

World Environment Day



Environment



DIPROINDUCA™

MONDAYS

Food is many things to different people - a necessity, even a religious experience. One thing is common to everyone though, we cannot live without food. As B.W. Richardson puts it: "Preserve and treat food as you would your body, remembering that in time food will be your body."

Waste Not

Think.Eat.Save
Reduce your footprint!

By Charles Immanuel Akhimien

- **Think** and make a list. By using a list I only buy the food items I really need.
- **Grow your own food.** I have a vegetable garden and I hardly waste my own produce, due to the thought of all that effort I put in going to waste.
- **Don't shop on an empty stomach.** From personal experience, you buy more food when you are hungry, and usually it is food that you don't need.
- **Plan each meal.** This helps you to utilise the food you have at hand.
- **Prepare the appropriate quantity.** Even if you're a "foodie" like I am, you still have a limit to what your stomach can accommodate.
- **Eat** food while it is still fresh.
- **Consume** leftovers first.

