

B6 - What can we do?

As a consumer:

→ Reduce or completely renounce meat consumption

- ◆ Meanwhile there are so many ways to replace meat with tofu or soy, for example.
- ◆ Meat substitute tastes mostly identical
- ◆ You don't have to do without McDonalds etc, because there are also vegan and vegetarian alternatives

As a citizen:

→ Grow vegetables, fruit and herbs yourself

- ◆ You can find out on the Internet when which fruits and vegetables are best grown
- ◆ You do not need a large greenhouse, it works in the garden or on the balcony
- ◆ It is a cool project for children and the whole family