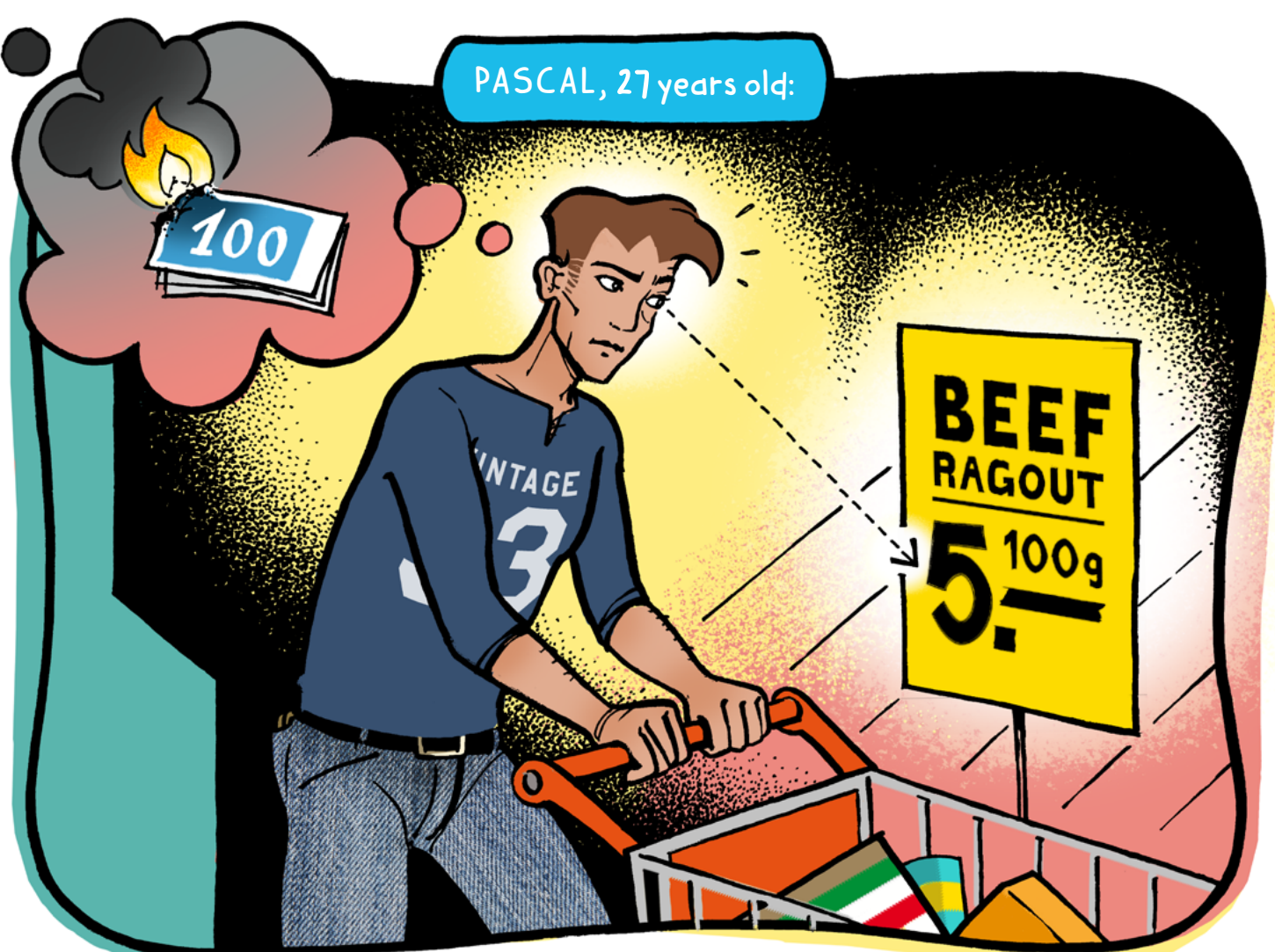


PASCAL, 27 years old:



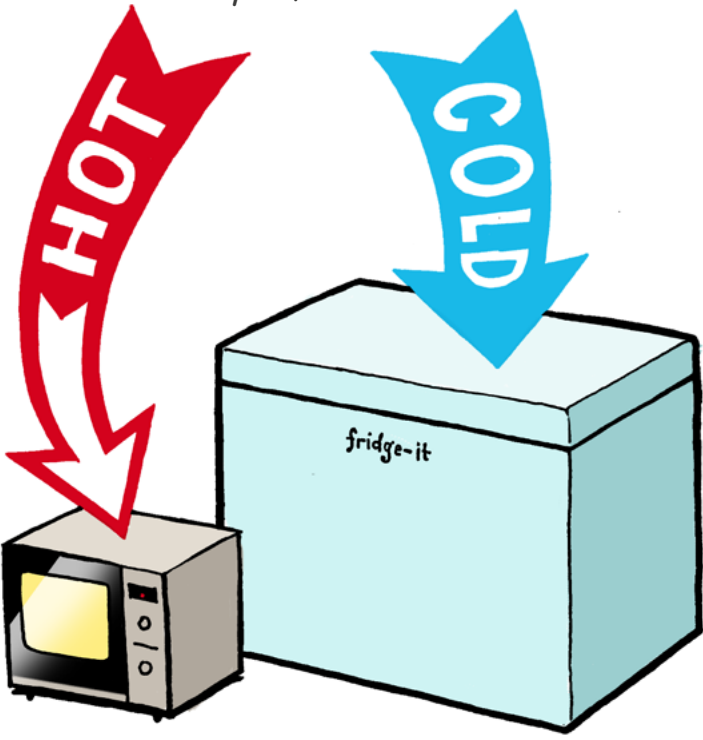
## MORE SUSTAINABLE ENJOYMENT — THIS IS HOW IT WORKS!

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 ...

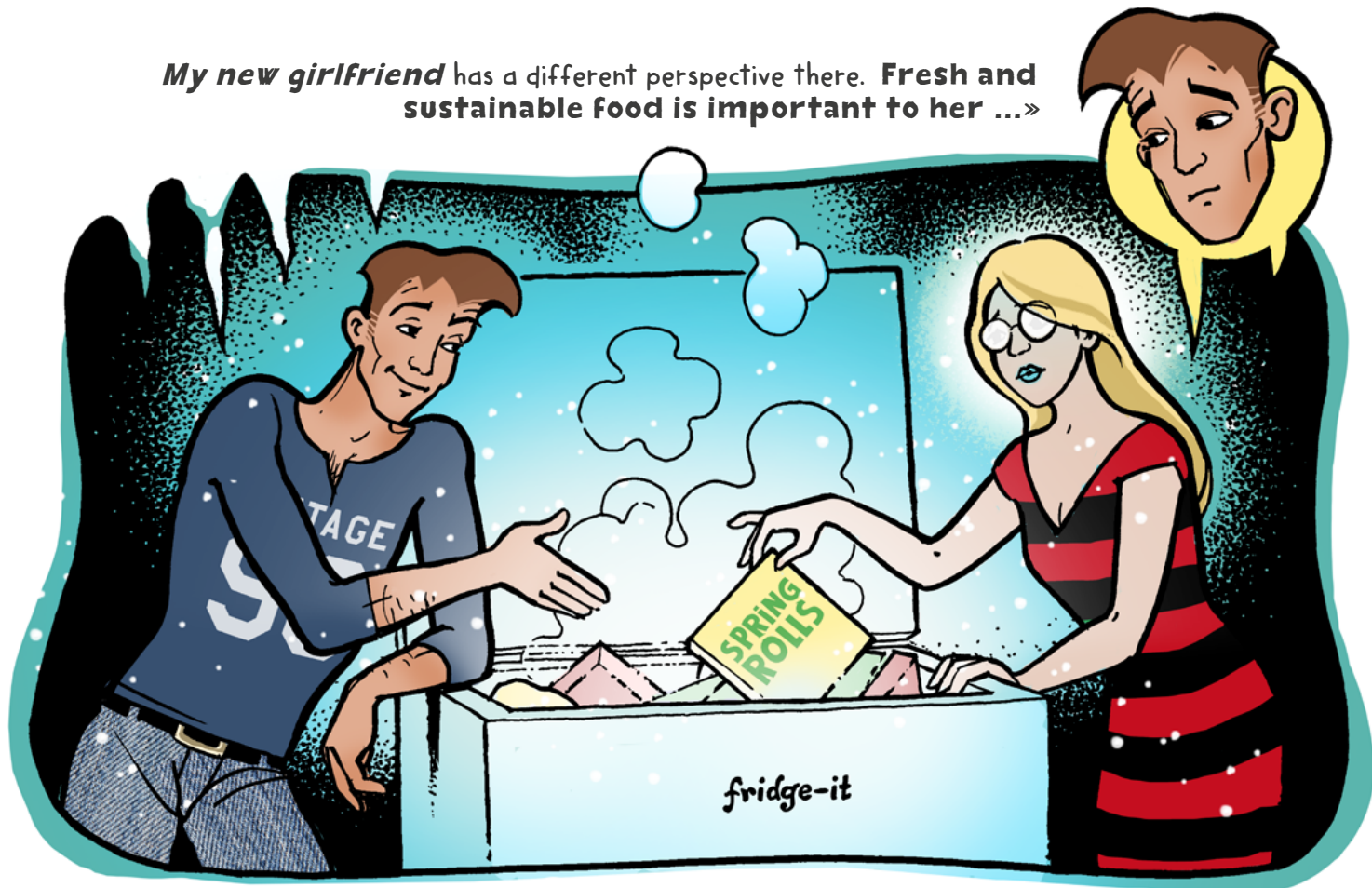
### (6) The Penny Pincher

Okay. I'll admit it: I think food is too expensive here! And after work I just want to have something to sink my teeth into. I don't want to spend a lot of time preparing something in the kitchen ...

«... That's why the most important utensils in my kitchen are my **mikrowave** and a **freezer** full of **ready-to-eat meals**: Easy and efficient!...»



My new girlfriend has a different perspective there. **Fresh and sustainable food is important to her ...»**



«... Last week she surprised me with a **Candle-lit-Dinner** and **showed me how much it all cost**. I was amazed, and she said: 'If you plan out your shopping a little, avoid food waste, do some things on your own in the kitchen and don't eat meat every day, you can have sustainable food that's **also low-price**!...»



... Well. I'd like to meet the guy she wouldn't be able to persuade, **but her facts and figures convinced me!** ... I'm gradually getting into it and have found myself **washing lettuce** (it was otherwise bought bagged) or **preparing a pizza** (I used to grab one ready-made out of the freezer) ...

... OMG, what am I doing here? **Cleaning mushrooms?!?** Maybe I have to check what my girlfriend is putting in my morning cup of "ginger tea"...



## Tips:

Eating sustainably doesn't have to be expensive.

Cook for yourself as often as you can.

Replace **expensive meat** with fine meals that use legumes, nuts, tofu or other plant-based foods.

Opt for **seasonal** vegetables and fruits.

Make do without **trendy superfood** flown in from abroad. There are usually native alternatives that are just as healthy and much cheaper.

Save money by avoiding **Food waste**.

Make use of food sharing.  
You can find local initiatives at [www.foodwaste.ch](http://www.foodwaste.ch)

Drink **water from the tap**.

## MORE SUSTAINABLE ENJOYMENT — THIS IS HOW IT WORKS!

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