

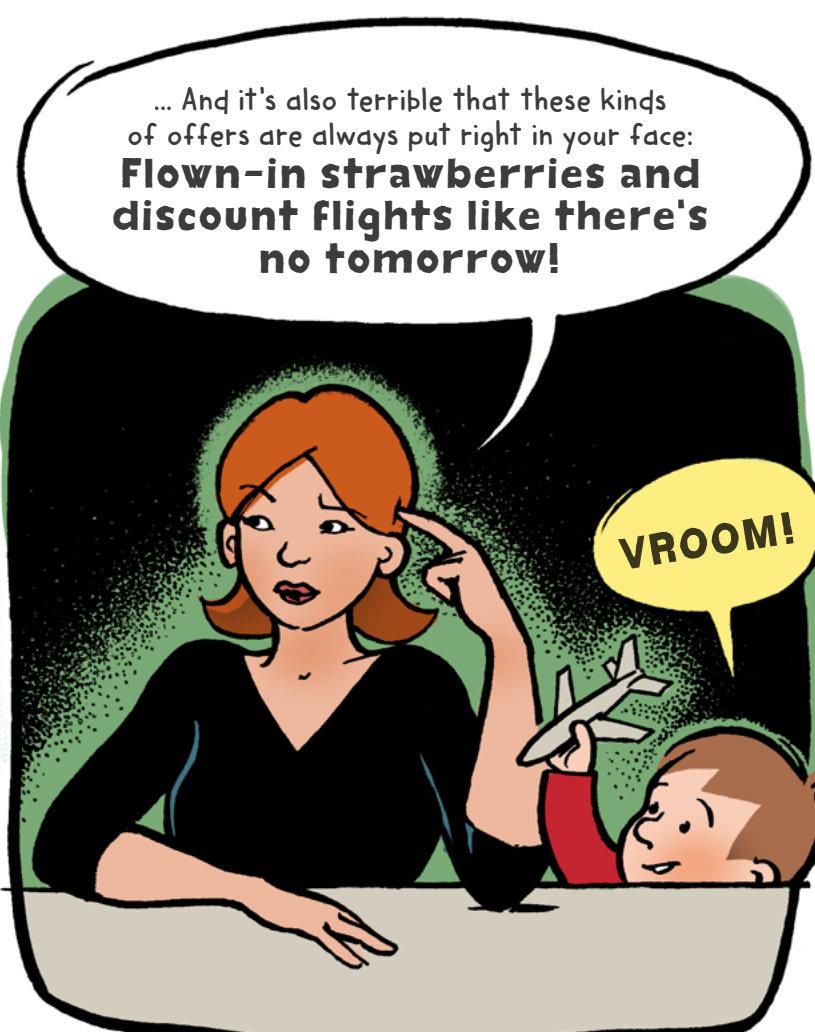


CHIARA, 31 years old:

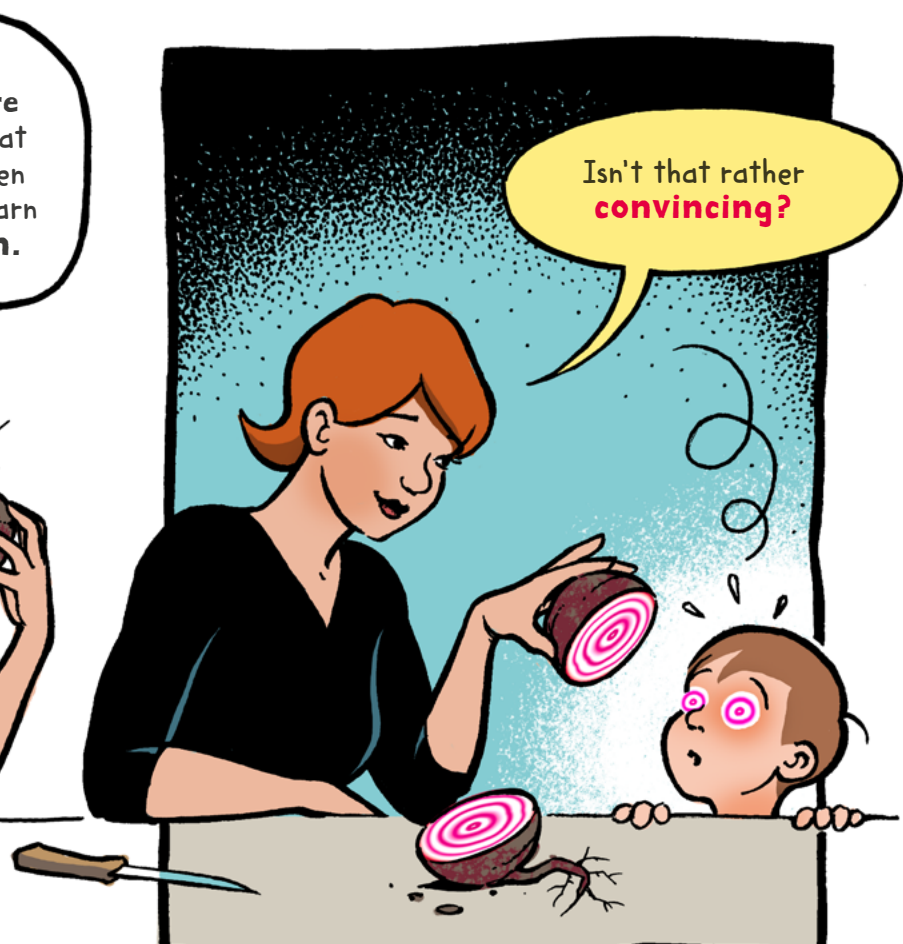
MORE SUSTAINABLE ENJOYMENT — THIS IS HOW IT WORKS!

What we eat and buy has an impact on our health, the environment, the economy, and on humans and animals — both in Switzerland and in other countries. How can we make sure our influence is as positive as possible? How can we eat in a way that is healthy and sustainable? Here are some ideas...

(5) Down-to-Earth

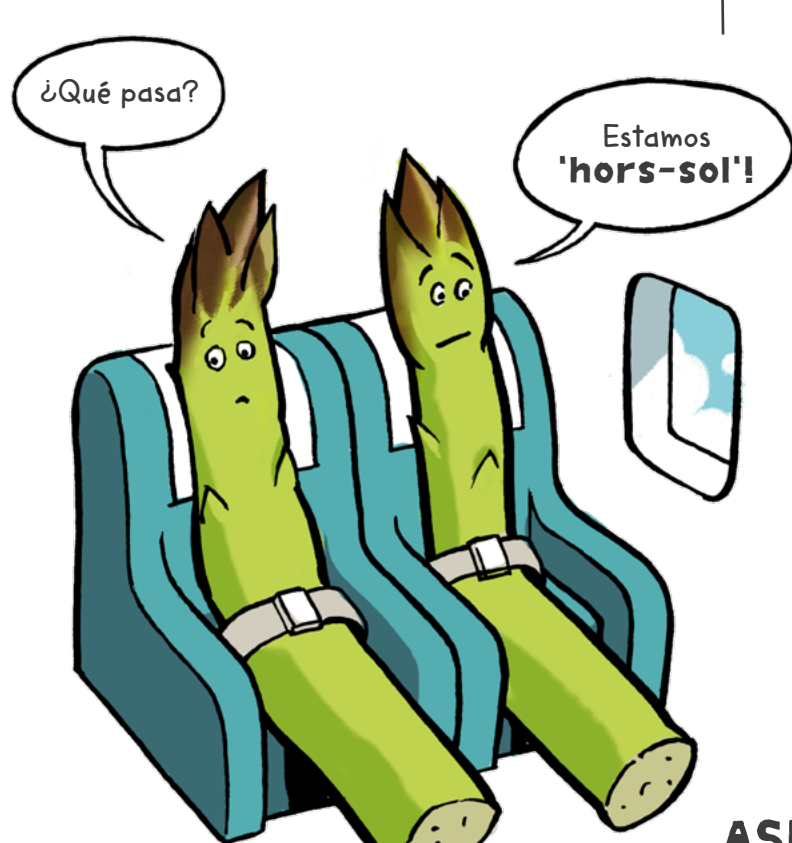


«... It's for example important to me to know, where our food comes from and how it was produced. That's why we have a box of vegetables delivered each week that are gathered fresh from the field by a farmer in a nearby village.»



Opt for seasonal vegetables:

Avoid products that are flown in:

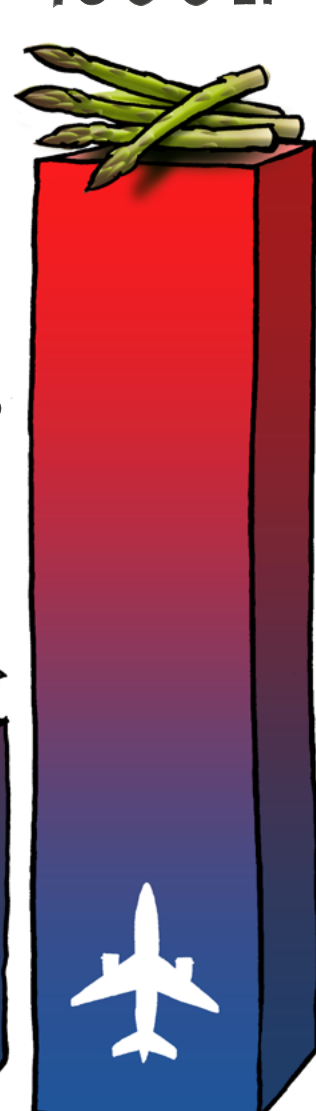
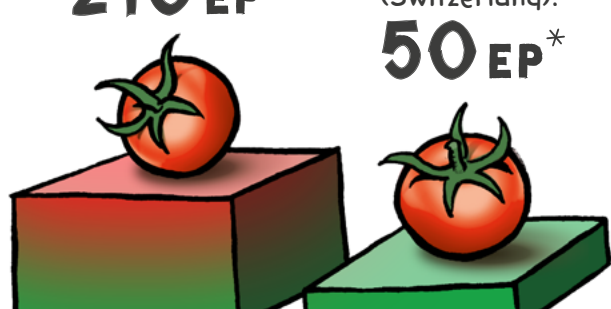


ASPARAGUS
Flown in
(from South America):
1800 EP*

ASPARAGUS
by lorry
(from Europe):
630 EP*

MARCH TOMATOES
from heated greenhouses (Switzerland):
210 EP*

APRIL TOMATOES
from unheated greenhouses (Switzerland):
50 EP*



* The columns show the **eco points (EP)** per portion (120 g). The EP summarize the various environmental impacts of a product. Source: ZHAW (2019). Agri-food Database, www.zhaw.ch/IUNR/agri-food. Wädenswil: ZHAW Institut für Umwelt und Natürliche Ressourcen (Institute for the Environment and Natural Resources).

Tips:

Avoid foods like vegetables, fruits or meat that are flown in by aeroplane.

Eat fruits and vegetables that are in season. Choose fruits and vegetables that are currently in season in Switzerland and are from open-field cultivation. See also: www.wwf.ch/saison

Support local agricultural businesses by shopping at the market or subscribing to receive a box of vegetables from a community agricultural business.

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The contents of this comic are based on the research project "Sustainable and healthy diets", which was sponsored by the Swiss National Science Foundation.



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