

HEALTH AND SUSTAINABILITY TRAIL



SMART POWER SUPPLY

A diet that gives preference to natural and fresh foods, avoiding industrialized products. This type of food provides the necessary nutrients for good health, in addition to reducing the consumption of chemical additives used in the preservation of processed foods.



WASTE

Food waste is a loss that occurs from production to consumption. We often discard quality foods because they are outside the established beauty and shape standards. We need to avoid waste!



SUSTAINABILITY

Environmental sustainability is the ability to conserve the environment for future generations. Smart eating has contributed to sustainability by reducing plastic and packaging waste. Contributing to care for our planet.