



The choices we make in our eating habits have a direct impact on the environment. Before food shopping, do you stop to ask yourself if a product is in season? Where it comes from? Or, how it was grown?

Sustainable Gastronomy Day aims to focus the world's attention on the role that food can play in promoting agricultural development, food security, nutrition, sustainable food production and the conservation of biodiversity.

You can help spread the word and get involved by downloading the [ACTNOW](#) * climate campaign bot. ActNow is the UN's global call to individual action on climate change. The goal of ActNow is to educate and encourage individual behavioural change.

As part of the campaign, people around the world are asked to get involved cooking-up climate-conscious creations. The challenge: cooking up dishes that are not only delicious but also good for the planet and good for us— reducing meat and emphasizing diverse vegetarian ingredients instead.

Leading chefs will spearhead the challenge and provide inspiration by presenting their own creations which will be featured on the United Nations' global platforms and hope to kick off a global wave of culinary creativity as people share their favourite recipes and photos.

Every climate action we take matters. The more people act, the bigger the impact. All the actions that we take, collectively, will add up and reduce emissions. And it will send a message to leaders, in government and business, that people want climate action, and are willing to take it. The collective actions will be presented at the Secretary-General's Climate Action Summit in New York in September 2019.

**The ActNow.bot, which is currently being piloted on Facebook Messenger, is an interactive tool that recommends everyday actions to reduce our carbon footprint - like driving less, buying local and seasonal produce, taking 5-minute showers, and eating less meat.*

Download from www.un.org/actnow