

Refill, Reduce, Repeat

With a reusable bottle, you can avoid using up to **150 plastic bottles** a year – and only 13 of them would actually be recycled!

Your **wallet will thank you** too: refilling your bottle is free!



The University encourages the use of reusable bottles to reduce waste — and water is drinkable everywhere on campus!

Drinking more water and fewer sugary drinks is good for your health.

Wholemeal bread? Whole-grain, whole-gain!

Less waste: the same amount of wheat produces more wholemeal loaves than white bread — 18 more, to be exact!

Water-saving too: no refining process means less water use.

white
bread

wholemeal
bread



More fiber and more proteins to support digestion and help you feel fuller!

Shake the salt habit

GOAL

Less than 5g of salt per day
(most people consume nearly twice as much!)

How?

Choose fresh, low-salt foods like wholemeal bread.

Use **herbs and spices** to add flavor without the salt.



Did you know that the **Mediterranean Diet** is great for reaching these goals?

How much salt is in your food?

HIGH > 1–1.2 g per 100 g

MEDIUM 0.3–1.2 g per 100 g

LOW < 0.3 g per 100 g

Don't call them vegetables...

Legumes are on a whole different mission!

They're good for the planet:

- 90% less CO₂ emissions compared to meat.

They support **biodiversity**, use less water, and cost less.

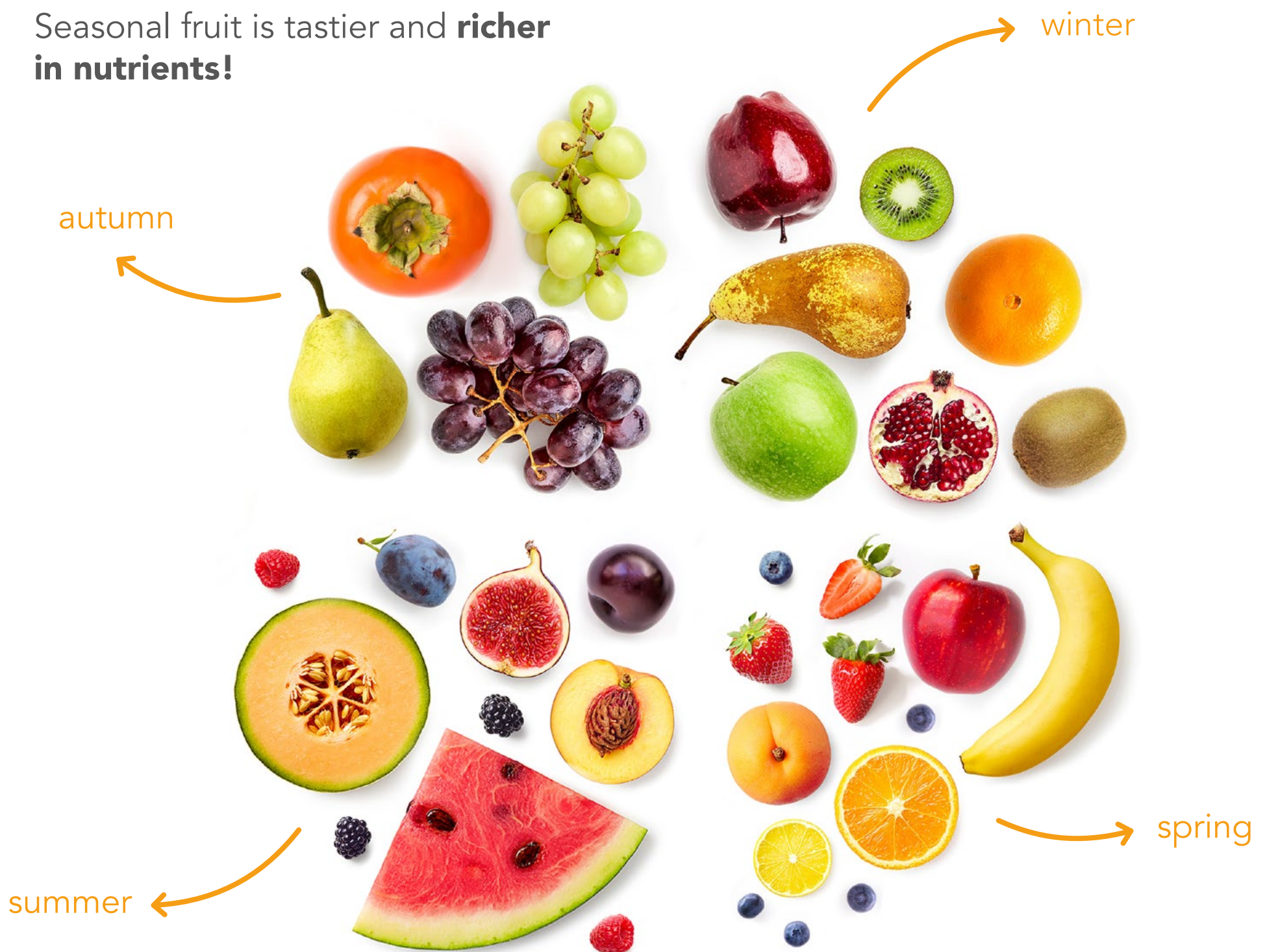


A **booster for your health**:
rich in protein and fiber,
low in saturated fats!

Where are you rushing to? Grab some fruit... and eat it all up!

Eat it in season: imported and greenhouse-grown fruit can generate up to 10 times more CO₂?

Seasonal fruit is tastier and **richer in nutrients!**



Follow the **seasonality wheel** to make more mindful choices and add variety with color!

Yep... you can enjoy it any time of the day!