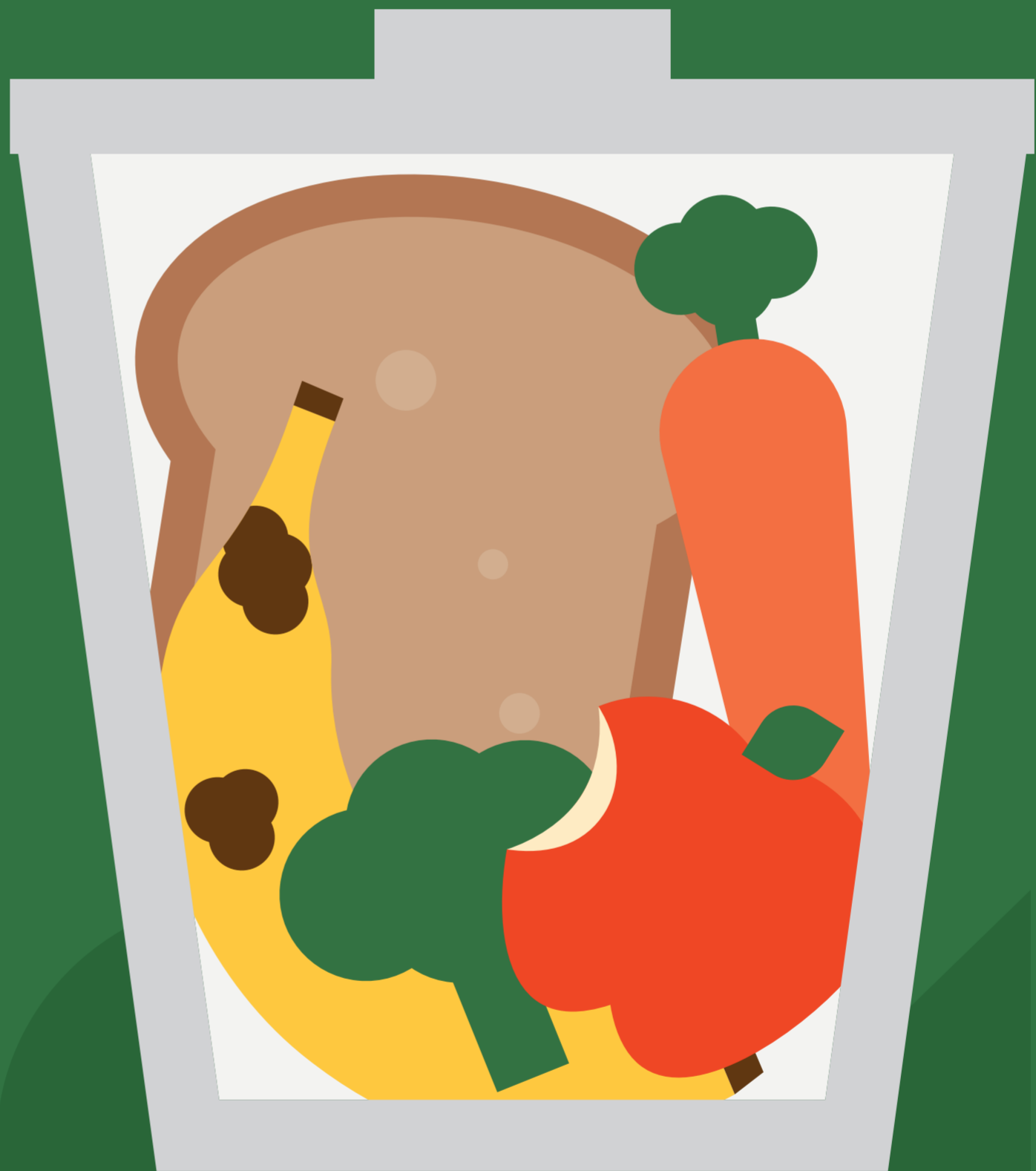


Eat well for you and the planet!

Reduce food waste



Know your portions

Aim for the right amount when you shop, cook and eat to avoid throwing food away