


>>> NEWSLETTER <<<

8 WAYS TO EAT TO SAVE THE PLANET



 Sustainability: Your diet impacts the planet. A Cambridge University study confirms that shifting to a sustainable diet is vital for fighting climate change and reducing obesity.

What We Aim to Achieve:

1 Promoting Planet-friendly choices: we want to inspire students to make eco-conscious food choices such as avoiding food waste and being more aware of food impact on the environment.

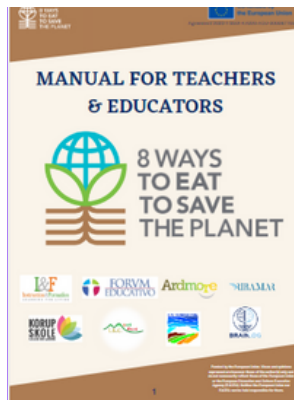
2 Fighting childhood obesity: we want to empower young generations with knowledge about healthy eating habits and nutrition in order to reduce obesity rates and bad eating habits.

Join us in this exciting venture as we work towards a greener and healthier tomorrow;

**WHAT IS OUR
PROJECT
ABOUT?**

PROJECT ACTIVITIES

To achieve these goals, we have outlined the following materials:



Manual for Teachers and Educators: This comprehensive manual provides educators with the knowledge and resources needed to teach students about the eight foods that have the most significant environmental impact. It will also include guidance on promoting healthy habits among students.

Theatrical Techniques and Plays: We recognize the power of the arts in education. As part of our project, we have developed a segment on improvisation theatre techniques designed to engage students and enhance their understanding of sustainable food choices.



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