Every time we decide what to eat, we are also choosing to take care of or to destroy our planet.

- Avoid processed and plastic-packaged products.
- Educate for responsible consumption and promote it.
- Avoid processed and plastic-packaged products.
- Practice seasonal and proximity diet.
- Know where your food come from.
- Join consumer groups.

FAMILY FARMING IS KEY TO SUSTAINABLE DEVELOPMENT

- More than 80% of the world’s farms produce on a small scale.
- Family farming is linked to all the Sustainable Development Goals (SDGs), representing 72% of the Agenda 2030 targets.

AGENDA 2030

17 SDG

JUDGE: ANALYSE THE FACT

"Appreciate the diversity of our world."

Green Decalogue

ACT: COMMIT TO A SUSTAINABLE AND RESPONSIBLE FOOD

- Consume more fruits, vegetables, less meat and diary.
- Waste less.
- Choose fair trade products.
- Educate for responsible consumption and promote it.
- Practice seasonal and proximity diet.
- Know where your food come from.
- Join consumer groups.

There are many more proposals. Visit www.enlazateporlajusticia.org/en and look for the FOOD document #CuidaPlanetaCombatePobreza