

INSIDER | APR 2026

YOUR MONTHLY RECIPE FOR *Well-being + Sustainability*

FOR THE PLANET

Earth Day reminds us that caring for our planet starts with everyday choices. We're highlighting meals made with fresh, local ingredients and sustainable practices. Join us by choosing plant-based meals, supporting local producers, and selecting responsible brands. Together, we can make meaningful choices that nourish our well-being and our planet.

THE SEASON OF REDUCING FOOD WASTE

Stop Food Waste Day highlights a global effort to cut food waste whether you are a trained chef or an at home cook. We're featuring creative recipes, root-to-stem cooking, and zero-waste tips that make ingredients go further. Join us by planning meals, using whole ingredients, and repurposing scraps (like coffee grounds for soil) to make a meaningful impact.

CHEF TIP

Shop in your refrigerator before the store to reduce food waste. Make a menu from your on hand items then a list to bring to the grocery store, and stick to it! This helps prevent buying unnecessary items that will spoil before they get used.



FIND YOUR
NEXT
FAVORITE
RECIPE!