



Sustainable Gastronomy Week Guidelines

1. Prioritize seasonal ingredients from local producers that practice sustainable agriculture, highlighting local diversity of foods and traditional ingredients (See the [FAO Local Sourcing report](#) for more information). Consult your [national dietary guidelines](#) for specific input on healthy diets in your country.
2. Cultivate herbs, vegetables or other ingredients on-site to reduce environmental footprint.
3. Create dishes that align with the four principles of a healthy diet, namely:
 - Adequacy (of nutrients);
 - Diversity (between and within food groups);
 - Balance (of energy and macronutrients); and moderation (of certain foods);
 - Emphasize pulses, vegetables and whole grains as primary ingredients (read more about the health benefits of pulses in this [FAO report](#) and this [FAO webpage](#)).
4. Offer options that cater to various dietary preferences, such as vegan, vegetarian, halal, gluten-free and dairy-free.
5. Craft dishes that include [neglected and underutilized, nutrient-dense foods](#) as primary ingredients.
6. Minimize food waste through your use of ingredients, portion sizes and by providing sustainable takeaway solutions featuring materials made from natural fibers such as bamboo or wood.
7. Implement strict recycling practices and composting methods for biodegradable waste and adopt water and energy-efficient practices to minimize [environmental impact](#).
8. [Be inclusive](#) in your work ensuring fair wages, good working conditions and women's empowerment in your place of work and in selecting producers.
9. Advocate for sustainable gastronomy by raising awareness of its benefits for agrifood systems. Use your platform to share knowledge on sustainable practices, highlight stories of farmers and producers, and promote sustainable sourcing.

