

Mindful Eating Guide

A short guide with prompts for mindful eating and sustainability reflections.

Prompts for mindful eating:

- “What does this food smell, taste, and feel like?”
- “Where does this food come from? What resources were used in its production?”
- “What impact does this food have on the environment and society?”

Mindful Eating Tips:

- Eat slowly, focusing on each bite.
- Avoid distractions (e.g., phones, screens) while eating.
- Appreciate the effort and resources that went into creating the meal.