

#PeterRabbitFoodHero

BE A
FOOD
HERO
LIKE
PETER RABBIT!



Find out more at [UN.org/ActNow](https://un.org/actnow)

**PETER
RABBIT²**
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Organization of the
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SUSTAINABLE
DEVELOPMENT **GOALS**

ARE YOU A FOOD HERO LIKE PETER RABBIT?

Taking care of our planet is important to Peter Rabbit and his friends. Now, Peter is supporting the United Nations by being a FOOD HERO ! Here are his favorite tips on how to make healthier choices that are good for the planet...and for you!

Eat more fruits and vegetables!

A balanced diet is good for your health and the environment. Try adding more fruits and vegetables to your plate. They're delicious!



Waste less food!

A lot of resources are used to grow and transport your food. We can all help by only buying what we need, and using everything we buy.

Grow food at home!

Whether you grow food in a garden, on a balcony or window sill, it's fun and you can learn about plants and improve your diet! Green spaces also clean the air.



Buy seasonal and local (if possible)!

Buying locally grown food is healthier for the environment and you can help support your community.

Shop with a reusable bag!

Bring your own bag when you shop and choose plastic-free packaging.



Support your fellow Food Heroes!

Celebrate the efforts of food heroes who bring food to our plates! Thank a farmer at the market, a grocery worker or a food delivery person and bring a smile to their face!

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**SHOP WITH A
REUSABLE
BAG**



**Bring your own bag when
you shop and choose
plastic-free packaging.**

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BE A FOOD HERO LIKE PETER RABBIT!

BUY SEASONAL & LOCAL

(WHEN POSSIBLE)

Buying locally grown food is healthier for the environment and you can help support your community.

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BE A FOOD HERO LIKE PETER RABBIT!

KEEP CALM & EAT YOUR VEGGIES

A balanced diet is good for your health and the environment. Try adding more fruits and vegetables to your plate. They're delicious!

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GROW YOUR OWN FOOD



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CELEBRATE YOUR FOOD HEROES

Celebrate the efforts of food heroes who bring food to our plates! Thank a farmer at the market, a grocery worker or a food delivery person and bring a smile to their face!



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WASTE LESS FOOD ONE PLANET IS ALL WE HAVE

A lot of resources are used to grow and transport your food. We can all help by only buying what we need, and using everything we buy.



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