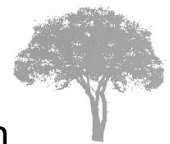


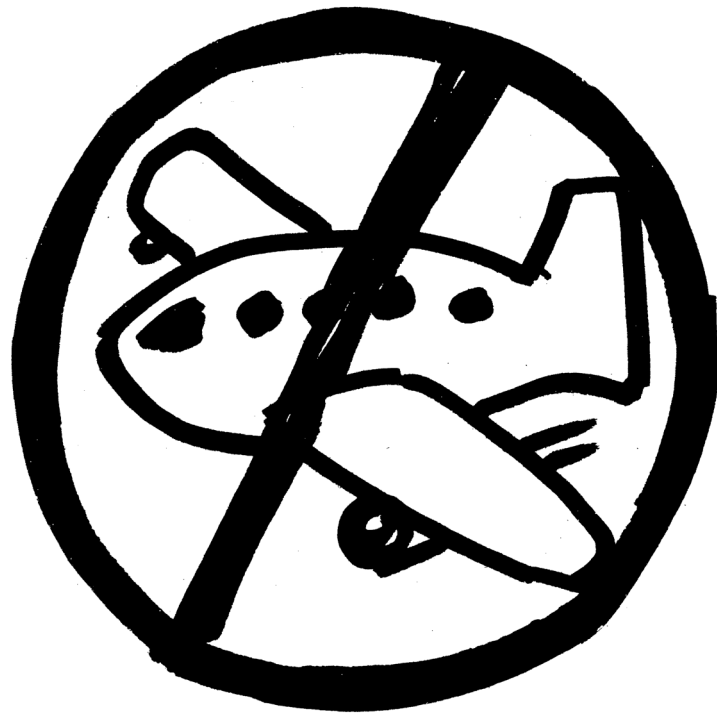


zusammen kochen

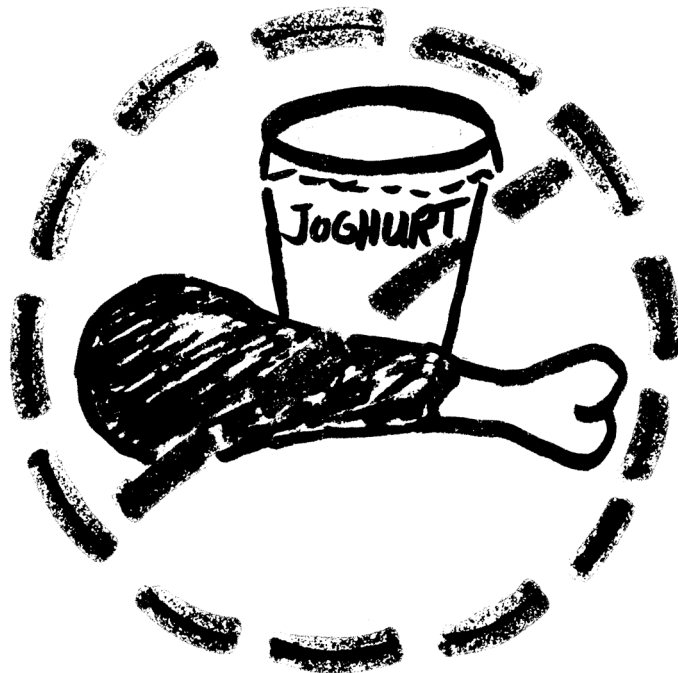


Einkaufsliste mitnehmen





regional einkaufen

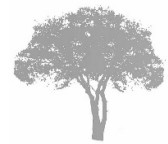


weniger tierische Produkte



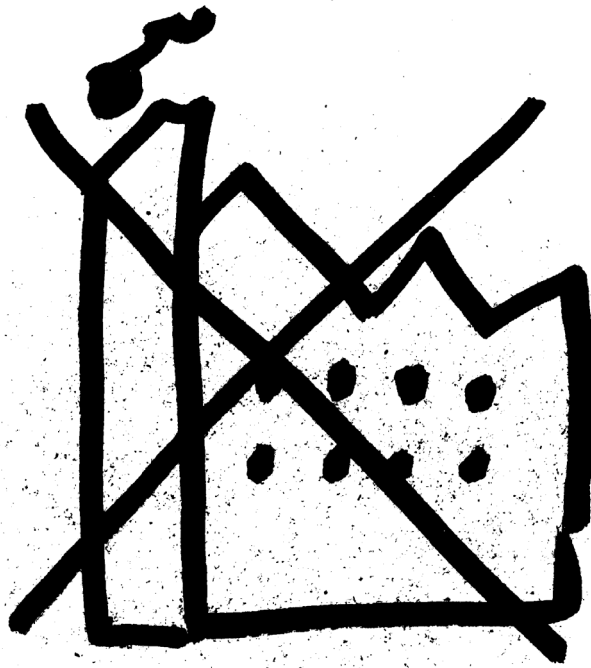


kein Essen wegschmeißen

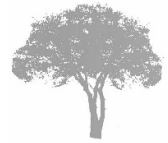


Geräte sparsam nutzen





weniger Fertiggerichte



weniger Verpackungsmüll

