

GUIDING PRINCIPLES

As a participating restaurant, the food you serve should be:

✓ Healthy

A healthy diet is one that is health-promoting and disease-preventing.* It fosters adequate consumption of nutrients and discourages consumption of health-harming substances. A healthy diet includes fruit, vegetables, legumes, nuts, and whole grains and curtails consumption of free sugars, salt, and fat (see "daily intakes" section).

✓ Sustainable

Sustainability means **meeting the needs of the present generation without compromising the ability of future generations to meet their needs**. Applied to food, sustainability means choices that help preserve the environment by reducing the associated environmental costs, such as eating local and seasonal foods.**

✓ Affordable

Meals served within the framework of the Health Meal project will cost significantly less than the price usually borne by the final consumer.

HEALTHY MEAL IN A NUTSHELL

We believe that inclusion starts with food. Yet, currently 43 million Europeans cannot afford a quality meal every day. Access to healthy food is a multidimensional issue, and price constitutes a key factor.

Our Healthy Meal project promotes social inclusion by partnering up with restaurants to provide disadvantaged EU citizens with sustainable, healthy and cheap meals.

How can I help?

- When paying your meal, donate a little percentage of the bill;
- Buy one dish, and if you can, pay for two;
- People in need will thank you;
- Make **sustainable food choices!**

Ask the staff how to do it !



GOOD PRACTICE GUIDE FOR RESTAURANTS



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* <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>;
** <https://stopfoodwaste.ie/resource/5-reasons-to-eat-local-seasonal-food>;
https://knowledge4policy.ec.europa.eu/publication/healthy-diet-definition-united-nations-food-systems-summit-2021-paper-scientific-group_en.

DAILY INTAKES

What is the recommended energy intake?

Energy requirements vary depending on age, gender or activity performed. The average for men is 2300 kcal/day and 1900 for women.

	Maximum daily intake*
Salt	> 5 g
Free Sugars	≤ 10% total energy intake Less than 5% for added health benefits

*For a person consuming 2000 calories/day
Source: WHO

HEALTHY DIET PROMOTION

- To improve your **healthy diet** move to a more plant-based diet with less red and processed meat, and with more fruits and vegetables
- You will reduce not only risks of life-threatening diseases, but also the environmental impact of the food system

Source: FAO

FOOD WASTE

- One-third of the world's food production is thrown away
- ~ 88 million tons of food are wasted each year in the EU, 12% of which is wasted by restaurants
- These figures represent an average of 173 kg per capita per year

LEFTOVERS

Cutting back on waste does not mean cutting back on flavor or quality

- Make them tomorrow's lunch
- Reinvent them
- Freeze them
- Share them



Do not throw food away!

CONTACT

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USEFUL LINKS



Reasons to eat
local seasonal
food



Healthy diet
WHO



Healthy diet
definition
European
Commission