

# “Europe à Table (EAT)”



Key Action 1 Erasmus+: Mobility of Youth Workers  
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CONVENIENT,  
SUSTAINABLE  
FOOD ALTERNATIVES  
A PRACTICAL GUIDE



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# Convenient, sustainable food alternatives

A practical guide





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# General advices

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- Try to always inform yourself about how your food is produced.
- Alternative and sustainable options can be found in most supermarkets.
- Compost your organic food waste.
- Try to cook low-waste.
- Avoid (plastic) packaging, prefer bulk products.
- Find local farms, farmer markets and gardens around you and what/how they produce food to improve your accessibility.
- Take part in community supported agriculture (CSA) projects.
- Try to grow some vegetables and herbs in your own garden or balcony.
- Avoid imported/non-seasonal products.
- Avoid sugar and processed products as much as possible for health reasons.
- Try to avoid products that include unsustainably-produced oils (Palm-oil).
- Lower the consumption of animal products and check origin and quality labels.
- Whenever alternatives are not available, source your food locally and organically produced or buy certified and ethical (e.g. Fairtrade) products.

# Dairy products

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Unsustainable choice	Sustainable alternative	Reasons and advices
Milk	Grain/nut milk: oat, soy, almond, rice	<ul style="list-style-type: none"><li>• Grain/nut milk can be self-made.</li></ul>
Yoghurt	Soy/tofu, almond, oat yoghurt	<ul style="list-style-type: none"><li>• Animal milk is full of antibiotics/hormones/synthetic residues and can cause high cholesterol levels or diabetes.</li></ul>
Cheese	Tofu, hummus, local organic cheese from small farms	<ul style="list-style-type: none"><li>• Unethical treatment of animals in the dairy industry.</li></ul>
Butter	Margarine (avoid palm fat), olive oil for cooking	<ul style="list-style-type: none"><li>• High impact on the greenhouse effect.</li></ul>
Cream	Soy/oat cream for cooking, aquafaba (water from the chickpeas) for whipped cream	<p><b>Sustainable alternatives improve our health and reduce environmental degradation.</b></p>



# Meat and fish

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Unsustainable choice	Sustainable alternative	Reasons and advices
Meat	Tofu/tempeh/ seitan/lupin/ lentil protein; Vegetable, oat, bean or pea-based burgers	<ul style="list-style-type: none"><li>• Bad and unhealthy conditions of animals in the meat industry.</li><li>• Red meat increases the risk for cancer and cholesterol problems.</li></ul>
Fish	Vegan fish products, tofu/seitan	<ul style="list-style-type: none"><li>• A lot of energy, calories and land needed for meat and fish production compared to vegetables and grains.</li></ul>
Eggs	Eggs from local chicken farms (organic and free- range)	<ul style="list-style-type: none"><li>• Overfishing practices.</li><li>• Breeding practices are harmful for the animals, our health and the environment</li></ul> <p><b>Destructive and unethical practices for our health and ecological system.</b></p>



# Imported products

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Unsustainable choice	Sustainable alternative	Reasons and advices
Non-seasonal/imported vegetables and fruits	Local and seasonal vegetables and fruits	<ul style="list-style-type: none"><li>• High CO2 emissions for transportation.</li><li>• Lower nutritional value and taste caused by early harvesting and chemical inputs being used in the process.</li></ul>
Coffee	Pea, lupin, cereal, carob, coffee Fairtrade, organic coffee transported by sailboats	<ul style="list-style-type: none"><li>• Bad working conditions in coffee/cocoa plantations.</li><li>• High water consumption for irrigation and high CO2 emissions for transportation.</li></ul>
Cocoa/Chocolate	Fairtrade, organic brands, Carob chocolate	



# Carbohydrates

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Unsustainable choice	Sustainable alternative	Reasons and advices
Rice	Quinoa, millet, wheat, buckwheat, brown rice, bulgur, barley, rice from cauliflower, couscous	<ul style="list-style-type: none"><li>• High emission of greenhouse gases in cultivation.</li><li>• White rice is highly processed and has low nutritional value.</li></ul>
Wheat pasta	Pasta made from vegetables and lentils, gnocchi, whole wheat pasta	<ul style="list-style-type: none"><li>• High on carbs and low on fibres.</li><li>• Intensive monoculture causes loss of biodiversity and soil degradation.</li></ul>
Over-processed cereals	Muesli, granola, oats, nuts, raisins	<ul style="list-style-type: none"><li>• High sugar content, preservatives and fat cause health problems.</li></ul>



# Beverages and snacks

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Unsustainable choice	Sustainable alternative	Reasons and advices
Soft drinks	Water with lemon/mint/cucumber, juice, smoothies.	<ul style="list-style-type: none"><li>• Highly processed, many artificial ingredients.</li><li>• High sugar content.</li></ul>
Potato chips	Homemade vegetable chips.	<ul style="list-style-type: none"><li>• Unhealthy, highly processed.</li></ul>

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