

Welcome to the SUMS Sustainable Cookbook!

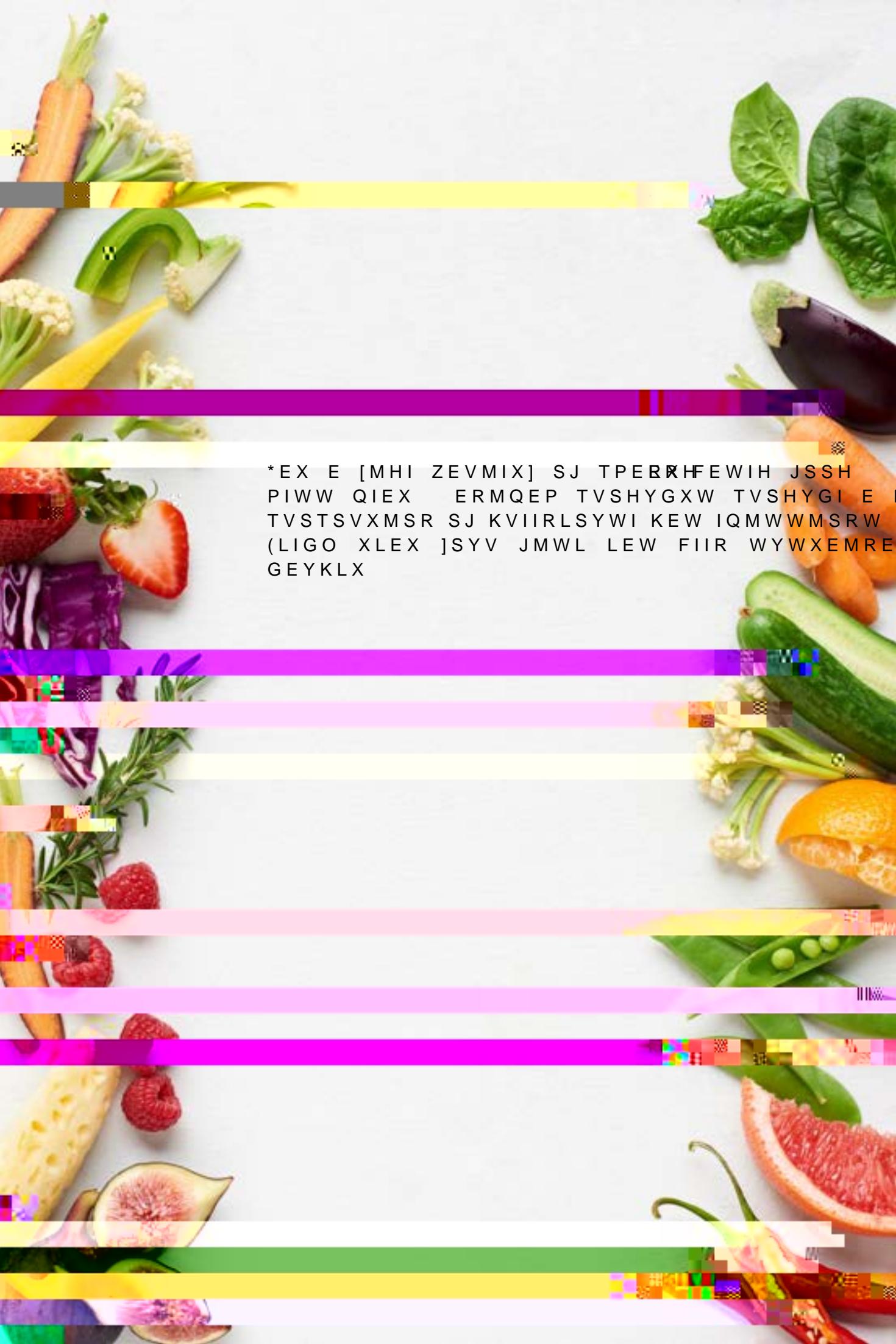
;LEX MW E WYWXEMREFPI VIGMTI\$

& μWYWXEMREFPI VIGMTI¶ MRZSPZIW YWMRK MR
XLEX EVI KSSH JSV FSXL]SYV FSH] ERH XLI TPE
GSRXVMFYXI XS XLI EGLMIZIQIRX SJ XLI 93¶
YWXEMREFPI)IZIPSTQIRX ,SEPW .RKVIHMIRX
MRGPYHIH MR E μWYWXEMREFPI VIGMTI¶ XIRH XS
FEWIH WIEWSREP ERH XS TVSHYGI PMQMXIH [EW
I\EQTPI

- &PP WIEWSREP JVYMXW ERH ZIKIXEFPW I K H
3SZIQFIV ETTPIW FYXXIVRYX WUYEWL GEVVSX
GEYPMJPS[IV TIEVW TYQTOMR
- 'IERW I K μ YQE 5VITEGOIH 4VKERMG -EVMSGX
'IERWT μ YQE 4VKERMG 'PEGO 'IERWT
- 9WMRK QIEX EPXIVREXMZIW PMOI JEPEJIP XSJY
NEGOJVYMX LEW E TYPPIH TSVO XI\XYVI
- 9WMRK HEMV] EPXIVREXMZIW PMOI GSGSRYX QM
KVIEX JSV QEOMRK E GYVV] EPQSRH QMPO S
QMPO
- 1IRXMPW I K μ'MSRE 4VKERMG 'IPYKE 1IRXMPW
- 6YMRSE
- (LMGOTIEW SV IZIR FIXXIV WTVSYXIH
GLMGOTIEW

;L] HS [I RIHH XS IEX QSVI WYWXEMREFP

+SSH MW SRI SJ XLI FMKKIWX HVMZIVW SJ [MPHI
ERH GPMQEXI GLERKI MR XLI [SVPH &GGSVHMRK
;;+ JSSH EGGSYRXW JSV SJ KVIIRLSYWI KEW
IQMWWMSRW *EXMRK QSVI WYWXEMREFP] [MPP E
MR FIXXIV JSSH WIGYVMX] JSV RS[ERH JSV J
KIRIVEXMSRW



*EX E [MHI ZEVmix] SJ TPERRHFEWIH JSSH
PIWW QIEX ERMQEP TVSHYGXW TVSHYGI E
TVSTSVXMSR SJ KVIIRLSYWI KEW IQMWWMSRW
(LIGO XLEX]SYV JMWL LEW FIIR WYWXEMRE
GEYKLX

H " ú E ä à ä " Q I

- K SEXW [I VIGSQQIRH [LSPIK
- QP [EXIV SV TPERX FEWIH Q
- XWT GMRREQSR
- & TMRGL SJ WEPX
- XFWT TIERYX FYXXIV
- XFWT KVSYRH JPE\WIIH SV GI
- XFWT LSRI]
- XFWT HEMV] JVII JSKLYVX S
]SKLYVX EPXIVREXMZI



H " ú E ä à ä " Q I

.



, V Ú Á " à ä Á |
ä " Q |) V B

H " ú E ä à ä " Q I

- \ K GER SJ XSQEXSIW
- \ K GER SJ GSGSRYX QMPO
- FVS[R GLSTTIH SRMSR
- GYT SJ VIH PIRXMPW TVI WS
- ZIKIXEFPI WXSGO GYFIW
- (YVV] ERH GYQMR TS[HIV
- (LMPPM SV EFEP 4PIO STXMS

` ä Q) à

.

) E I Ú Q s _ - ±
f V I I Á " ä ä Q E)
‡) V B

H " ú E ä à ä " Q I

- QEPP [LMXI GEFFEKI LIEH
- PEVKI TSXEXSIW
- QIHMYQ SRMSRW
- PEVKI GEVVSX
- TEGO SJ VIEH] GSSOIH ZEGY
FIIXVSSX
- \ K GER SJ XSQEXSIW
- GPSZIW SJ KEVPMG HIGVIEW
HITIRHMRK SR]SYV TVIJIVIRGI
- XFWT [LMXI HMWXMPPIH ZMRI
NYMGI
- XFWT XSQEXS TEWXI
- XWT WYKEV
- XFWT ZIKIXEFPI SMP
- & WQEPP TSX SJ TEWXE WEYGI
XSQEXS SV WMQMPEV STXMS
- XFWT SJ FYXXIV VITPEGI [MX
QEVKEMRI JSV E ZIKER STXMS
- QEPP FYRGL SJ JVIWL HMPP E
YWI HV]
- FE] PIEZIW
- EPX ERH TITTIV XS XEWXI

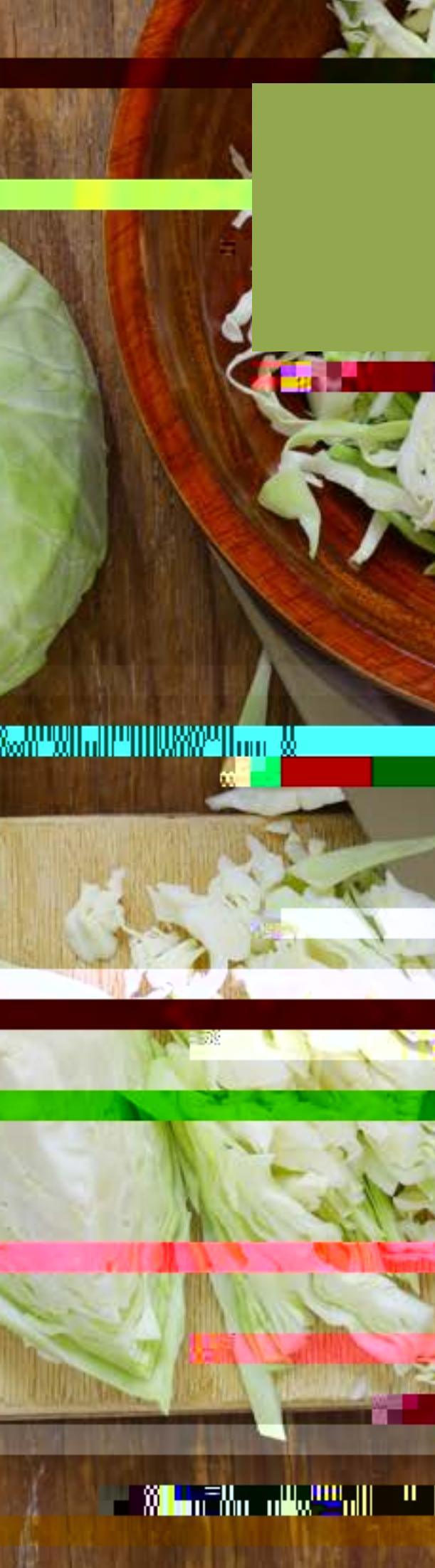
) E I Ú Q S _ - ± » t
f V I I Á " ä ä Q E)
‡) V B S Ú) " Q " à `

` ä Q) à

- 8S WXEVX WLVIH XLI GEFFEKI
- 5YX XLI GEFFEKI MR XLI WSYT MX [MXL [EXIV ETTVS\ PMXVI MX 8LI [EXIV RIIHW XS GSZIV ERH LEZI WSQI WTEGI XS EGGS XLI VIWX SJ XLI ZIKIXEFPIW .J QYGL GEFFEKI VIQSZI MX ERH I\XVE XS QEOI E WEPEH ETTPI KVEXIH
- 5IIP ERH GLST XLI TSXEXSIW GYFIW
- &JXIV QMRYXIW SJ GSSOMRK EHH XLI GLSTTIH TSXEXSIW ER GSSO XLI GEFFEKI ERH TSXEXS JSV QMRYXIW OIIT ER IJI SR GSQMRK XS XLI FSMPMRK WXEI XLI LIEX XS WMQQIV WS]SY HSZIVGSSO XLI ZIKIXEFPIW
- ;LMPI XLI GEFFEKI ERH TSXEXS GSSOMRK ERH KVEXI PEVKI G FIIIXVSSX ERH GLST SRMSRW
- -IEX ZIKIXEFPI SMP MR E JV]MR XLI SRMSRW +V] JSV QMRYXI
- &HH XLI KVEXIH GEVVSX ERH G XLI SRMSRW ERH GEVVSX XSKI
- &HH XLI KVEXIH FIIIXVSSX ERH HMWXMPPIH ZMRIKEV &PPS[X QMRYXIW
- &HH XWT SJ WYKEV ERH EHH XSQEXS TEWXI
- (SSO XLI QM\XYVI XSKIXLIV JS QIHMYQ LIEX



•



• E ä ä • Q) ! Á Q)
" ú V " ä

H " ú E ä à ä " Q I

- 1MRKYMRI
- 'VS[R 4RMSR
- ,EVPMG
- 4PMZI SMP SV GLMPPM SMP
- (LMPPM +PEOIW
- (LSTTIH WYRHVMIH XSQEXSIW
- (LSTTIH XMRRIH XSQEXSIW
-)VMIH FEWMP
- :IKIXEFPI XSGO (YFI
- TPEWL SJ FEPWEQMG ZMRIKEV
- -ERHJYP SJ WTMREGL
- 5MRI RYXW
- 4TXMSREP (LSTTIH GLIVV] XSC

` ä Q) à

- 'SMP PMRKYMRI MR E TER
- -IEX SMP MR ERSXLIV TER ERH GLSTTIH SRMSR ERH KEVPMG
- &HH GLMPPM JPEOIW E TMRGW YR HVMIH XSQEXSIW HVMIH WXSGO GYFI E WTPEWL SJ FEI ERH E LERHJYP SJ WTMREGL
- &HH XLI GSROIH PMRKYMRI ERI WEYGI
- IVZI [MXL FEOIH FVIEH ERH GLMPPM SPMZI SMP XS HMT FV
- 8ST TEWXE [MXL TMRI RYXW
- 4TXMSREP &HH GLSTTIH GLIVV WYR HVMIH XSQEXS WXEKI JSV

f) Á I Q ä à " ä ú ä
Z Á I Á ú " ä

H " ú E ä à ä " Q I

- 1EWEKRI LIIXW
- FVS[R SRMSR
- FYXXIVRYX WUYEWL
- GSYVKIXXI
- VIH TITTIV
- (LIVV] XSQEXSIW
- \ K GER GLSTTIH XSQEXSIW
- K TEWWEXE
- K JPSVE PMKLX
- K TPEMR JPSYV
- QP WOMQQIH QMPO

` ä Q) à

- (LST XLI WUYEWL GSYVKIXXI
ERH GLIVV] XSQEXSIW ERH VSE
QMRYXIW
- .R XLI QIERXMQI JV] XLI SRMS
WSJXIRIH FYX RSX FVS[RIH &H
GLSTTIH XSQEXSIW TSYV MR X
ERH XYVR XLI LIEX HS[R ERH W
PIEWX QMRYXIW 'PIRH [MXL
FPIRHIV XS QEOI E XSQEXS WE
- 8S QEOI XLI F³GLEQIP WEYGI E
QMRYXIW FIJSVI XLI ZIKIXEFPI
QIPX XLI FYXXIV MR E WEYGITE
JPSYV MRXS XLI FYXXIV ERH [L
QMRYXI SV X[S YRXMP KSPHIR
WTIGOW SJ JPSYV VIQEMR
- &HH XLI QMPO MR E PMXXPI EX
GSRXMRYSYWP] [LMWO XS EZSI
SZIV QIHMYQ LIEX XS XLMGOIR

f) Á I Q ä à " ä ú ä C
Z Á I Á ú " ä s Ú) " Q



- 8S EWWIQFPI QM\ XLI VSEWXII
MRXS XLI XSQEXS WEYGI TVII
WTSSRJYPW MR XLI FSXXSQ SJ
&VVERKI HVMIH PEWEKRI WLIIX
XSQEXS WEYGI ERH XST [MXL E
XSQEXS WEYGI QM\XYVI 7ITIE
YRXMP XLI WEYGI LEW FIIR YW
- +MRMWLF] XSTTMRK XLI PEWE
FIGLEQIP WEYGI (SZIV XLI JS
XLI SZIR SR KEW QEVO JEF
EVSYRH QMRYXIW
- 5SVXMSR YT XLI PEWEKRI =SY
TSVXMSR MR E 8YTTIV[EVIFSI
JVII^MRK MX JSV ERSXLIV HE]
- 8S VILIEX HIJVSWX XLI PEWEK
LSYVW FIJSVI LIEXMRK MR E Q
QMRYXIW



• Á f ä à V E B
€ Á I Q ä

H " ú E ä à ä " Q I

- XWT GYQMR WIIHW
- XFWT GSVMERHIV WIIHW
- GQ TMIGI SJ JVIWL KMRKIV V GLSTTIH
- WLEPPSXW VSYKLP] GLSTTIH
- KEVPMG GPSZIW VSYKLP] GL
- PIQSRKVEWW WXEPOW VSYK
- VIH GLMPPMW
- XWT FPEGO TITTIVGSVRW
- -EPJ VSEWXIH VIH TITTIV JVSQ
- XFWT XSQEXS TYVII
- OEJJMV PMQI PIEZIW
- -EPJ PMQI
- K JVIWL GSVMERHIV TPYW II
- XWT WE PX
- QP [EXIV

` ä Q) à

- 8SEWX GYQMR ERH GSVMERHIV
- 8LIR TPEGI MR E PMUYMHMWIV
- WLEPPSXW KEVPMG ERH PIQSP
- &HH XLI GLMPPMW TITTIVGSVR
- TITTIV XSQEXS TYVII ERH PM
- UYII^I MR XLI PMQI PIEZIW EH
- GSVMERHIV WE PX ERH E WTPE
-)MZMHFI MRXS XLVII TSVXMSRW
- SJ XLI TSVXMSRW

' Á -],„s a ^ j á gá á

H " ú E ä à ä " Q I

- XEFPIWTSSR GSGSRYX SMP S
FVSXL
-]IPPS[SRMSR GLSTTIH
- FIPP TITTIVW VIH SV]IPPS[
- KEVPMG GPSZIW QMRGIH
- XIEWTSSRW KEVEQ QEWEPE
- XEFPIWTSSRW]IPPS[GYVV] T
NEPETI% S TITTIVW
- XEFPIWTSSRW XSQEKS TEWXI
- \ K GER XSQECSIW
- GEVVSXW GLSTTIH
- FYXXIVRYX WUYEWL GLSTTIH
- WQEPP LIEH GEYPMJPS[IV F
JPSVIXW
- GYT VIH PIRXMPW
- GYT W [EXIV
- \ QP GER GSGSRYX QMPO
- XEFPIWTSSRW RYXVMXMSREP
- XIEWTSSR LSX TETVMOE
- \ K GERW GLMGOTIEW HVE
- WEGLIX FVS[R VMGI QMWS
- 'VS[R VMGI

‡QEÁkÙäEEq

H"úEäà ä"QI

- IKKW
- K WYKEV
- K LSRI]
- K ZERMPPE I\XVEGX
- K YRWEPXIH FYXXIV
- K QMPO
- K GEOI JPSYV
- K HSYFPI GVIEQ
- K WYKEV JSV XLI HSYFPI GVI
- XVE[FIVVMIW

`äQ)à

- 5YX XLI IKKW ERH WYKEV XSKI
ERH XLIR EHH XLI LSRI] 8LIR
ZERMPPE I\XVEGX XMV [IPP
- 8EOI E RI[FS[P QIPX XLI YRW
MR XLI QMGVS[EZI ERH EHH XL
FYXXIV ERH WXMV [IPP
- XVERMR XLI GEOI JPSYV XLVSY
XLI IKKW WYKEV ERH LSRI] Q
XLIQ YRXMP WQSSXL
- 8EOI E WQEPP EQSYRX SJ FYXXIV
QM\XYVI ERH TYX MX MRWMHI]
LSRI] QM\XYVI ERH WXMV MX
QM\XYVI XS XLI VIWX SJ XLI FYXXIV
QM\XYVI ERH WXMV XLIQ [IPP Y
- 5YX XLI TVIZMSYW QM\XYVI XLI
MRXS E GQ HIIT VSYRH GI
- 5VILIEX XLI SZIR FIJSVILERH
GIPGMYW ERH FEOI D~3I•S4~3I•S4~3I



- 4 RGI XLI GEOI MW JMRMWLIH
GEOI SRXS E GSSPMRK VEGO E
GSSP
- (SSP XLI GEOI HS[R GYX MX S
ERH GYX MX MRXS WLIIXW
-
- & HH XLI HSYFPI GVIEQ ERH WY
ERH [LMT MX MRXS XLI GVIEQ
- (LST XLI WXVE[FIVVMIW MRXS
-