

Track TO THE FUTURE

by EUROSTAR GROUP

WELCOME ON THE TRACK TO ECO-RESPONSIBLE LIVING

By being part of the Eurostar Group, you are already supporting environmentally-friendly catering, service and waste management. If you also follow the tips along this track, you can do your bit at home for a greener, more sustainable future.

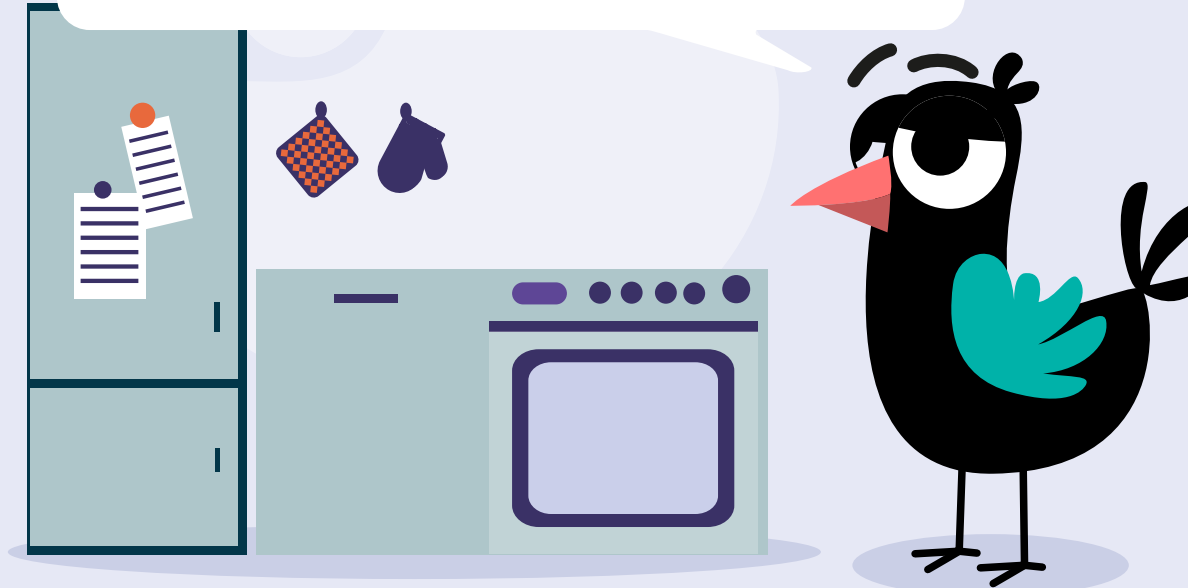


1 HOME

- **Reduce waste** by planning meals, shopping with a list and storing food properly.

- **Eat at home more often** to reduce the environmental impact of eating out.
- **Use a water filter or jug** instead of bottled water (in single use-bottles).

I'm never eating out ... I feel at home everywhere.



I won't touch anything, promise! Not!

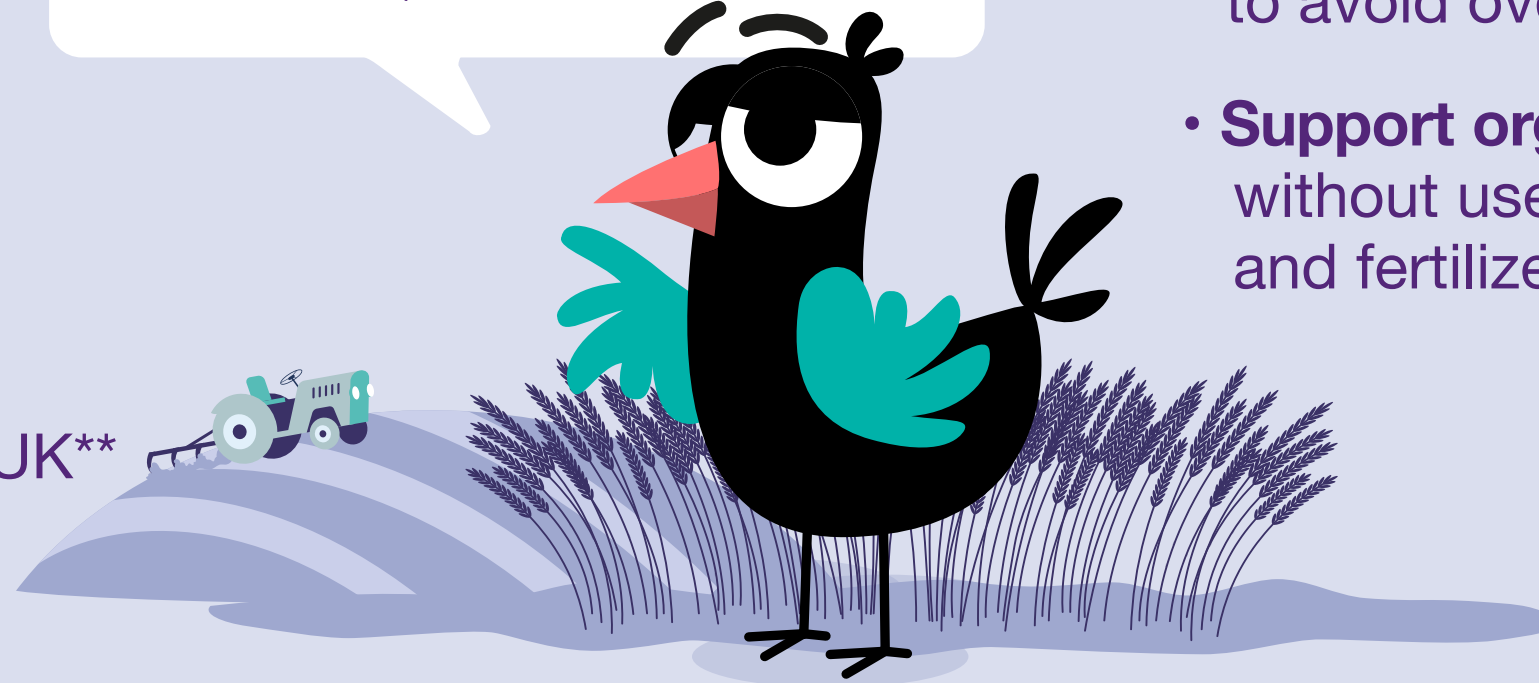
2 GARDEN

- **Grow your own food** like 34% of the people in the EU* and 23% in the UK.**
- **Compost food scraps.** In the EU, food waste accounts for about 88 million tons of waste per year.*

3 CONSUMPTION

- **Eat less animal products**, particularly red meat.
- **Choose local and seasonal products** to reduce impact. About 70% of residents in both the EU* and the UK** consider this important.

... and feathered animals of course!



- **Choose seafood that is sustainably caught** to avoid overfishing.
- **Support organic farming** without use of pesticides and fertilizers.

- **Use reusable bags and containers**, packaging accounts for 17.1% of municipal solid waste in the EU*, and 11.1% in the UK.**

- **Shop at farmers' markets** like 22% of Europeans already do*.

- **Reduce packaging waste** by buying goods in bulk.

Oh yeah, like those tasty cherries!



4 MARKET

* European Commission and the European Environment Agency (2022) / Eurostat (2022).

** The Guardian (2018) / The House of Commons Library (2022).