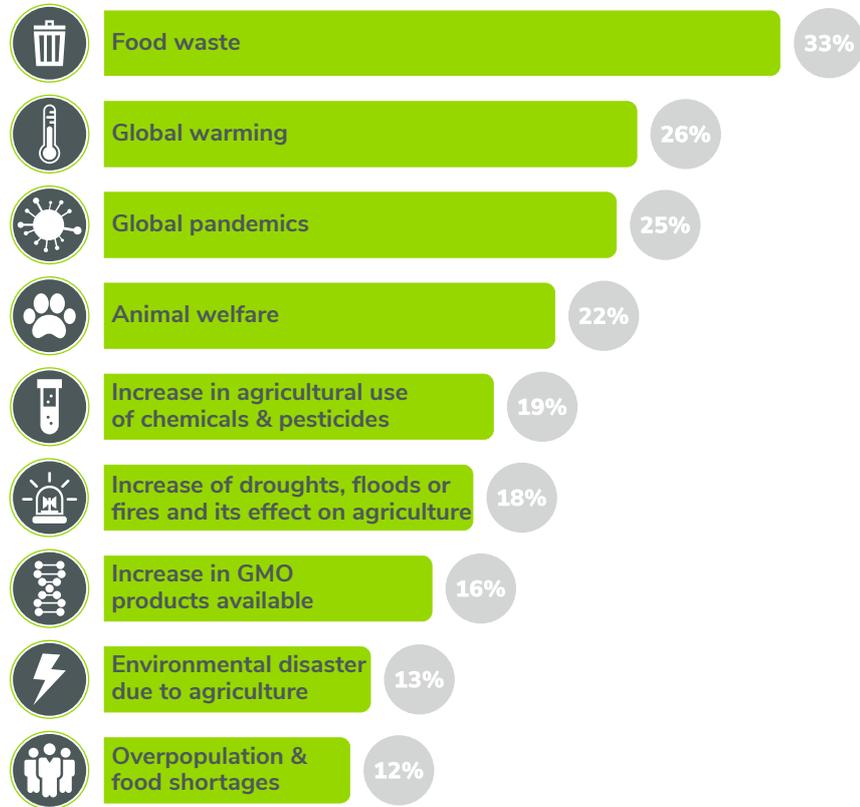
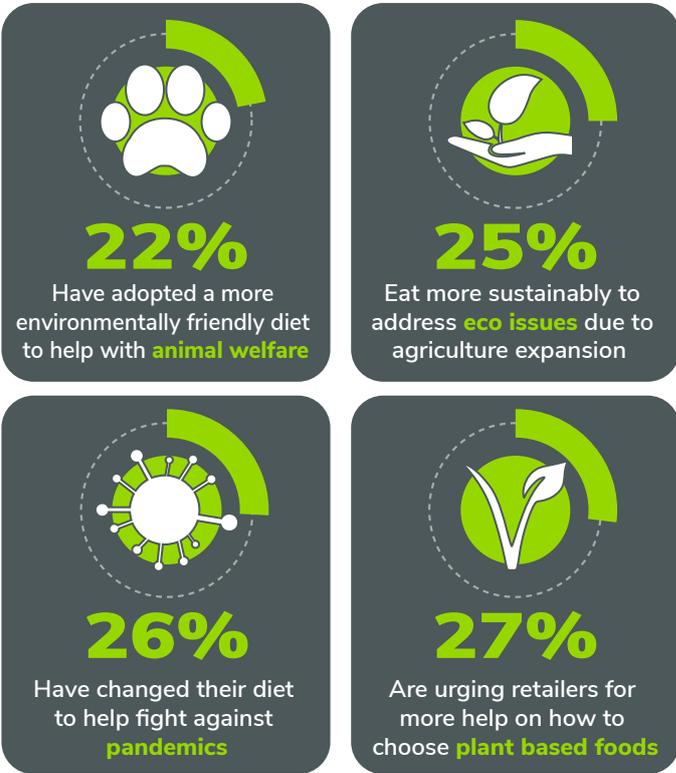


Healthy Planet, Healthy People: Sustainability & Diet In the UK

A quarter of Brits are opting to follow sustainable diets to tackle global warming amidst urgent calls to curb wildlife extinction

The issues most influencing Brits when it comes to changing food habits & adopting more sustainable diets:



“The challenge remains - how can we all select better foods, not only to support our health and immune systems but to also address pressing environmental concerns?”

- Dr Adrian Hodgson, Spoon Guru CHO



“Retailers are currently looking at ways that they can guide the consumer to more sustainable eating, and **technology is very much on their radar.**”

- Markus Stripf, Spoon Guru Co-Founder

To help shape better choices for sustainability, health & wellbeing goals:



Eat Seasonally



Shop Locally



Reduce Meat Intake



Plan Ahead



Look for a Sustainability Logo