-----------------------------------------------------------------------------------------------------------------

Fold here

Dish and cook: [dish] / [your name]

|  |  |
| --- | --- |
|  | Main dish |
|  | Dessert |

**Health:** [position of main ingredient in the food pyramid]

Allergens: [e.g.: peanuts, shellfish, lactose, gluten, etc.]

Sustainability points:

|  |  |
| --- | --- |
|  | Local / regional ingredients |
|  | Seasonal produce |
|  | Avoided food waste [e.g.: expiring today, ugly vegetables] |
|  | No packaging / reusable containers only |
|  | Other:  |

Climate impact: [position of main ingredient in the inverted pyramid]