What to post?

Cards to inspire are a great start.
Add your own photos and videos.
Tag your friends!

Did you know?
Global food waste and loss generate 8% of all greenhouse gas emissions.

If everybody cuts meat and dairy from their diet, there could be a 49% reduction in greenhouse gas emissions from food production and a 76% reduction in land used for food production.

Click to access all visual assets on FOOD!
Protein swaps - swap animal protein for plant-based protein and share some creative recipes! #ProteinSwaps

Use all your food - share how you compost or make stock from food scraps, seek out 'ugly' fruit and veg, design your meals to use the ENTIRE product! #UseAllYourFood

Link to video, here!

Grow your own – find out where your food comes from, share home/community gardens and seasonal recipes! #GrowYourOwn

Click here to access our official Instagram! #AnatomyofAction