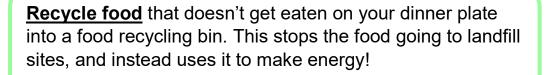# Planet Friendly Eating

To take care of the Earth, we can eat a planet friendly diet. This helps the planet to thrive as well as give us good nutrition for healthy bodies and minds! Follow the Planet Friendly trail to find out more…

Beef (and other meat) is a great source of protein, vitamins and minerals. But eating beef every day means the planet suffers as a result. If we reduce how often we eat beef we can take care of our planet.

Beans and lentils are another great source of protein, plus they contain lots of fibre - great for our tummies! These are planet friendly foods that we can eat lots of.

Recycle food that doesn't get eaten on your dinner plate into a food recycling bin. This stops the food going to landfill sites, and instead uses it to make energy!

Choose water to drink rather than soft drinks as this is good for your body and the planet! Fill your reusable bottle or cup from a tap to reduce plastic use.

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