

9 TIPS

on how you can continuously incorporate the topic of sustainable nutrition into your professional routine

1 Place or display current **informational materials** on sustainable nutrition in waiting areas, staff areas or patient rooms.

2

Broadcast information about sustainable nutrition on **screens** in waiting areas.

Incorporate a recommendation statement into your **consultation documents** (e.g. "Prefer regional and seasonal foods in organic quality, if possible.").

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Be mindful of your influence as a role model in **workshops and cooking classes**. Use organic, fair trade, local and seasonal products.

5 Conduct **training sessions for colleagues** on sustainable = healthy nutrition.

6

Implement a "**Sustainable Breakfast**" or "**Veggie-Day**" at work and inform all participants about the reasons behind it.

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Stay updated on sustainable nutrition through current studies, market analysis and petitions (from NGOs such as Greenpeace, WWF and Global 2000). Association members can find extensive additional information and links in the resource collection "Sustainable Nutrition" in our members' area.

Enrol in our **E-learning course "Dietetics for Future"** and deepen your expertise in

8 sustainable nutrition in dietetic practice.

9 Get involved in the **working group "Nutritional Poverty & Sustainability"** and actively contribute in raising awareness for sustainable nutrition.