

SUSTAINABLE EATING – WHAT FOODS ARE BETTER FOR THE PLANET?

Kids! Did you know...

Eating a sustainable diet is so important for the future of our planet - it reduces our carbon footprint and is more environmentally friendly. By adjusting where our protein comes from as well as reducing the amount of meat we eat, a more sustainable diet can be achieved.

Contrary to many opinions, reducing meat protein and increased plant-based protein does not reduce the quality of the diet (or the protein!). In fact, by increasing consumption of plant-based proteins, we get additional benefits such as increased fibre intake!



CHICKPEA PLANT

ACTIVITY

How many different 'Added Plant Power' dishes have you eaten this week?



Our Added Plant Power dishes are marked with an Earth logo!

Did you know... At Caterlink, we are proud to have altered many of our meat-based dishes to be more environmentally friendly, by adding 50% plant protein. We call these our 'Added Plant Power' recipes and are highly popular. We use meat that is locally sourced, further minimising environmental impact and supporting local economies!



AT HOME:

Try using 50% lentils and 50% meat to homecooked dishes, such as bolognaise, cottage pie and lasagne. Or try a variety of different canned beans (chickpeas, kidney beans, butterbeans) in a vegetable stew!