

SUSTAINABLE APPROACH TO NUTRITION

A hungry belly has no ears. When we are cruising amidst the supermarket aisle, we usually impulsively throw everything that comes our way into the shopping cart. When we are navigating between our favourite ingredients, and thinking how to make another Master Chef meal, we get quickly carried away, and forget about local, seasonal and ecological. We want to keep the table and the belly full, no matter what.



Slovenians are activists by nature. We love to give advice to others. Relatives, friends, neighbours. Or mere acquaintances from a nearby street. We love to do it even more in the virtual world. Some people support their claims with arguments from credible sources, while others respond more emotionally. Global warming is often the topic of such conversation. Today, responsibility towards the environment has become a (fashion) trend. This, however, can be dangerous. Sometimes, it can be even more dangerous than if we lack adequate knowledge in the relevant field.

We often quickly brag with new stuff, an expensive smartphone or a perfectly designed city bike. Here and there people also brag with an electric vehicle. But, when we come to the supermarket, luxurious restaurant or a popular Slovenian food truck offering delicious beef burgers we quickly, at least partially forget about our principles. Daily nutrition is very important and accounts for quite a significant chunk of our environmental responsibility.

THE FACTS ARE CONCERNING ...

Agricultural activities in the EU account for a total of 11.3% of all greenhouse gas emissions (Source: FAO – Food and Agriculture Organisation). As a part of solution of the described problem FAO adopted guidelines for sustainable food consumption with a focus on three aspects that define sustainable nutrition.

- 1. FROM A HEALTH PERSPECTIVE NUTRITION SHOULD BE BASED ON AS MUCH WHOLE FOODS AND FOODS WITH MINIMAL PROCESSING, WITH AN EMPHASIS OF FRUITS AND VEGETABLES AND MODERATE CONSUMPTION OF ANIMAL SOURCE FOODS.**
- 2. ENVIRONMENTAL ASPECTS ARE FOCUSED ON THE PRODUCTION AND CONSUMPTION OF FOOD THAT HELP PRESERVE THE ENVIRONMENT FOR THE FUTURE GENERATIONS (LOWER USE OF ANTIBIOTICS, PLASTIC, PESTICIDES, HERBICIDES, AND FERTILIZERS, AS WELL AS WASTED FOOD).**
- 3. MOREOVER, FROM A SOCIAL PERSPECTIVE, FOOD SHOULD BE AVAILABLE TO EVERYONE, AND IT SHOULD FURTHER SUPPORT LOCAL CULTURE AND VALUES.**

WILL YOU JOIN US ON THE JOURNEY IN THE RIGHT DIRECTION?

We have a challenge. The challenge was prepared in cooperation with the Slovenian Olympic Committee and dr. Neža Majdič, MD. By following the recommendations below, you will not only benefit yourself, but you will also benefit everyone else. The individuals, the society, and the nature that surrounds us. Every step matters. Together we can!

1. PLAN YOUR PURCHASES WELL AND DO NOT PREPARE TOO ABUNDANT MEALS.

It often happens that we buy too much food at the supermarket, and then we fail to use it before its shelf life expires. Or we make an abundant meal, which we cannot finish. With good planning of purchases and meal preparation we can reduce the quantity of wasted food. We can try and preserve the food, which we are not able to eat in time, into winter supplies (if possible).



2. INCLUDE MORE FRUITS AND VEGETABLES IN YOUR MEALS.

Try to avoid fruits and vegetables that required additional energy for ripening or preserving of freshness. So, buy as local, seasonal and organic, as possible. It's true that strawberries taste nice over the entire year, but think where they come from, when you eat them on a snowy morning.



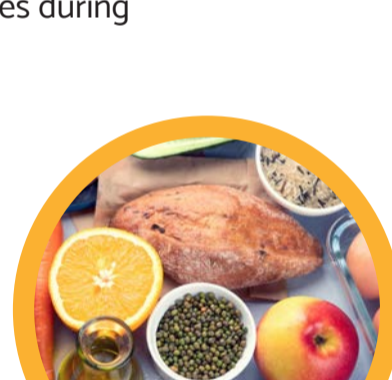
3. INSTEAD OF FOODS THAT CONTAIN A LOT OF PESTICIDES AND ARTIFICIAL FERTILIZERS, PURCHASE ECOLOGICALLY GROWN FOOD.

This way you will reduce the consumption of harmful substances that also pollute the environment. Ecological agriculture helps in the long-term preservation of the quality of soil and agricultural land, while lowering emissions of CO2 and methane, stored in the ground, which accumulates during industrial farming.



4. CONSUME MORE PLANT SOURCE FOODS THAN ANIMAL SOURCE FOODS.

Processing of animal source foods consumes more energy. Livestock breeding (esp. cattle farming) is one of the critical polluters from the aspect of methane emissions and excessive water consumption during breeding. Consume milk and milk products in moderation, as they remain an important source of protein, calcium, and essential amino acids, despite the energy wasteful production processes.



5. PURCHASE ONLY FISH FROM SUSTAINABLE SOURCES. ONCE TO TWICE A WEEK.

When buying fish pay attention to the origin. Avoid fish caught in endangered or polluted areas or fish that need to travel to your plate from the distant oceans. A wide variety of fish from our Adriatic sea offers a range of flavours and healthy bites.



6. SELECT MORE WHOLE-GRAIN PRODUCTS FROM KNOWN SOURCES.

Growing of whole-grain products usually requires less energy than the processed or refined wheats. Whole-grain products are usually less processed and contain higher levels of fibres, vitamins and anti-oxidants.



7. ALWAYS CARRY A HIGH-QUALITY COTTON BAG,

as it will accompany you for years and help you refrain from purchasing single-use plastic bags. When selecting your foods pay attention to the type of packaging and select packaging made from paper or light plastic. You will also help save the environment (and lower your bill), if you buy specific foods in larger packaging and store them properly at home.



8. DRINK TAP WATER.

Use your bottle and help reduce the volume of waste plastic bottles. The quality of tap water in Slovenia is mostly very high.



9. MAKE SURE THAT YOU STORE FOODS CORRECTLY AND CHECK THEIR SHELF LIFE.

Due to statutory provisions governing the shelf life of foods to statutory provisions governing the shelf life of foods, we often find ourselves with food that is still completely edible. "Use by" date marks until when a food is suitable for consumption, while the "Best before" date marks the limit, when the food starts losing its expected quality, i.e. freshness, taste and texture; however, such foods can still be completely edible.

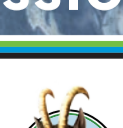


LET YOUR STEP BECOME A PART OF THE RELAY RACE! PASS THE MESSAGE!

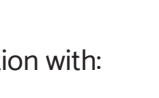
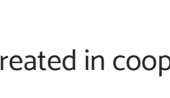
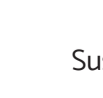


The report of the International Panel for Climate Change (IPCC August, 2021) clearly states that climate warming is the result of human activity. Don't turn a blind eye. This is my, your, our problem. Take action! Accept the challenge! Inspire your friend, neighbour, mother, acquaintance and trigger the wave of change. Together we can move mountains!

You can find more content on Facebook and Instagram under the #belivrhovi and #misijalednik tags.



Sustainable steps were created in cooperation with:



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