

# SUSTAINABLE TIPS IN THE KITCHEN: A BETTER FUTURE STARTS AT HOME.

## #1 CLIMATE CHANGE – SEASONALITY AND KM 0

By choosing food products from your area, you help promote a sustainable development model that enhances local resources and promotes the purchase of 0 km products. You will have fresh seasonal products at low costs thanks to the significant reduction in transport and the pollution generated by these: according to scientific studies, a family that consumes local and seasonal foods can save up to 1000 kilos of carbon dioxide, with a lower impact on the planet.

## #2 WILDLIFE EXTINCTION – HOME COMPOSTING

Preparations in the kitchen always generate large quantities of leftovers. A smart and responsible way to reuse waste, is to transform it into natural compost. Starting with a simple bin with a lid, you can build your composter on the balcony too: equipped with soil, expanded clay balls, two nets for the inner sides and the bottom of the bin and dry leaves. You will obtain an excellent ecological fertilizer for the garden!

## #3 OCEANS – BUY FISH IN A CONSCIOUS WAY

Bluefin tuna, cod, salmon, sole, monkfish and swordfish: all over-exploited fish species, whose consumption should be reduced. Overfishing, fishing periods or certain fishing methods put the renewal of populations at risk. Give them time to recover: eat fish and crustaceans belonging to non-vulnerable species.

## #4 LITTER – COLLECT AND DIFFERENTIATE

Always remember to differentiate the different types of waste produced at home: separate collection gives a big hand to the environment, allows less waste and the reuse of still valid materials. Maybe you don't know that the receipts and greaseproof paper are to be thrown in the undifferentiated, as well as the shells of mussels and clams; used napkins and handkerchiefs will instead go into the wet as they are vegetable fibers.

## #5 FOOD CHAINS – RECYCLING AS A MODUS OPERANDI

Recycling is the basis of a sustainable lifestyle. It can concern both household items that have exhausted their usefulness in their main job (for example jars, canned goods, cans, plastic bottles, to be transformed in a creative way), and foods and ingredients (for example peels, stems, pods and waste food, to be used for alternative and tasty dishes).