Tips & Tricks for an environmentally friendly Diet

Carrots Saving the World
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People tend to eat several times a day. This can involve big meals or quick grab-and-go snacks. But no matter what we eat, our food comes from nature and requires energy, water and earth to become available. This also applies to a chocolate bar, with its nuts and almonds. If we take a moment to think about it, we will soon realise how deeply food influences not only our physical well-being, but also nature and the environment - and not only in Germany. This is because our food ingredients, along with the feedstuffs for our pigs, cows and chickens come from all over the world, meaning there is a relation between what we eat and nature with its living beings in every country of the planet.
The good news is: being generally able to decide what goes on our plates also means having the power to protect the nature and habitat of animals and human beings elsewhere. But what can we do?

We can, for instance, follow the advice of the German Nutrition Society (DGE) and avoid eating meat more than once or twice a week. By doing so, we will be considerably reducing our ecological footprint (you will find a brief explanation of this at page 8). On top of this, you will also enjoy a healthier life, as studies have shown. If, for example, the Germans refrained from their breaded cutlet once a week, 600,000 ha of land required for food production could be saved, which equates to 600,000 football pitches. This would also reduce greenhouse gas emissions by a significant amount - almost 9 million tons. Saving up to such amount equates to a family of four renouncing to a car journey of more than 3,600 km. This clearly demonstrates that on the whole, small changes can lead to noticeable effects.
We will also tackle the importance of purchasing the exact amount of food we are actually able to consume and reusing our leftovers, and how this will highly benefit our energy, water and earth resources.

So there are no limits to your own creative ideas. Participate, have fun and do yourself and the environment a favour.

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International Agricultural Policy

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Head of Environmental Education
A healthy diet is good for people's well-being, as well as for the climate.

Healthy means:
less meat and more fruit, vegetables and grains.

Out of all food, meat has the greatest impact on our land and climate. Every year, one German consumes an average of 88 kilos of meat. In the course of his life, he forks 1,094 animals in his plate: 4 cows and calves, 4 sheep, 12 geese, 37 ducks, 46 turkeys, 46 pigs and 945 chickens. This is a huge amount.

For a healthy and balanced diet, the German Nutrition Society (DGE) recommends eating meat only once or twice a week. By following this, we could reduce our diet's ecological footprint by nearly 14 percent and avoid the release of greenhouse gas emissions in the order of 27 million tons CO₂-equivalents. This equals to the emissions caused by 2.3 new cars, based on a total mileage of 100,000 km.

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Are you looking to achieve a better Diet? Find intensive Livestock Farming disgusting? Not quite sure where to start?

This booklet will help you. Clearly, in order to eat in a way that is climate-compatible, there is no need to turn your whole diet upside down. You don't even have to give up your food's tastiness and variety, nor necessarily spend more money. Your pantry at home may remain as it is. It will be enough to change some of the things you eat once in a while, appreciate your food, and pay attention to where it comes from. In brief: start questioning your dietary habits.

By achieving this, not only will you become acquainted with new foods and flavours, but you will also get much more out of your eating, shopping and cooking. Promise! In the following pages we will show you how.

The Ecological Footprint – What is that exactly?
Everything we use requires resources, raw materials and energy that come from nature and need land: wood, which requires forest areas; bread, whose grains need arable land; even consumer goods such as mobile phones - for the metals they are made with, for their production factories, for the (air)ports from which such devices are transported to the different parts of the world - necessitate land for their production, which is taken from nature. In brief: the ecological footprint measures the quantities of land and sea required to support our lifestyle and everyday needs. (Find more information about the "Ecological Footprint" in the film available in German “Fleisch frisst Land” at: wwf.de/e-learning-fleischfrisstland.)
How is this booklet structured?

This guide to an environmentally friendly and healthy diet is divided in four chapters. Each chapter tackles a specific place or situation, in which people normally eat.

**At Home:** How can you prevent food from ending up in the waste bin? What is the best way to store your food? What do best before and use by dates really mean? What should you pay attention to when cooking for yourselves, with friends or for your parents? And what can you learn from your grandmother's cooking?

**Out and About:** You get hungry, you feel like having a snack and so you go to a restaurant or takeaway: there are a few small changes that will make you achieve a lot.

**Shopping:** Where do your meals come from? Which of the foods we purchase are climate killers? Have you ever looked for more healthy alternatives when shopping at the supermarket?

**At School, in the Refectory and in the Canteen:** What simple measures can be carried out to improve your canteen’s food options? What are the differences between a healthy and climate-friendly meal and an unhealthy and climate-damaging one? And how does this relate to portion sizes?
The measures introduced in each section produce different effects. On the side of every page you will be able to see how the different tips affect our planet. The different smiley faces are a rough orientation.

A red one next to the tip means:

- hardly any change.

Orange indicates:

- that's a start.

Green stands for:

- makes a big difference.

If you wish to deepen your knowledge, take a look at the WWF studies. You will find them under “Meat eats Land” (wwf.de/meateatsland), “Tons for the Trash” (wwf.de/tonsforthetrash), “Climate change on your plate” (wwf.de/climatechangeonyourplate) and the infofilm available in German at wwf.de/e-learning-fleischfrisstland.
At Home

There is no way around the fact that our strongly meat-based diet is at the expense of our environment and health. The cultivation and production of food require land (earth), water and energy. This often has a negative impact on other countries' nature. Through its production, storage, transport etc., all food produces emissions, releasing CO₂ in the atmosphere.
Meat consumption is not the only thing damaging the environment. Our dietary habits are also causing problems: 25 percent of the food people purchase in Germany ends up in the waste bin. 6.6 million tons of food are thrown out every year by consumers. Calculated individually, this accounts for 80 kilos of food wastage in twelve months. Only 30 kilos are unavoidable, which represent proper garbage, like animal bones or fruit and vegetable skins. The remaining 50 kilos are thrown out because the food has lost its impeccable appearance or because the consumers don't know how to use it. Land destruction, water and energy usage and air pollution for its production could have therefore been avoided - such resources were simply wasted.
Food wastage also impacts people's wallets: a family of four could save up to 1,200 Euro a year if only they bought what they really intend to eat. Every German throws an average of 80 kilos of food in the waste bin, which accounts for more than 300 Euro.

**What can you do about this?**

Check your stocks at home before purchasing new food. Don't go shopping with an empty stomach! If you have food at home, but you are not sure how to prepare it, look for suggestions on the Internet at [zugutfuerdietonne.de](http://zugutfuerdietonne.de) or on the Beste-Reste-App. You can type in the name of your ingredients under Recipes for Leftovers and find the right recipe for you, sometimes from top chefs! It's good fun and they taste delicious. You will find the German App at the link zugutfuerdietonne.de/app, or by typing “Zugut für die Tonne” in the App or Play-Store. Alternatively, type in your leftovers on [foodsharing.de](http://foodsharing.de). Someone nearby might be missing just what you were wanting to get rid of.
Look at the **best before date** - but do it correctly. You'll find the date on the lid, edge or bottom of the packaging. It tells you until when a product will retain *at least* its quality - so flavour, appearance, texture and odour. After this date the food shouldn’t be thrown out immediately, as it can often be consumed without hesitation. You can normally tell food is off if it looks and smells differently. So trust your senses and don't throw everything out straight away just because the best before date has expired. It is also important that the food is properly stored in order to retain its quality for longer.

The **use by date** is quite another thing: you will find this on the packaging of food that goes off quickly, such as minced meat and poultry or unpasteurised cheeses. You shouldn't eat these products after their expiry date, as this could affect your health. Right next to the use by date there will also be instructions on how to store the food correctly.
This brings us straight to our next point: Proper food storage. Does your food get easily mouldy? It's probably because you're not storing it correctly.

Let us give you some examples. **Exotic fruits** such as pineapples, mangos, kiwis, avocados and figs like to be stored in cool places, at approximately 16 degrees. This means keeping them in the cool kitchen instead of the warm living room. Also, you shouldn't pile fruits on top of each other, as this will create marks. In this way they will keep for a few days.

**Bananas**: they need light and a temperature of approx. 16 degrees. They will keep for up to a week but you should keep them away from ripening apples and tomatoes.

**Bread**: should ideally be stored at room temperature and in the dark, in a bread bin or clay jar. Depending on the type, it should keep for a week. It offers less surface for mould to attack when it's not sliced.

**Fruit juice**: store in a cool and dark place. You can keep it unopened for up to six months, once opened it needs to be consumed within four days. Odour and taste will tell you if juice is still good or if it has gone off.
Potatoes, Pumpkins: Potatoes and pumpkins should be stored in a cool, dark, dry and airy place. In optimal storage conditions, they can keep for up to several months.

Would you like to learn more?
Find more tips about correct food storage and preparation at:
vz-nrw.de/Lebensmittel or
was-wir-essen.de/zubereitung/lagerung_frisch.php
Stay away from ready-made products! Although they are undoubtedly easier to prepare, they are much more expensive than a self-prepared meal. Frozen Lasagnas and ready-made Gulash from the refrigerated shelf not only have a considerably large land footprint, but also a big climate one. This is because of the large amount of energy required for the further processing and storage of such foods. For the same money you can cook them by yourself using fresh ingredients and usually get more out of the pot.

The many additives used are another reason to avoid ready-made products. Artificial colourings make products look fresher and tastier. Flavour enhancers and artificial flavourings strengthen their original taste, while preservatives are used to extend their shelf life. Other additives provide for a more appealing texture. Such additives are now standard. However we are talking about pure chemicals, which often don't even appear in the nutritional information on the packaging. You might recall the scandal that interested the media for a while. A lot of ready-made products contained horse meat, although this was not reported on the packaging. By cooking your own food, you will have a better control over what you are eating.

Not feeling confident enough in the kitchen? Here you’ll find a lot of very easy and unusual ideas for recipes:

foodwatch.org/de, slowfood.de blinde-kuh.de/kueche
Introduce a Meat Free Day in your homes. Instead of a liver sausage or turkey breast you could have a cheese sandwich with tomatoes and cucumbers. Make yourself some pasta with tomato sauce or a vegetarian mushroom pizza for lunch, and have a salad or a potato soup for dinner. It will be just a slight adjustment to your diet, but over the years it will make a great difference to the environment.

Short of ideas for tasty vegetarian meals? Here is some information and recipes for your meat-free dishes:

vebu.de, vegetarische-rezepte.com

Don't throw out your leftovers immediately. Have you prepared more than what you needed and don't fancy eating it again the next day? Then freeze it. You might feel like having that meal again in two weeks and won't have to worry about going shopping or cooking from scratch. You don't have a freezer in your house or you have no space left? You can opt for the energy saving alternative to freezing: pour the food still hot in a screw top jar, then topple it upside down and leave it to cool. The food will keep in the fridge for up to two weeks.

You can also easily share your leftovers with others on the foodsharing.de website: simply type in what you have. Instead of throwing your plate of Lasagna or stew in the waste bin, you could make someone happy and satisfied.
This also works the other way round: if you are missing some ingredients and it's too late to go to the supermarket, you can type them on foodsharing.de. Someone else might have just the ingredients you are looking for. This will help you get rid of your leftovers - and also get to know all the friendly neighbours.

Leftovers App: zugutfuerdietonne.de/app

Rule of thumb:
1. Check your supplies before purchasing new food and think about how to reuse your leftovers sensibly.

2. Make sure you store your food correctly and follow the best before date and use by date.

3. Avoid ready-made products and meat-laden dishes.
Reminder: the German Nutrition Society (DGE) recommends eating no more than 600 g of meat per week. This is nearly half of what is currently ending up on most of people's plates in Germany. The DGE also advises to substitute meat with vegetables and grains more often. This also applies when eating at takeaways, in restaurants or bistros. The tricky thing about such places is that you can get a lot of meat for little money and hardly any healthy alternatives.

What can you do about this?

Avoid dishes that are high in meat. Of course it's not as if you can peek into the pot or consult the nutritional information. However, the rule of thumb is: compared to meat-laden meals, plates with a high amount of vegetables, grains or pulse are a lot better for the climate and land footprint, meaning also for the CO2 balance.
This is clearly demonstrated by the examples from Uwe and Tanja’s show (wwf.de/e-learning-fleischfrisstland):

- **94 %**

  Your average hamburger requires 3.61 m² of land. The meat alone counts for 3.39 m².

- **72 %**

  Pork roast with red cabbage and potato dumplings requires 3.12 m². The meat is responsible for 2.25 m².

- **87 %**

  A Bratwurst hot dog requires 2.26 m². The meat needs 1.97 m².

- **56 %**

  Chicken curry with rice and vegetables needs 1.36 m², of which 0.76 m² is for the meat.

- On the other hand, spaghetti with tomato sauce only require 0.46 m² of land.
The calculation of greenhouse gas emissions shows that: if the dish has a high meat content, then this value is high. If you swap your XXL breaded cutlet with a jacket potato when you are at the restaurant, and instead of the huge grilled sausage you get a chicken fricassee with rice, you’ll be doing something good for the world.
The words “XXL breaded cutlet” and “huge grilled sausage” have brought us to our next subject. In the food service industry portions are often too generous. Especially at catering events and buffets food is prepared in large quantities. The consequences are: what doesn't get eaten goes in the waste bin. If you are at a buffet in a restaurant there is obviously not much you can do with your order as a guest.

But you should generally try and order smaller portions if you are not feeling very hungry. Often you get full more easily than what you had expected before eating. You might have noticed that top chefs often only serve small portions. And their guests certainly don’t go home with a rumbling stomach. This is because of the food’s high quality ingredients, which are able to provide the body with everything it needs, and the eye, as you know, also has its part.

When you are in a restaurant you can ask for a doggy bag to pack what you can’t finish, without feeling guilty. It is also for hygienic reasons that restaurants cannot recycle their guest's leftovers and have to throw them out.

**Beware of Cheap Chains** When it comes to eating, quality has its price. When you get a thick hamburger for two Euro in a fast-food, or an XXL breaded cutlet for five, there is a high chance the meat comes from intensive livestock farming and they use processed foods.
It's impossible to buy organic meat or vegetables and prepare them freshly for a small amount of money. To be sure that the potato puree on your plate is homemade and that your sauce contains as few artificial ingredients as possible, you'll have to look for different restaurants and be prepared to spend a little more.
Enjoy world cuisine! Drop by Arab, Asian or Indian takeaways, you'll find a lot of meat-free and tasty alternatives to the typical German dishes. Just make sure they don't use glutamate: it's a flavour enhancer with a very bad reputation. Just ask when you order.

Avoid Sugary Drinks and Soft Drinks. Are afternoon coffee and cake a must? Try and substitute these snacks with an apple or a banana. You will notice this will reduce your mid-afternoon slump much quicker than coffee and sugar, as vegetables contain a lot of enzymes that will help your digestion. A short walk in the fresh air might also be a good alternative when you are struggling to concentrate.

The desired stimulant effect of soft drinks often doesn't last very long. The food industry mixes a lot of artificial flavourings, a good amount of sugar and sweeteners, preservatives, colourings and additives into these foods, which can be ingested rapidly. This is because when you get hungry at a kiosk or find yourself shopping at the petrol station, you will be easily persuaded to buy something that stands out on the shelves, is supposedly cheap, and assures an intense taste. In this way you end up buying more snacks than what you really wanted. Many foods we consume every day already contain sugar, like bakery goods for instance.
Every German consumes approx. 13 kilos of sugar per year. Sugar wakes you up quickly, but pushes you back into weariness just as rapidly. The consequence is that not much time will have passed before you start craving for something sugary again, and too much sugar isn't good for you. So you should also make sure the snacks you have while you're out are good for you once you’ve eaten them.

Besides, you're body will enjoy it even more if you take your time eating, instead of nervously rushing through your chocolate bar and soft drink. It will be able to process the nutrients much better.

Rule of thumb:

When having a meal at a restaurant, go for dishes with a low meat content. Avoid XXL breaded cutlets and cheap hamburgers. Look out for meat-free alternatives in the Arabic, Asian and Indian cuisines.

The sugary snacks and drinks you consume in a rush are extremely heavy for your body. If you are not feeling very hungry, order smaller portions and prevent more food from ending up in the waste bin.
You'll surely be familiar with this: you are missing something you need to prepare the dinner. You run to the Supermarket, but as soon as you arrive you forget what you are there for. You spot many products on the shelves that you could eat and it is only when you reach the till that you realise what you really wanted to buy. And perhaps you realise a couple of days later that you won’t be able to use up all your shopping because your fridge is already far too full. This brings us back to our key word: food wastage.

What can you do about this?

Think about what you really need before heading to the supermarket. Ask yourself what you are really wanting to cook and eat, and what you need to buy. Double check to see what you have in the cupboards and in the freezer, and write down a shopping list. Even a note on your mobile will work. Keep your stocks in mind and plan your shopping accordingly to make sure less food ends up in the rubbish. Never go shopping when you are hungry!

Question Bargains and Advertisements Their interest is for markets and dealers to make more money by persuading the customers to buy more than what they actually want. And that often means more than
they actually need. Your supermarket may sell pre-packaged portions of chopped vegetables. Great, that will save you time and effort, and vegetables are a healthy snack. But these chopped portions don't usually benefit your wallet: they are usually much more expensive than the unprocessed ones. Don't believe it? This has been tested by the consumer advice centre in Hamburg: a chopped and ready-to-eat watermelon for instance, was seven and a half times more expensive than the unprocessed melon in the fruit section. Smaller portions of pre-packed and peeled carrots cost at least five times more than the unpeeled ones. You can find the complete comparison here:

vzhh.de/ernaehrung/133182/Kostenfalle%20Fertiglebensmittel.pdf

Pay attention to the size of the packaging! Does it necessarily have to be the family pack of Cornflakes and chips and the big pack of cheese? It is better and cheaper to go for the smaller packets, if their content is not going to be entirely used and half of it will be thrown out.
Go for Organic Products!
Organic farming helps save resources, is not harmful for the environment and will boost the quality of your food. This is because in the production of organic products, for instance, mineral nitrogen fertilisers as well as pesticides are avoided. This helps protect the earth, water and biodiversity.

oekolandbau.de/kinder
lebensmittelklarheit.de/cps/rde/xchg/
lebensmittelklarheit/hs.xsl/index.htm

Regional information portal about organic food e.g. organic farming:

bio-berlin-brandenburg.de
If you live in Berlin and you don’t have a proper garden, you can plant your own organic vegetables or buy them in the centre of the Kreuzberg quarter. The creators of the “Prinzessinnengaerten” in Moritzplatz also invite nurseries, schools and universities to build and take care of the garden. prinzessinnengarten.net/garten-in-schulen-kindergarten-und-kitas
Opt for Organic Meat, if you want to eat meat. It is more expensive, but its label ensures that the animals are kept in a near-natural environment and haven’t been fattened up and forced to eat. If you are looking for “better” meat, also white meat will do. It comes from animals that are allowed to be in the meadow all year round.

An organic seal of approval is displayed on the packaging of organic products, to indicate that the meat comes from a near-natural environment. Nowadays there is even more information you can get from the seal. Find out what good meat really is by having a look at: wwf.de/fileadmin/fm-wwf/Publikationen-PDF/Vergleich_Kriterien_13102011.pdf

You want to be sure that the breaded cutlet on your plate doesn’t come from intensive pig farming? At meinekleinefarm.org you can retrace the history of the pig you will be eating later on - from the farming to its slaughtering. These projects are intended to develop respect for the animals and a higher appreciation of “meat” as food.
Buy Regional Products!

Are you able to go in the garden and pick your apples and pears directly from the tree, and store them dry and fresh in the cellar at home? Perfect! There is no better and more environmentally friendly way to provide your own food.

When food is transported by air, its CO2 footprint increases considerably. The main fish varieties that sometimes arrive by airfreight are, for instance, Nile perch, tuna, salmon and seafood. Other products that can reach Germany by airfreight, are for example, asparagus, grapes and strawberries from South America or South Africa, as well as tropical fruits such as pineapples, mangos, papayas or kiwis. Also beef from Argentina or lamb from New Zealand can be sent on a plane. As there is currently no obligation to label the products that get to our shelves by air-freight, the less we buy, the better for the climate.
You don’t have a cellar to store a big amount of apples? Then why not make a compote out of your garden’s apples? This tasty and healthy snack is quick to make. Obviously the same can be done with your regional farmers' products: buy the fruit when it's ripe and boil it.

Find tips on how to boil and store your food correctly

here: was-wir-essen.de/

zubereitung/haltbare-machen.php
**Choose Seasonal Products** Those who buy fresh strawberries in winter will agree that they don't come from Germany and are being transported over great distances before getting there. The fruit is hardly as tasty as the one you can pick in Germany in summer.

If you ask about how your grandmother used to cook, you will find out that she relied mostly on just ripened fruit and vegetables from her garden. Back then, the refrigerating systems which allow to transport food around the whole world easily and cheaply, were not as sophisticated. If there had been for instance a potato harvest, there would have been different potato dishes for the following weeks, and the leftover tubers would have been bottled or kept in the cellar. The positive side was that you always knew exactly what you were eating, besides learning how to treat food carefully. You weren’t able to go out and buy food at all times. This was great for the ecobalance. Something to learn from.

It is always best to buy seasonal and regional products. By eating products from your region, which have truly just been harvested and not stored for a long time, you will be doing a lot for the environment. This way you will avoid unnecessary environmental damage, long transport and a high water and energy consumption.

To find out the right time to buy certain fruit and vegetables have a look at: wwf.de/Saisonkalender
Ask people! You want to know more about the cheese at the counter or the food on the shelves? Ask people at the supermarket. The people working behind the counters in well organised supermarkets have the lists of goods readily available and will be able to give you all the information.

Buy something different! The weekly market is a good alternative to the supermarket. Here you will find a lot of fresh food, especially seasonal products. You can ask the vendor directly where his products come from and how they are produced. Also, with your shop you will be supporting regional vendors.
Support from the Internet

Free vegetables: The users of the Internet portal mundraub.org mark down on a map the position of abandoned fruit trees and bushes from which people are allowed to serve themselves. This enables an extremely easy access to seasonal products, that can be picked during a pleasant trip with friends.

What am I really eating? Here is some information on different foods, with their provenance and additives. You will also find a lot of seasonal tips.

was-wir-essen.de/tipp-der-saison.php

How can you make your nutrition cheap and healthy? How can you tell when a pumpkin is ripe? And why do chickens lay so many eggs? You will find the answer to all these questions on the subject of nutrition in the short articles on this page.

foodwatch.org/de

They call themselves “the food savers”: the foodwatch user-organisation fights for the right to safe and healthy food and has also set itself the aim of unmasking the food industry’s commercial lies.
barcoo.com
Barcoo is a user portal. You can find out a lot about everyday products including, for instance, information on the subject of nutrition, health, cosmetics and media. The aim of barcoo is well informed shopping.

codecheck.info
What kind of additives do products contain? With the advice on their page, Codecheck.info wants to help people in their buying decisions. The portal is in collaboration with experts, but also users can share their knowledge about the products.

wegreen.de
Wegreen.de stands for considered and sustainable consumption on the Internet. The platform is meant to allow an easy, clear and well-informed purchase of products, that will not damage the environment or other people.

What does ripe mean? You can find a fruit and vegetable seasonal calendar at
wwf.de/Saisonkalender
Here you will find other tips for a good diet that will benefit the environment:

wwf.de/besseresser

Which symbol stands for what? The website explains the meaning of the symbols that can be found on packaging:

barcoo.com/ratgeber/symbole-verpackung

Help for environmentally friendly nutrition: on the basis of the seasonal nutrition recommendations and of your location and preferences, the Greenlicious App will calculate some healthy and climate-friendly recipes. You can also plan a whole cooking week and write down a shopping list on your mobile phone. Find more information at

greenlicious.org/index.php/de
eaternity.ch

Here you can find ideas for your meat-free day: in addition to the recipes of the week, there is plenty of information about life as a vegetarian or a vegan: vebu.de vegane-beratung.com

Do you want to have a closer look at the food that goes in your stomach? This is also the aim of the Slow-Food movement: slowfood.de
Rule of thumb:

Buy only ingredients that you really need and that you can also use.

Buy preferably the whole apple, not the ready chopped fruit in the plastic containers.

Go for organic products, regional goods and seasonal food.
At School, at Work, in the Refectory/Canteen, in the Cafeteria

Let's go over the facts once again: a meat-free day once a week in Germany would save 595,000 ha of land per year worldwide. This is more than double the territory of the federal state of Saarland. We would therefore substantially reduce our land footprint by giving up meat, besides saving nine million tons of CO$_2$ per year. This equates to the emissions of a car driving around the earth nearly two million times.

What can you do when eating at the refectory? And when they give you ready-made snacks at the kiosk? Push for change, for instance. More and more similar cases (see from page 46) show that you have the power to move the people around you towards a new way of thinking! You won't have to convince all your classmates and teachers to stop eating meat. Speak to the headmaster or directly to the refectory chief. Arrange to have a day with a meat-free alternative on the menu. That way you won’t be forcing anybody to refrain from eating meat, and many people will be encouraged to try a vegetarian dish at least once. There is no need to start off with soya and tofu: potato gratin, pasta with tomato sauce or vegetarian pizza, for instance, are not huge changes.
Would you fancy a small improvement? Establish a vegetarian day in the refectory, in the canteen or in your school. Even if it's only once a month. Calculate how much land and emissions you are saving when, for instance, your school or canteen doesn’t offer meat on that one day a month. It's a small step for you, but a big step for the environment and climate. You could also design a brief information sheet, where you explain why giving up meat is such a good thing for the environment.

Prevent food from ending up in the waste bin. Not feeling very hungry? Then ask for a smaller portion at the refectory counter so that you can prevent your leftovers from ending up the waste bin. They only have ready-made portions at the counter? Then ask the refectory chief to provide portions for the less hungry ones. He will certainly be happy to help less food end up in the waste bin.

Compare Dishes Once again the examples from Uwe and Tanja’s show come to mind. A hamburger requires 3.6 m$^2$ of land, the meat alone requires 3.4 m$^2$. Pork roast with red cabbage and potato dumplings requires 3.1 m$^2$ of land, with the meat being responsible for about 2.3 m$^2$ of this.
Chicken curry with rice and vegetables requires 1.4 m², of which meat is responsible for 0.8 m². A Bratwurst hot dog requires 2.3 m², the meat needs about 2 m². On the other hand, spaghetti with tomato sauce only require 0.5 m² of land.

**Comparison Conclusions:** If the dish is high in meat, it also has a bigger effect on the environment and climate. So try and at least occasionally give up cutlets or sausages. Selecting dishes with a low content of meat is a step forward.

**Get yourself Nutritious Dishes!** Do you get the feeling that canteen food lacks of crunchy vegetables, fresh salads or even fruit? And you've had enough of ready-cooked white pasta? Suggest that your canteen includes alternatives such as whole grain products or a salad bar. Healthy food tastes good and makes you feel full, plus less of it gets thrown out. Even the cook will certainly be happy to receive some tips that will improve the taste of his food.
Avoid Sugary Snacks and Soft Drinks Most of the snacks and lemonades are real calorie bombs, which, at best, will make you feel full. They are mostly loaded with preservatives, colourings and additives. Opt for healthier alternatives, such as fruit or whole wheat bread sandwiches.

Look out for good ways to use your leftovers. Is old fruit often left lying at your refectory or at the school kiosk just because of a brown mark? This certainly has to do with the fact that at the supermarket we are used to seeing shiny and polished fruits, and preferring these. Bent carrots and cucumbers, and other fruit that doesn’t look as fresh any more are discarded - often immediately during harvesting - even though they taste just the same. Gather suggestions for their alternative use! Fruit with a few marks is good for making a nice salad or fruit-shakes, and bent carrots look just the same once they are chopped up. Who runs your refectory or kiosk might appreciate your ideas.
The Lemgo case

Students shake up their Diets

The Karla-Raveh comprehensive school in Lemgo has looked into the subject of climate protection, with focus also on the meat footprint of each individual. The establishment of one meat-free day per week was introduced in no time. In this way regional products play a more powerful roll. The initial doubts were quickly put aside and the vegetarian dishes were well accepted.

The Osnabrück case

(Trainee) Teachers learn how to Cook

Students of the Osnabrück university training to become schoolteachers are intensely carrying out a project called Cookuos on the subject of food, cooking, sustainability and nutrition. They cook and eat together, after purchasing food from the weekly market and from regional partners. Moreover they deal with the subject of nutrition from an academic perspective. The aim of the project: the trainee teachers should pass their knowledge onto the students, spreading consciousness for healthy and sustainable nutrition.

Find more information on the subject at cookuos.de
Case Study: Networking for a good School Meal

Beware, Quality Control!
The German network for school catering association (DNSV) has set itself the aim of improving the meals offered at school. In particular nutrition weeks bring experts to the classes to explain how to eat healthily. Teachers and canteen personnel are also welcome to the meetings.
Find more information at: schulverpflegungev.net
Rule of thumb:

Make sure an alternative to meat is provided every day in your school canteen.

Introduce a vegetarian day in your school. Avoid wasting food at the service counter.

Don’t throw away your sandwich, give it to someone who is hungry or make sure you agree at home what you would fancy taking with you.
Plan unusual Actions

You can become active even when it come to the places and situations described in the last pages, including ordinary meals. Some examples?

**Plan a Cooking Event with friend.** You can give the event a creative motto, like “Rigorously regional” or “All except for meat”. You will certainly make an incredible job with the help of some friends. A lot of them might not even imagine that dishes without meat taste so good or that it makes sense to buy regional products. Surprise yourselves with your results.

**Amaze your parents with a Vegetarian Dish.** They will certainly be happy about not having to cook.

**Cook together with your Family and Friends and try out something new.** A tofu dish for example, or even something with soya. With your cooking, you can invalidate the prejudice about tofu and soya not being very tasty.
Visit Producers from your Region - at the weekly market or at the farm shop for instance. Many producers are happy to welcome groups of visitors into their shops. Basically, there is a lot to find out about the uniqueness of your region. What does a portion of topinambur, parsnips, teltow turnips or purslane sound like?

Harvest and Cook for Free! Search on the mundraub.org portal for the nearest bushes or trees from which people can serve themselves. Pick what is already ripe and use it to prepare a dish together.
Imprint
Publisher: WWF Deutschland, Berlin
First published: April 2014
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Editor: Thomas Köberich
Design: Thomas Schlem
Photo credits: Getty Images,
Daniel Seiffert, Peter Caton/
WWF, Bernd Lammel/WWF,
prinzessinnengarten
Production: Maro Ballach/WW
Print: Druckhaus Kay GmbH
Paper: Mundoplus
(100 % Recyclingpapier)
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Bank for social economy Mainz BIC:
BFSWDE33MNZ

Unser Ziel
Wir wollen die weltweite Zerstörung der Natur und Umwelt stoppen und eine Zukunft gestalten, in der Mensch und Natur in Einklang miteinander leben

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