

B6 - What can we do?

The first step you should take as a consumer is to teach yourself how to cook, because if you can cook you don't have to buy a lot of ready-to-eat food, so you can buy a lot of things locally. Because most of the things you need to cook that are healthy you can buy locally.

As a citizen you should be taught more about this in school, so some students learn to appreciate the food they have earlier and buy locally much earlier. Another point that could be linked to this would be a school garden so that you can see at a glance what you could have at home without having to go to a shop, so that you could become independent earlier.