



TCS/GEN/168/2022-23

Date: 08/02/2023

CIRCULAR

VALUE OF THE MONTH: FORGIVENESS- مغفرة

SUBJECT: SUSTAINABLE FOOD TIPS

Dear Parent,
Greetings from The Central School Dubai!

#WAKEUPWEDNESDAY

Consuming food with a minimal impact on the environment is part of sustainable eating. The attached poster will assist you in developing sustainable eating practices.

Regards,

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PRINCIPAL

SUSTAINABLE FOOD TIPS



BALANCE YOUR DIET

Choose a diet **rich in greens**, pulses, fruit and vegetables.



REDUCE CONSUMPTION

Decrease the amount of **meat, fish and dairy** in your diet.



OPT FOR NATURAL PRODUCTS

Forget about precooked, **transgenic** and processed products.



AVOID WASTE

Only buy **the amount of food** you are going to eat.



APUESTA POR LO ECOLÓGICO

Include products **free from pesticides** in your diet.



PROTECT THE ENVIRONMENT

If you eat **seasonal foods**, you will reduce CO₂ emissions.



SUPPORT FAIR TRADE

Choose foods that promote a respectful **business relationship**.



JOIN A CONSUMER GROUP

This will give you access to **local products** without intermediaries.

Source: FAO.