



NEWSLETTER



8 WAYS TO EAT TO SAVE THE PLANET



**RECIPE
ONLINE TOOL**

We are excited to introduce our newly designed online recipe book, a culmination of collaborative efforts from Spain, Italy, Denmark, and Ireland. This unique collection features a variety of healthy and environmentally friendly recipes, showcasing the diverse culinary traditions of each participating country. Each recipe is crafted to not only delight your palate but also to promote sustainable eating practices that benefit our planet.

Our online recipe book is more than just a collection of delicious dishes; it is a testament to the power of cross-cultural collaboration in fostering a healthier and greener future.

PROJECT ACTIVITIES



By incorporating local ingredients and traditional cooking methods, these recipes aim to reduce the environmental impact of our food choices while celebrating the rich gastronomic heritage of our partner nations. Explore the flavors of Spain, Italy, Denmark, and Ireland, and join us in our mission to eat sustainably and protect our planet by clicking [here](#)

We are thrilled to launch our online recipe book, featuring healthy and eco-friendly recipes from Spain, Italy, Denmark, and Ireland. This collection highlights the culinary traditions of each country, promoting sustainable eating practices. Enjoy these diverse and delicious recipes that benefit both your health and the environment.



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