

Follow me TO BE HEALTHY!

WITH EUROPE

#400GCHALLENGE

STARTING THE NEW YEAR WITH FRUIT AND VEG

Out with the old and in with the new – but let's not forget what we learned in 2020. How many of our tips and tricks did you try last year?

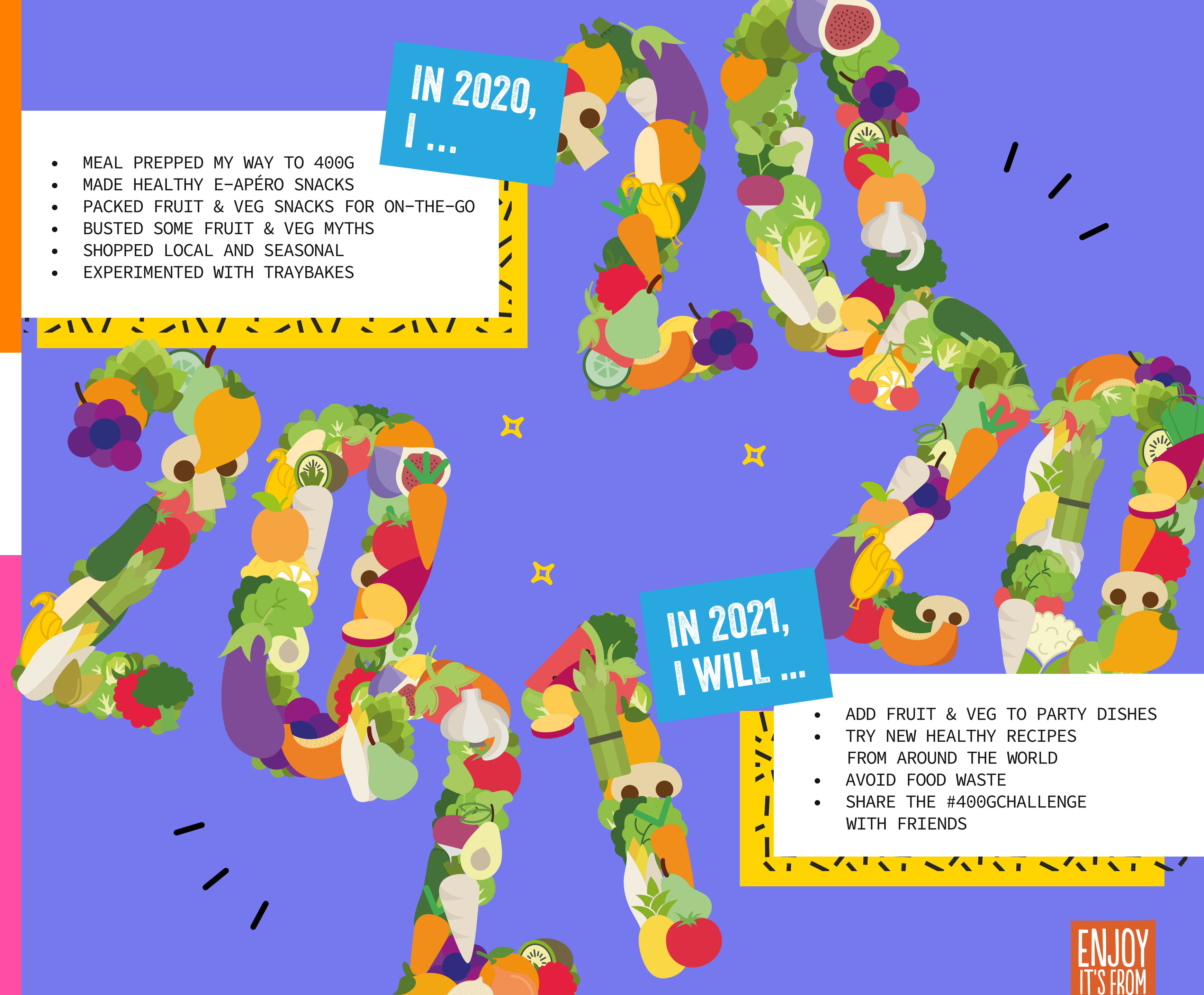
Remember the health benefits that every portion of fruit and vegetables brings – keep following us in 2021 for new challenges!

IN 2020,
I ...

- MEAL PREPPED MY WAY TO 400G
- MADE HEALTHY E-APÉRO SNACKS
- PACKED FRUIT & VEG SNACKS FOR ON-THE-GO
- BUSTED SOME FRUIT & VEG MYTHS
- SHOPPED LOCAL AND SEASONAL
- EXPERIMENTED WITH TRAYBAKES

IN 2021,
I WILL ...

- ADD FRUIT & VEG TO PARTY DISHES
- TRY NEW HEALTHY RECIPES FROM AROUND THE WORLD
- AVOID FOOD WASTE
- SHARE THE #400GCHALLENGE WITH FRIENDS



ENJOY
IT'S FROM
EUROPE



THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.