

Reducing CO2: nutrition Survey

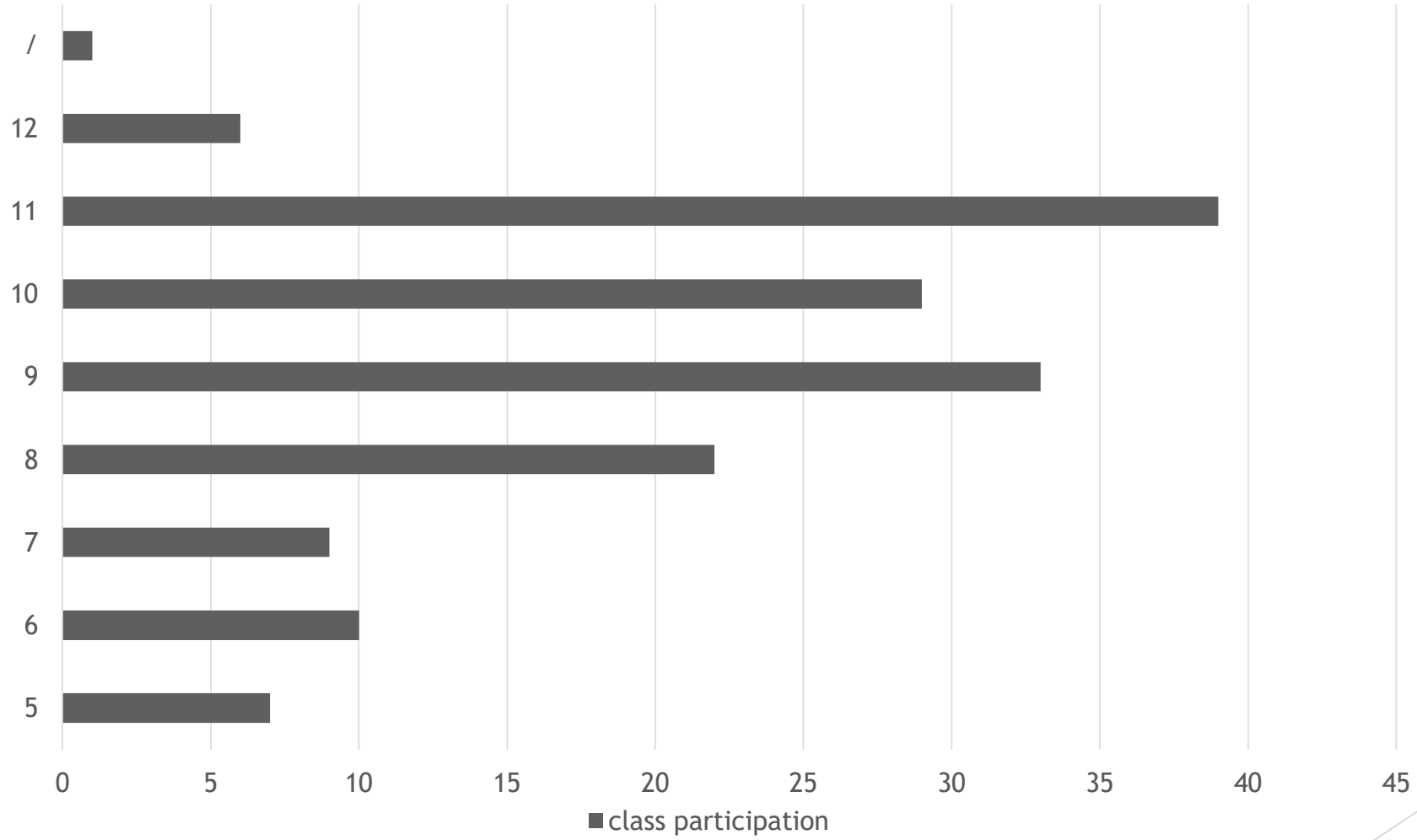
The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clean space for the text.

Survey on nutrition and sustainability

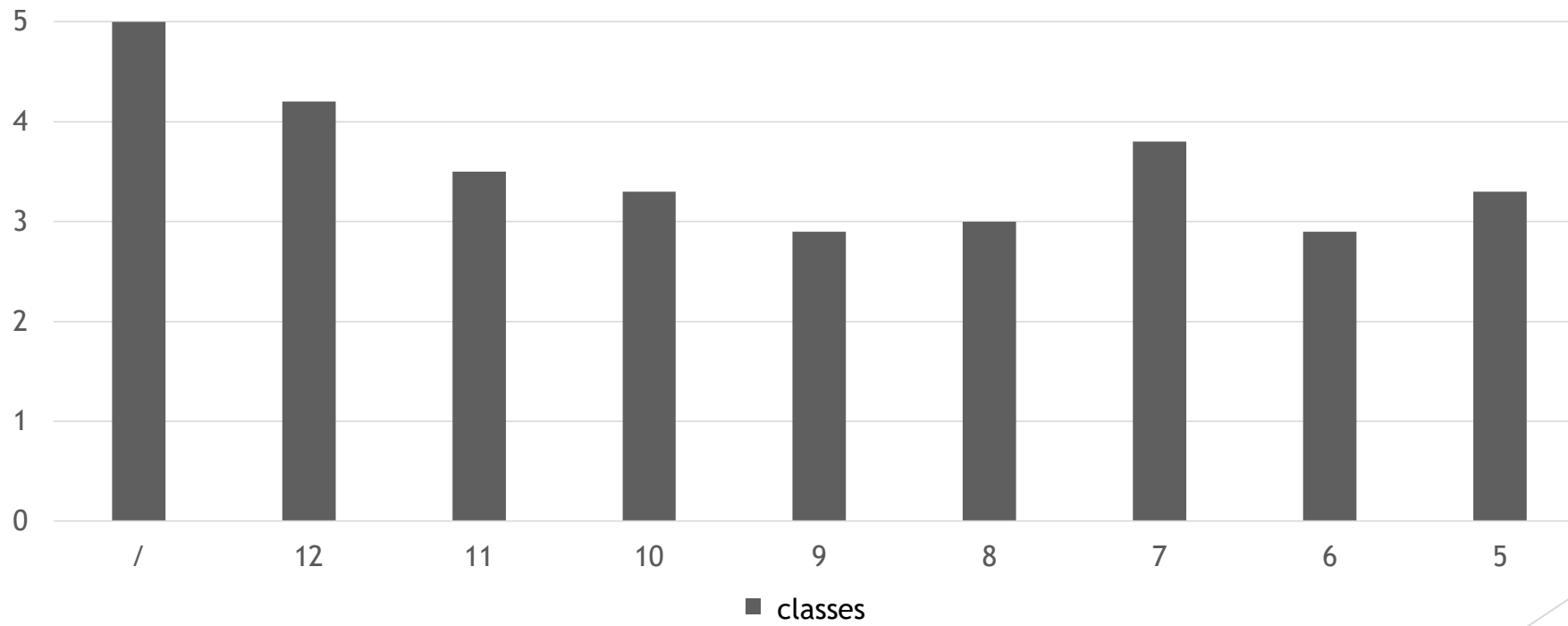
Problem

- ▶ Missing education at schools
 - ▶ How can I consume in a healthier way?
 - ▶ How can I eat more sustainably?
- ▶ Climate-damaging nutrition
 - ▶ animal products
 - ▶ no regional/saisonal products

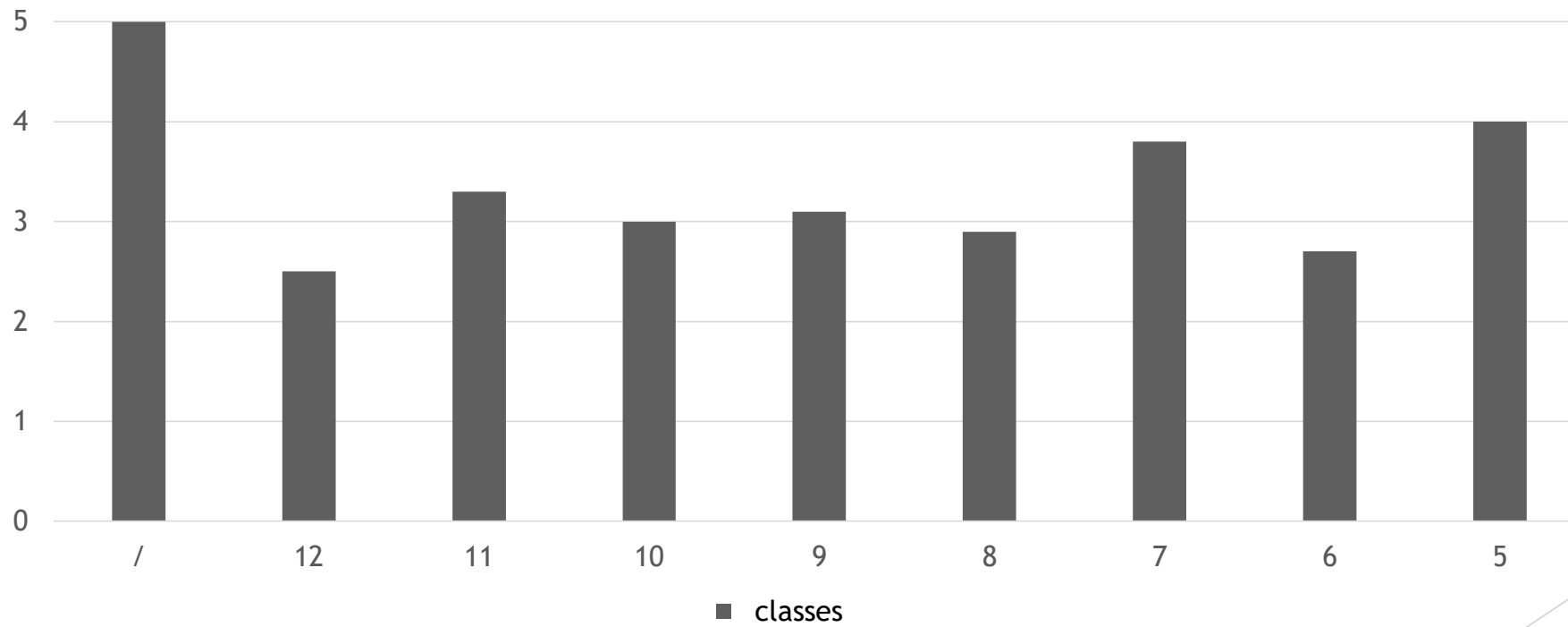
classes participating in the survey



I consciously deal with the topic of nutrition?



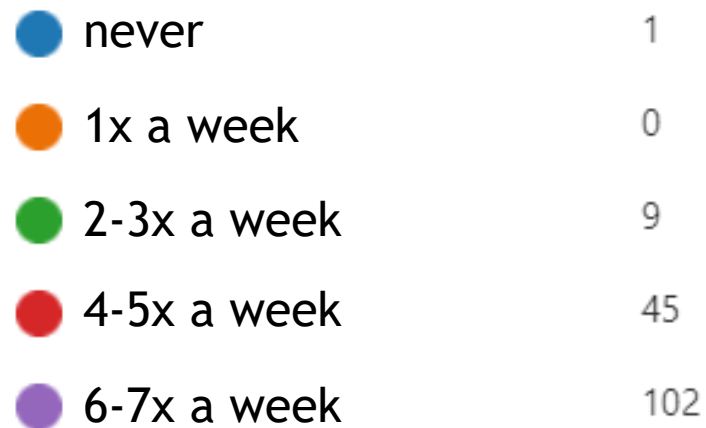
Does your family talk a lot about nutrition?



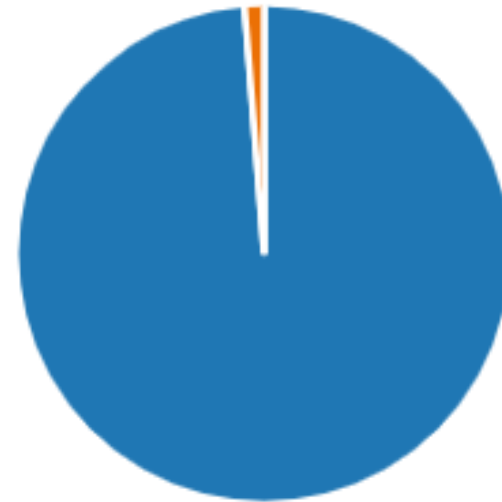
When I have lunch at school, I eat more unhealthy food....






How often do you eat freshly cooked food at home?



When I eat at home we mostly have







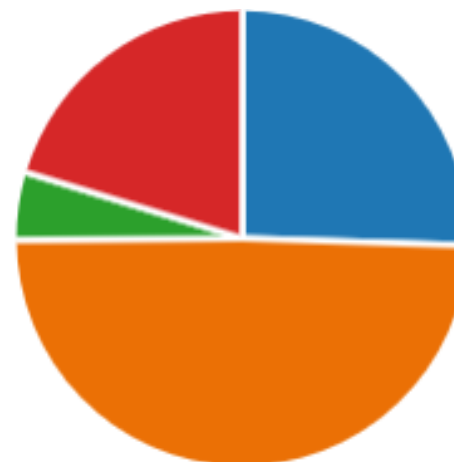
I am

 vegetarian	21
 vegan	7
 non of the above	129



Who cooks?

 I myself	64
 My parents	124
 My siblings	12
 The whole family	51



How often do you eat meat?

- never
- 1x a week
- 2-3x a week
- 4-5x a week
- 6-7x a week

18

23

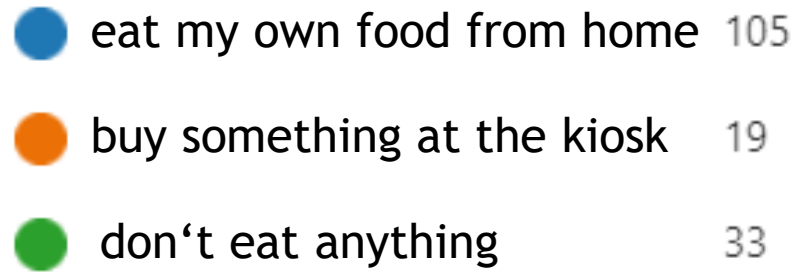
77

36

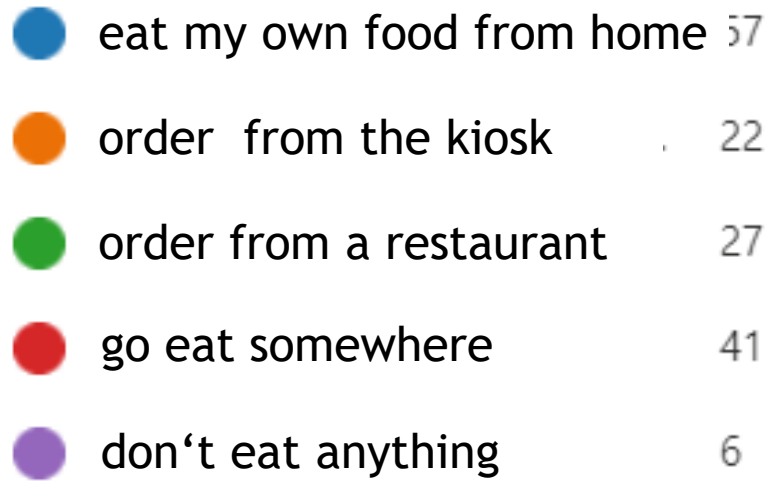
3







In the brake I



In the lunchbreak I

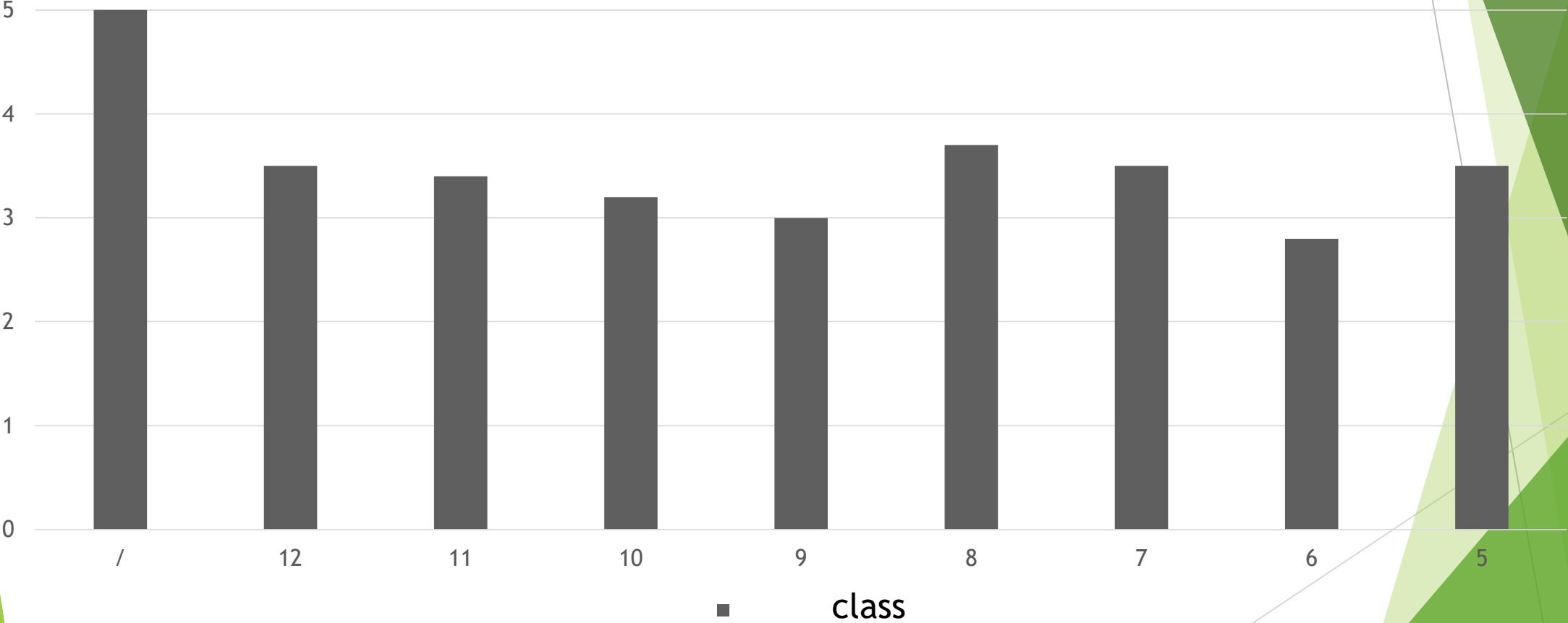


When buying food I look for

 saisonal products	75
 regional products	101
 replacement products (milk)	22
 nothing special	32



I would be interested in being better informed about sustainable nutrition (e.g. doing cooking courses, using teaching material, etc.)



Solution to the problem

- ▶ Cooking course for intermediate and junior high school students
- ▶ Projects for younger students about food and nutrition
- ▶ Better nutrition at the cafeteria (e.g. fresh and organic products, regional products)