

WHAT CAN WE DO?

As a consumer: I can start to shop less with plastic bags. So, they don't end up in oceans, at this way we can also protect the underwater life.

Second: Stop eating meat or trying to eat less. Because that's the only way to stop supporting livestock farming.

Third: Learn how to cook. To you do not need to order everything online. So, we can reduce a little bit of co2, not much but a little.

As a citizen: Reduction of food waste. We could start to order less food at restaurants, so they aren't obliged to throw it away. The same thing at Home not only outside. We must think about outers.

Second: Schools should start programmes about nutrition. It's important to let children known, what they body need to grow and to start a fresh day with good energy. Besides of candy, chocolate or unhealthy chips.

Third: Teaching children food preparation. Just a good idea to show young kids how to treat them self's with good and healthy food or snack in between.