

## Healthy Future

**Source / Link:** <https://www.healthyfutureproject.eu>

### Thematic area:

- ☒ Climate
- ☒ Nutrition
- ☒ Environment

### Type of good practice:

- ☒ Project
- ☐ Initiative
- ☐ Programme
- ☐ Production
- ☒ Information
- ☒ Education
- ☐ Other

### Target group:

- ☐ Children up to 14 years
- ☒ Adolescents
- ☒ Teachers / educators
- ☐ Youth counsellors
- ☐ Young refugees and asylum seekers

### Summary:

The project improves awareness of healthy eating habits together with healthy food and climate-focused choices. The eBook shows the consumers climate friendly meal options, and provides information on climate friendly food consumption. The eGuide for social entrepreneurship covers aspects of green catering business. The website also offers links to a variety of carbon footprint calculators.

### Description:

The project improves awareness of healthy eating habits together with healthy food and climate-focused choices.

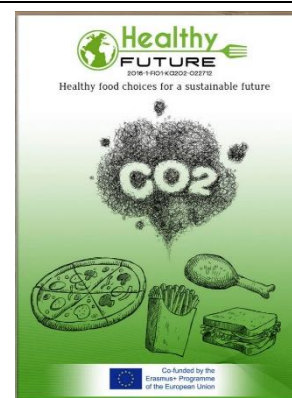
The eBook shows the consumers climate friendly meal options, and provides information on climate friendly food consumption. It can be viewed in the online reader or downloaded as a PDF file.

On 150 pages, the eBook delivers a great variety of food recipes and covers topics such as climate changes, how to eat environmentally friendly, environmental indicators, the water footprint, carbon footprint, green gas emissions, the ecological footprint, food self-sufficiency, food waste, the impacts from wastage, reducing wastage and recycling.

The eGuide for social entrepreneurship covers aspects of green catering business, such as local seasonal food, pollution of water, use of greenhouses energy use in food processing, recycling packaging, transportation, waste in food preparation.

The website also offers links to a variety of carbon footprint calculators.

The materials are available in English.



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