



**INSIDER | APR 2026**  
BY EUREST REGISTERED  
DIETITIANS & CHEFS

## **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!**