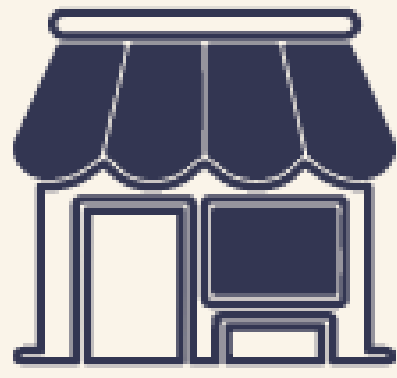




CARBON

TUCK SHOP

EAT MORE PLANTS

ENJOY VEGETABLES
AND WHOLE GRAINS

EAT A VARIETY OF FOODS

EAT THE RAINBOW

WASTE LESS FOOD

ONE THIRD OF FOODS
PRODUCED FOR HUMAN
CONSUMPTION IS LOST OR
GOES TO WASTE

MODERATE YOUR MEAT CONSUMPTION, BOTH RED AND WHITE

ENJOY OTHER SOURCES OF
PROTEIN SUCH AS PEAS, BEANS
AND NUTS

EAT SEASONAL

EAT LOCAL AND WHATS
IN SEASON

EAT FEWER FOODS HIGH IN FAT, SALT AND SUGAR

MAKE FOODS SUCH AS CAKES,
SWEETS AND CHOCOLATE
AS WELL AS CURED MEAT,
FRIES AND CRISPS TO AN
OCCASIONAL TREAT.