

WHAT **YOU** CAN DO TO HELP ACHIEVE #ZEROHUNGER

Wasting less, eating better and adopting a sustainable lifestyle are key to building a world free of hunger. The choices we make today are vital for a secure future of food. Here's a list of simple actions to help you make #ZeroHunger way of life, to help re-connect to food and what it stands for.

Love your leftovers

If you have leftovers, freeze them for later, or use them as an ingredient in another meal. When you eat at a restaurant, ask for half a portion if you're not feeling too hungry, or take your leftovers home.

Adopt a more healthy and sustainable diet

Life is fast-paced and trying to fit in preparing healthy and nutritious meals can be a challenge if you don't know how. Healthy meals don't have to be elaborate. In reality, healthy food can be cooked in a quick and easy way while using only a few ingredients. Share your quick healthy recipes with your family, friends, colleagues and online. Follow sustainable chefs and bloggers online to learn new recipes or talk to your local farmer to see how they cook their produce at home.

Sharing is caring

Donate food that would otherwise be wasted, according to your local food regulations. For example, [OLIO](#), a new App connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. Learn about existing initiatives in your cafeterias, stores, or in your general area to give a boost to food aid associations.

Buy only what you need

Plan your meals, make a shopping list and stick to it, and avoid impulse buys. Not only will you waste less food, you'll also save money!

Store food wisely

Don't let your food go to waste: move older products to the front of your cupboard or fridge and new ones to the back. Once open, use airtight containers to keep food fresh in the fridge and ensure packets are closed to stop insects from getting in.

Put your food waste to use

Instead of throwing away your food scraps why not compost them instead? This way you are giving nutrients back to the soil and reducing your carbon footprint.

Have a conversation with the people around you about respect for food

Food connects us all. Help people re-connect with food for a #ZeroHunger lifestyle and what it stands for by sharing your knowledge and passion with the people around you; at home with your family, with friends and at work. For example, grow your own food at home or participate in a community garden, organize dinners or share recipes. Also, support local charities that work with the homeless and the hungry, and get your families and friends involved.



Keep our soils and water clean

Some household waste is potentially hazardous and should never be thrown in a regular rubbish bin. Items such as batteries, paints, mobile phones, medicine, chemicals, fertilizers, tires, ink cartridges, etc. can seep into our soils and water supply, damaging the natural resources that produce our food.

Use less water

Water is the basic ingredient of life and we can't produce our food without it. While it's important that farmers learn to use less water to grow food, you can also preserve water by reducing food waste. When you throw away your food, you are wasting the water resources that went into producing it. For example, it takes 50 litres of water to produce one orange! You can also waste less water by taking a shower instead of a bath, turning off the water while brushing your teeth and fixing leaks!

Know where your food comes from

Respect for food is also about knowing where our food comes from and what it is made of. Get to know what you're eating by checking the labels. Find out what are the unhealthy ingredients and opt for healthier options. Set up a vegetable garden at home or participate in a community garden to not only have access to nutritious and healthy food but also learn about how much goes into producing the food we have available.

Support local food producers

By buying local produce, you support family farmers and small businesses in your community. You also help fight pollution, by reducing delivery distances for trucks and other vehicles.

Pick ugly fruit and vegetables

Don't judge food by its appearance. Oddly-shaped or bruised fruit and vegetables are often thrown away because they don't meet arbitrary cosmetic standards. Don't worry – they taste the same, if not better. Mature fruit can also be used in smoothies, juices and desserts.

Be a conscientious consumer

Once a week, try eating an all-veggie meal (including pulses like lentils, beans, peas and chickpeas) instead of a meat one. More natural resources are used to produce meat, especially water and millions of acres of rainforest are slashed and burned to turn land into grass pastures for livestock. Discover some [tasty pulse recipes](#) and try 'ancient' grains like [quinoa](#). When making a purchase, do a bit of research to make sure you only buy from companies that follow sustainable practices and don't harm the environment. Remember: cheap prices often mean high human or environmental costs.

Understand food labelling

There's a big difference between "best before" and "use-by" dates. Sometimes food is still safe to eat after the "best before" date, whereas it's the "use-by" date, which tells you when it's no longer safe to eat. Learn also how to identify unhealthy ingredients such as trans fats and preservatives on food labels and avoid foods with added sugar.



Buy organic

Organic farming helps soil to stay healthy and retain its ability to store carbon, contributing to the fight against climate change. Look out for organic and fair-trade products available in your local supermarkets or farmers' markets and support small-scale farmers by avoiding intensively farmed meat, eggs and dairy.

Keep fish populations afloat

Convince your friends and family to eat fish species that are more abundant, such as mackerel or herring, rather than those that are at risk of being overfished, like cod or tuna. Buy fish that has been caught or farmed sustainably, such as eco-labelled or certified fish.

Become a #ZeroHunger advocate!

If you see an interesting social media post about hunger, climate change or sustainable living, share it and make yourself heard! Find out more about your local and national authorities and think of ways they could help re-establish respect and connection to food and contribute to the fight against hunger. If you can, take advantage of your right to vote for leaders in your country and local community, or become a candidate yourself. A Zero Hunger world starts with you.

Be informed about #ZeroHunger

You can make better choices if you are well informed. Take time to read about #ZeroHunger, the challenges we face in getting there and what governments, companies, farmers and others need to do. To find the latest news and to get in touch, visit the [FAO website](#), or follow us on [Facebook](#), [Instagram](#) and [Twitter](#).

