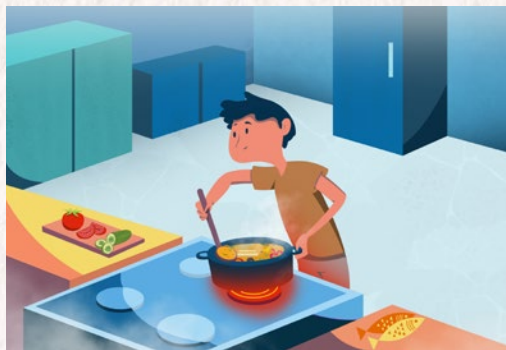




Sustainable Diner Comics



Short Comic Stories for a Sustainable Way of Life

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This Book Belongs to





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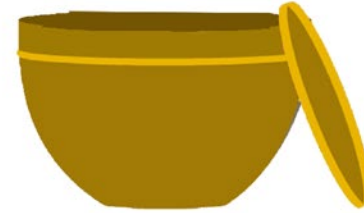
Can you find these items in the comics?



Home



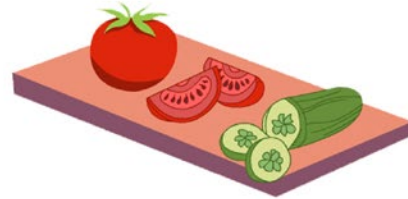
Coin bank
(*Alkansiya*)



Upcycled plastic
container



Fish



Sliced vegetables



Rotten carrot



Do you know what it takes to be a Sustainable Diner?

You can definitely do it, it's just easy! Let this family be your guide and inspiration.



Scan to learn more.
bit.ly/tsdathome





"We love buying local!" said the Daughter with her Dad, who supports local farmers.



"I cook delicious healthy dishes." said the Brother, who includes a lot of plant-based ingredients in his cooking.



"We eat a lot of veggies." said the Son and Mom, who always finish their food.



"We share excess food with others." said the Cousin, who donates to their community.



"I compost our food waste and use it as fertilizer." said the Grandmother, who makes sure nothing goes to waste.



"We are Sustainable Diners! You can be one, too!" said the Family to you who's reading this!

Our "old normal" was destroying our environment at a rate faster that it could recover.



Scan to learn more.
bit.ly/FLWfacts





"I feel sick."



"I'm dirty."



"I cry all the time."



"It's getting harder to breathe."



"I feel like I'm choking."



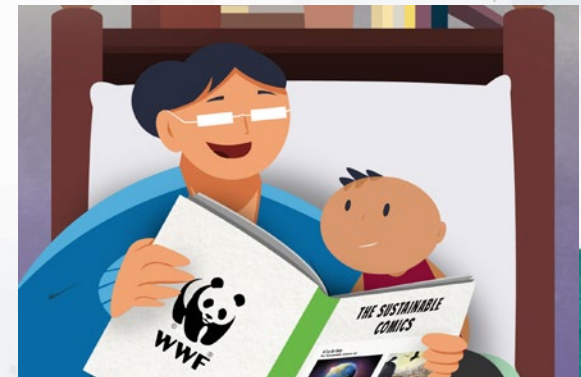
"Doesn't anyone notice that I need help?"

Small actions can have big impacts when done collectively.

Together, let's have a sustainable lifestyle for a better planet and brighter future.



Scan to learn more.
bit.ly/SavourPlanetArticleEp4





"Lola, why is it important to be a sustainable diner?"



"Well, Apo, so that we can mitigate climate change,"



"protect our natural resources,"



"and support our local farmers and fishers,"



"in order for future generations to inherit a livable planet."



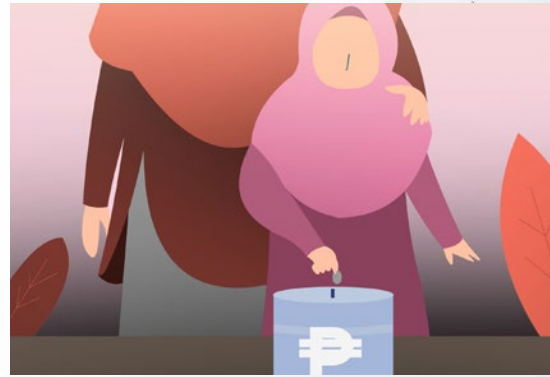
"So, be a Sustainable Diner today, for a better tomorrow!"

Have you ever tried growing your own food?

Find out the benefits of having your own garden pantry!



Scan to learn more.
bit.ly/cropdiversity





"We love to grow our own fruits and vegetables!"



"They give us a nearby source of fresh and nutritious food,"



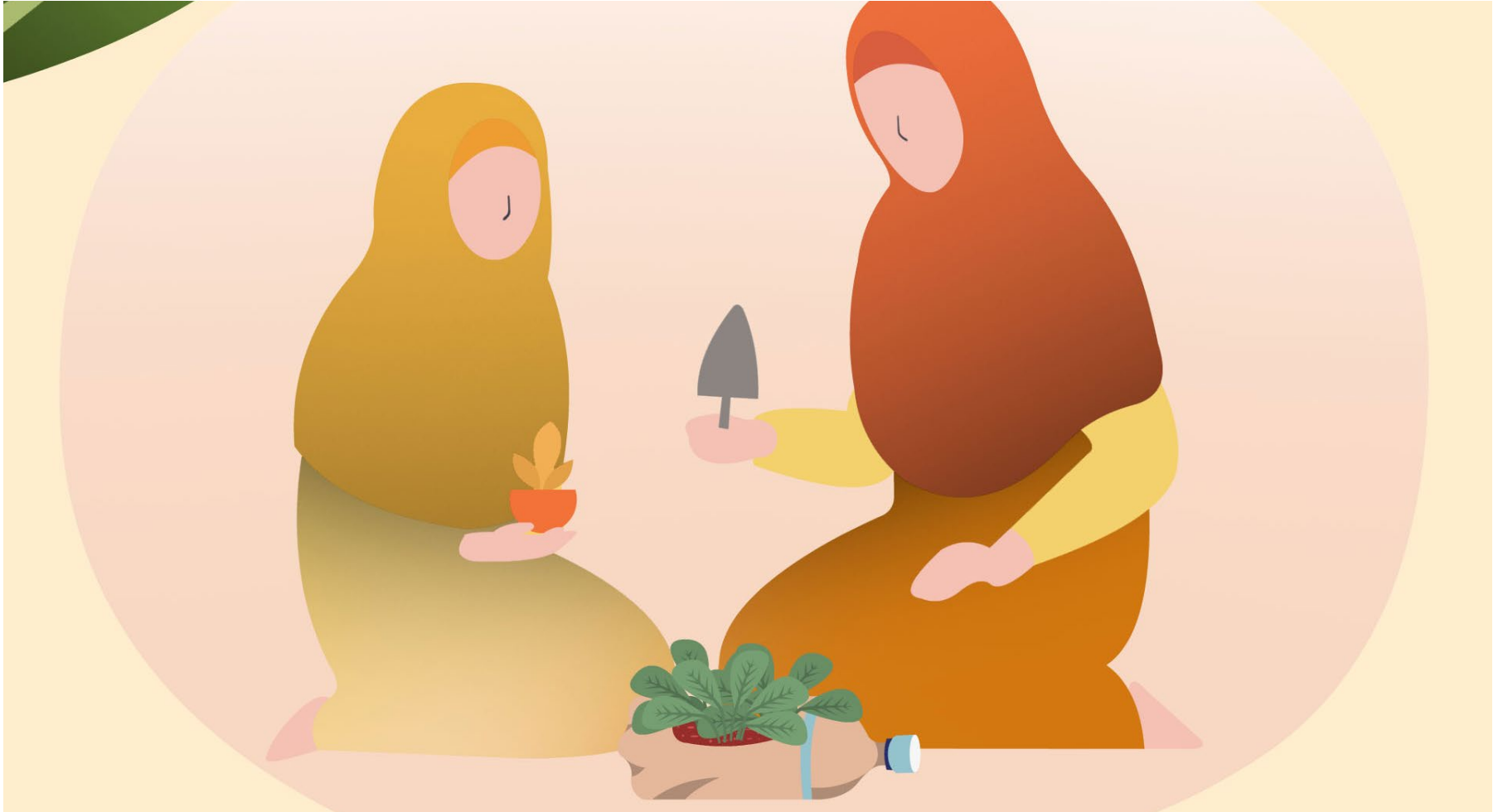
"help us save money,"



"allow us to share with neighbors,"



"and keep ourselves and the environment healthy!"



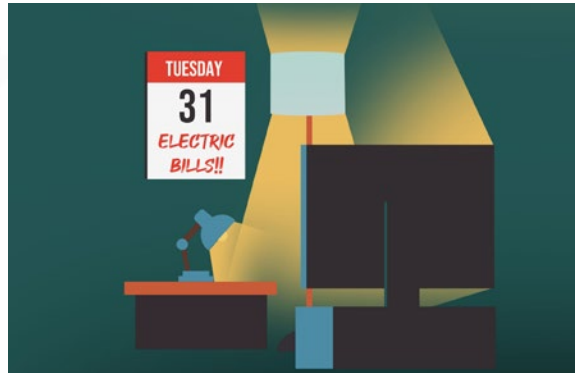
"You can grow your own food too, and be a Sustainable Diner!"

What happens to humans without nature?

Learn why it's important to conserve our resources efficiently.



Scan to learn more.
bit.ly/SavourPlanetArticleEp3

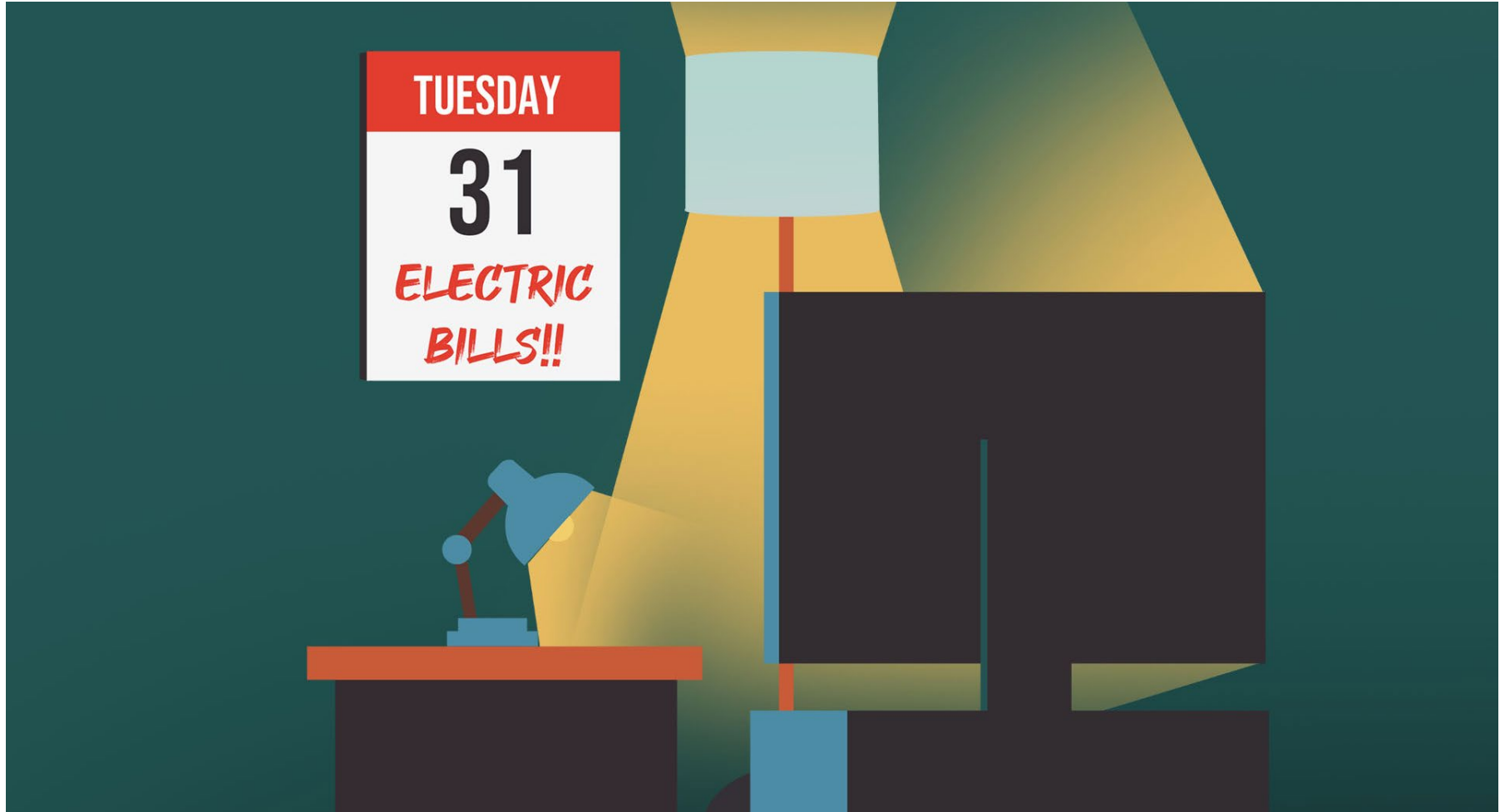




"Everything we need to survive comes from nature."



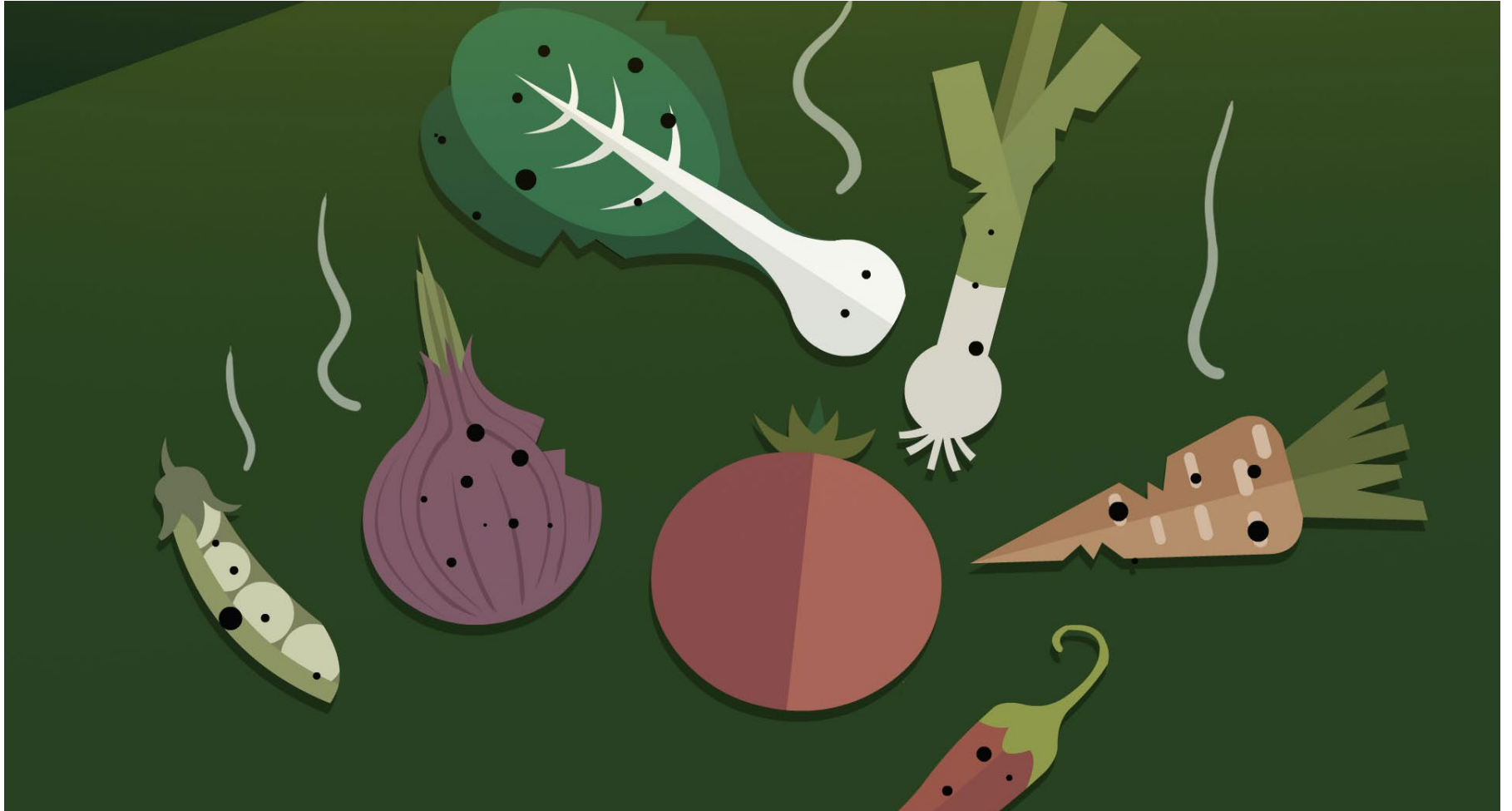
"She has been so generous, but she can only give so much."



"Let's do our part by conserving electricity and switching off when not in use."



"Let's value every drop of water."



"Let's avoid wasting food."



"Let us not wait until she has nothing left to give!"

What sustainable choices are you making today?



Scan to learn more.
bit.ly/SavourPlanetArticleEp1





"Saying no to plastic bags,"



"Bringing your own water bottles,"



"Upcycling when we can,"



"Using our own utensils,"



"And other zero waste practices only take a few minutes,"



"Meanwhile, single-use plastics require over 400 years to decompose."

Find the Items Answer Key:



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Page 4



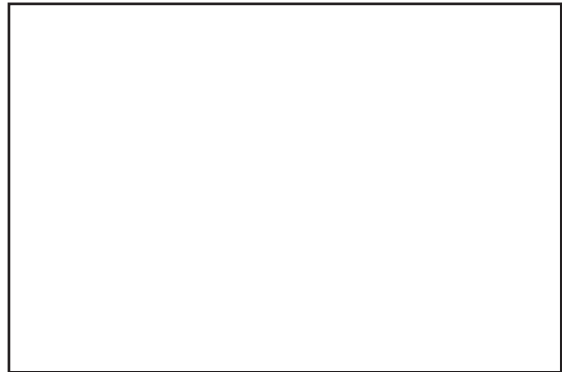
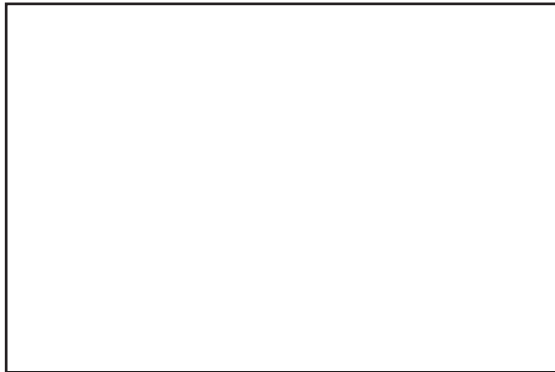
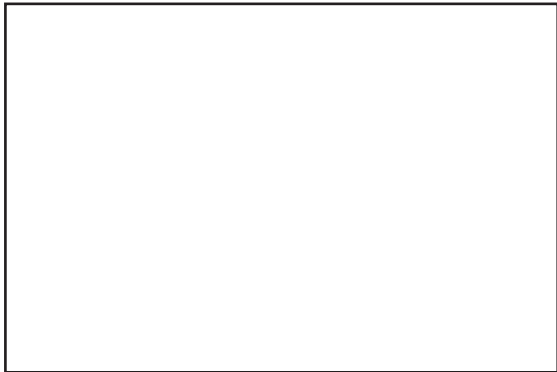
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**Now, it's your turn to continue
the journey of being
#TheSustainableDiner.**

Draw and write your own sustainable
stories in the space provided.



Share your own sustainable stories on social media and join us in celebrating being **#TheSustainableDiner**

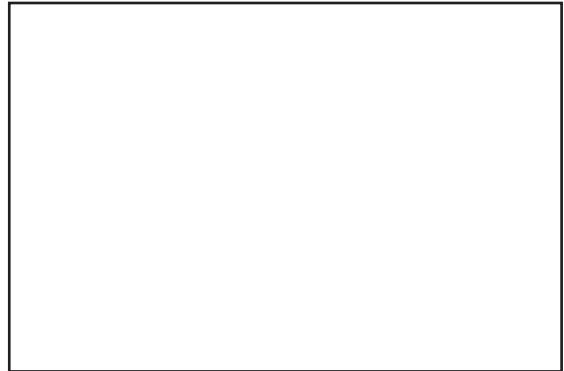
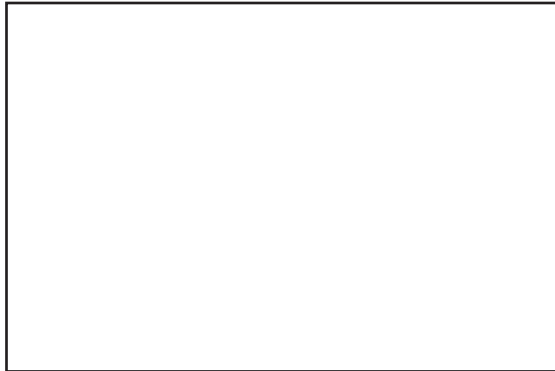
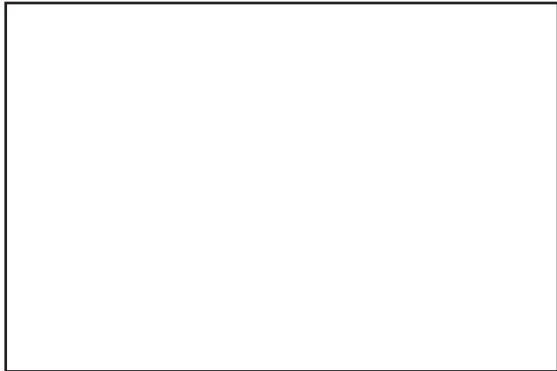


How can I be a sustainable diner?

We're excited to see your own sustainable comics stories! Don't forget to post on social with the hashtag **#TheSustainableDiner.**

What plant-based dishes would I like to eat?

Share your own sustainable stories on social media and join us in celebrating being **#TheSustainableDiner**

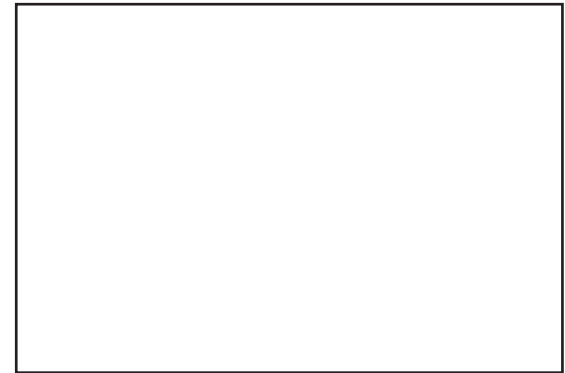
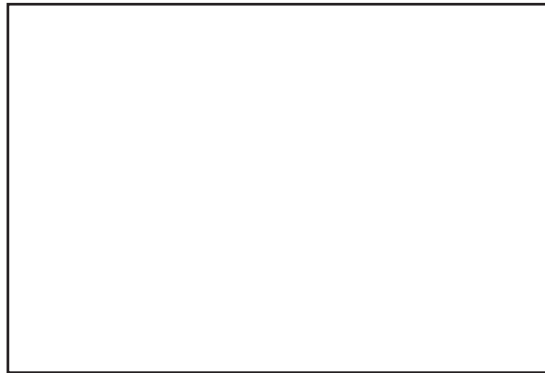
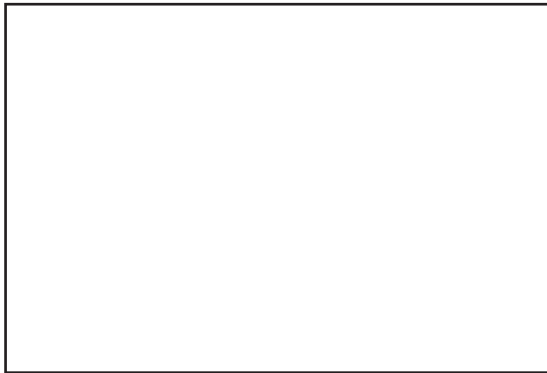
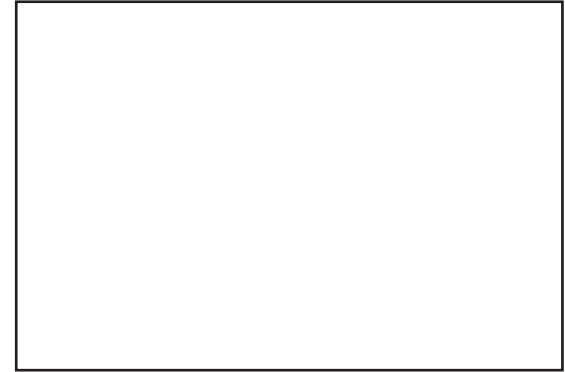
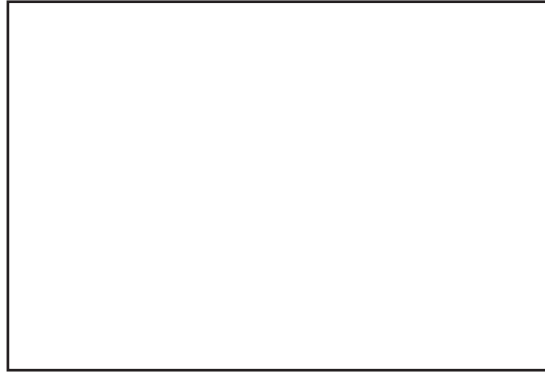
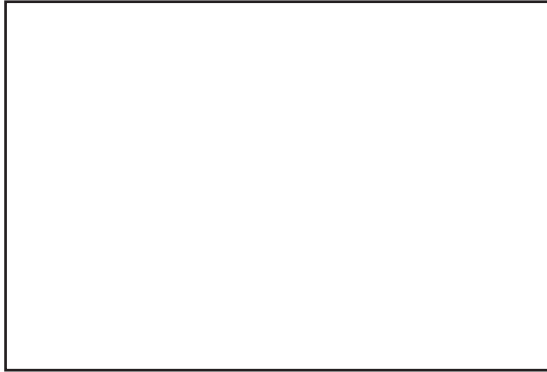


How can I reduce the food waste at home?

We're excited to see your own sustainable comics stories! Don't forget to post on social with the hashtag **#TheSustainableDiner.**

How can I conserve water and electricity?

Share your own sustainable stories on social media and join us in celebrating being **#TheSustainableDiner**



What zero waste practices could I do to minimize the use of single-use plastics?

I am a Sustainable Diner!



I love buying local.



I cook and eat plant-based dishes.



I always finish my food with no leftovers.



I use water and electricity efficiently.



I say NO to single-use plastics.





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wwf.org.ph

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a decision adopted by the German Bundestag.'*



One planet
handle with care