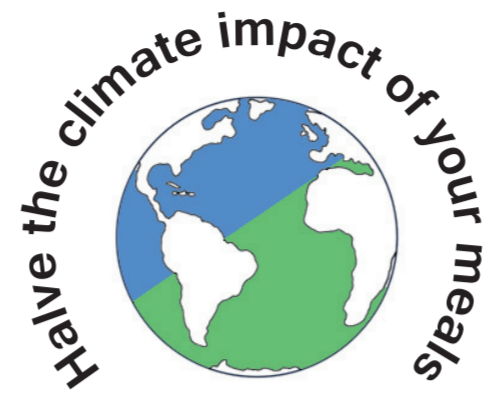


# EATING TOGETHER

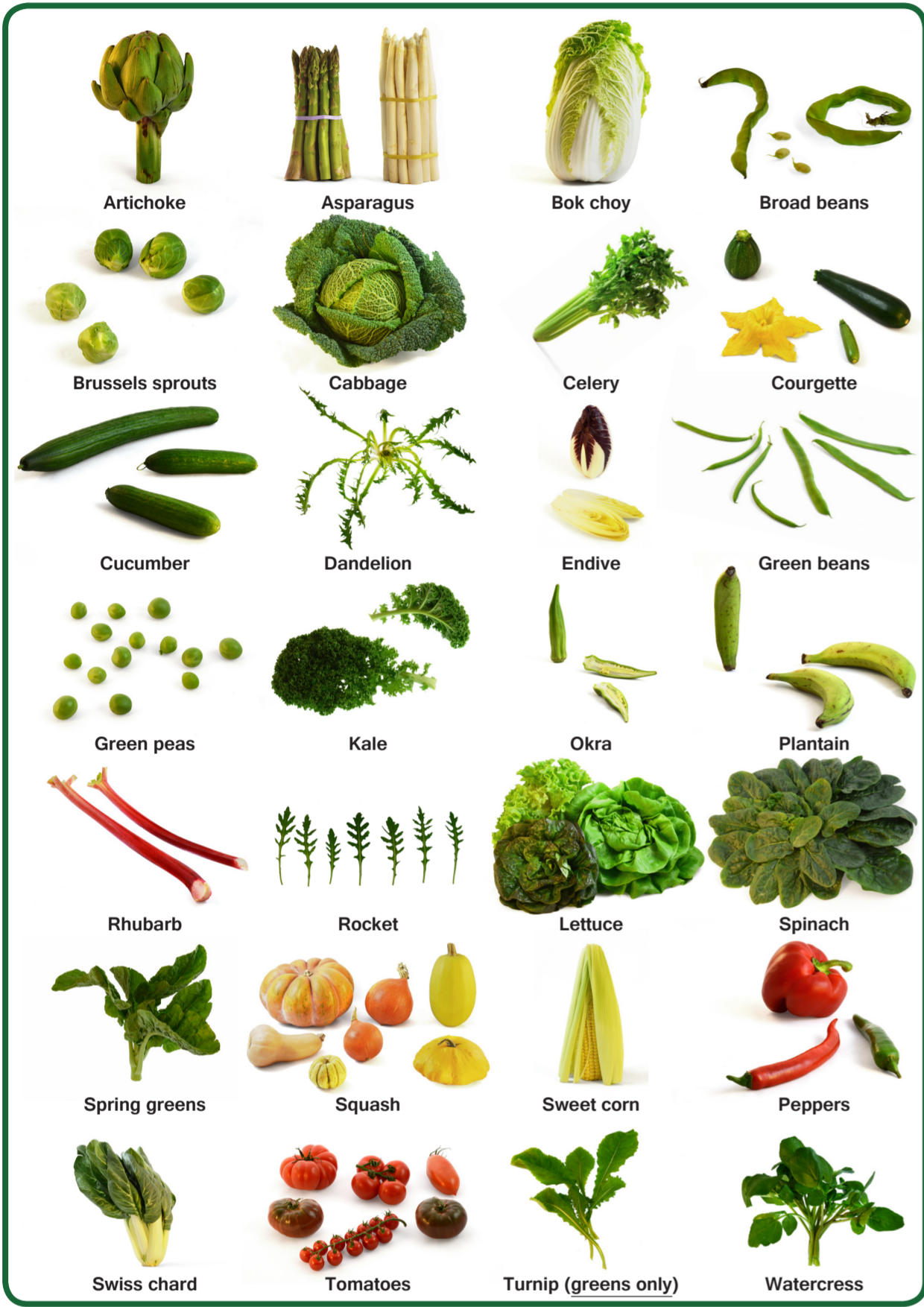
Best practice for equality of food access and freedom of conscience:  
[www.dietethics.eu](http://www.dietethics.eu)



Prepare nutritious and ethical meals with local seasonal foods that the whole human family can share.

## EAT SIMPLY SO THAT OTHERS MAY SIMPLY EAT

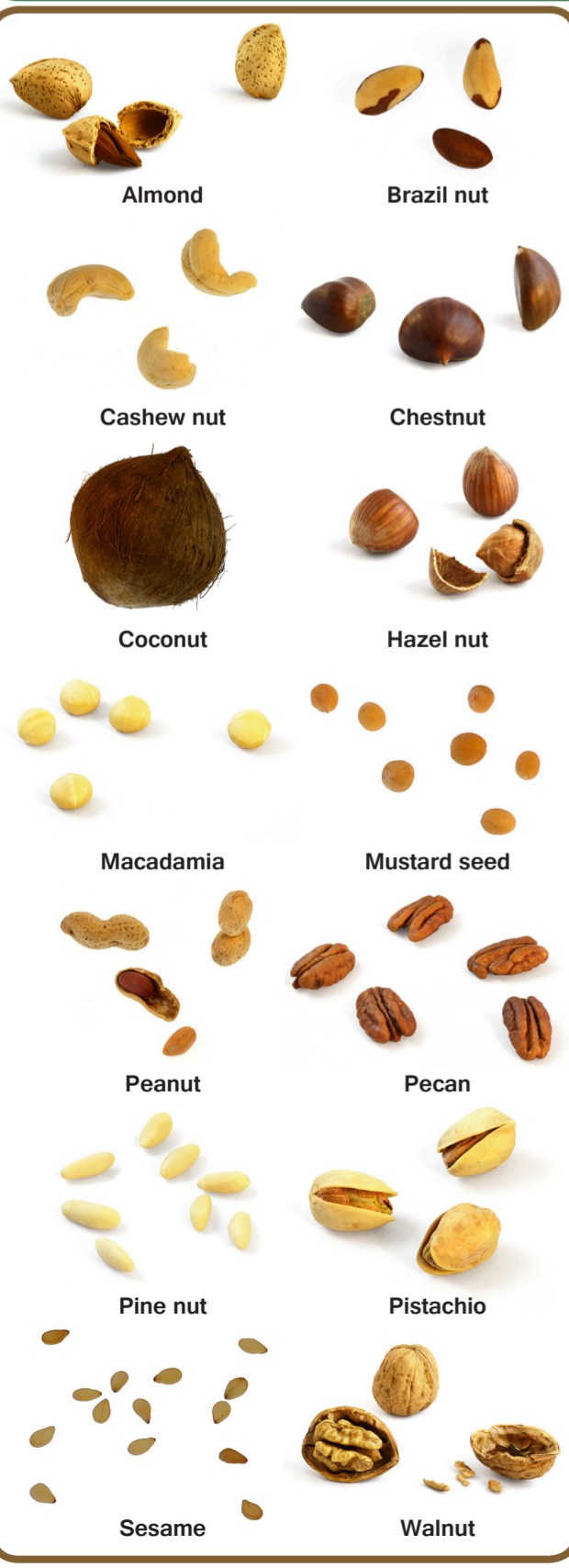
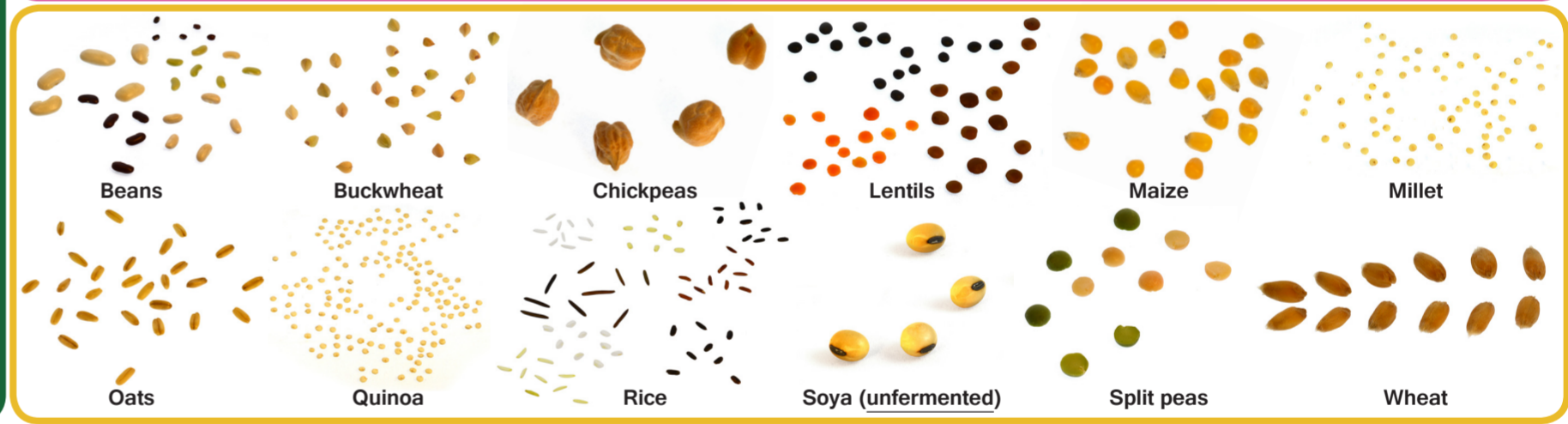
Vegetables



Fruits



Grains and pulses



Nuts and seeds



Processed foods



Herbs and spices

Oils and fats

