













## Sustainable Food Systems Adopted

Include millets in diets through Anganwadi, Mid-Day meal and PD scheme

Compost food waste at home

Create kitchen gardens/ terrace gardens at homes/ schools/ offices

Prepare organic manure from cow dungs and apply to farms

Prefer locally available and seasonal foods

Use smaller plates for daily meals to save food wastage

Consumer Education & Research Centre - Environmental Information, Awareness, Capacity Building and Livelihood Programme Resource Partner on "Environment Literacy- Eco-Labeling & Eco-friendly Products" www.cercenvis.nic.in