

Rule Cards

Game Board

Meal Cards

Avatar Cards

Advice Cards

This files contains:

- 4 ✕ Food Snitcher Cards
- 4 ✕ Fridge Fellow Cards
- 4 ✕ Thanks, But No Thanks Cards
- 3 ✕ Nutrition Cards
- 3 ✕ Gastronomy Cards
- 2 ✕ Economics Cards
- 2 ✕ Sustainability Cards

Total of 22 Advice Cards

Printing instructions:

Print page 2 - 9 on A4 paper

Cut out the cards in format H x W= 156x78mm

Advice

Food Snitcher



11111

"I want to steal your meal!"

Play this card to take over any Meal Card from another player.

1. Play this card.
2. Pick a Meal Card from another player.
3. Place the Meal Card on your own daily menu.
4. This card retires from the game.

i Possible reasons for snitching food include hunger, gluttony, wanting to belong to a group or suffering from the so-called clean plate syndrome.



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Advice

Fridge Fellow



11.2.1.1

"Say no to food waste!"

Play this card to take a Meal Card from from The Fridge.

1. Play this card.
2. Pick a Meal Card from another player.
3. Place the Meal Card on you Daily Diet.
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Advice

Thanks, But No Thanks



11.3.1.1

"Don't mess with my meal!"

Play this card to stop any interference in your meal.

1. Counter any other type of Advice Card with this card
2. Both Advice Cards retire from the game.

i The only circumstances under which it is reasonable to give somebody advice is if that person asks for it.



Advice

Thanks, But No Thanks



11.3.1.1

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Thanks, But No Thanks



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Thanks, But No Thanks



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Advice

Nutrition

Julio, clinical dietitian



11.4.1.1

"Reduce your intake of alcohol!"

Play this card to remove one Beverage Card which includes alcohol.

Beverage



1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.



Advice

Nutrition

Julie, clinical dietitian



11.4.1.1

"Skip dessert."

Play this card to remove one Meal Card which includes a dessert.

Meal with dessert

1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.



Save dessert for another day.



Advice

Nutrition

Julie, clinical dietitian



11.4.1.1

"Reduce your intake of salt!"

Play this card to remove one Meal Card with the below value from any menu.

Salt



1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.



Too much salt may cause high blood pressure.



Advice

Gastronomy

Rune, chef



11.5.1.1

“Treat yourself with a glass of alcohol.”

Play this card to remove one Meal Card with the below value from any menu.

Beverage



1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.

i Alcohol is often rich in flavours but is not a food replacement and should not be used as one.



Advice

Gastronomy

Rune, chef



11.5.1.1

“You have plenty of time don't be lazy.”

Play this card to remove one Meal Card with the below value from any menu.

Preparation



1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.

i Savour the moments: Cooking is self-care and nourishment.



Advice

Gastronomy

Rita, chef



11.5.1.1

“I make a mean meal, if you give me the right ingredients.”

Play this card to remove one Meal Card with the below value from any menu.

Quality



1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.

i whenever possible, use fresh and minimally processed ingredients.



Advice

Economics

Fiona, economist



11.6.1.1

"This meal will be too expensive. You can not afford it."

Play this card to remove one Meal Card with the below value from any menu.

Price



1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.

i Balance your wallet and your food choices.



Advice

Economics

Felix, economist



11.6.3.1

"Enjoy life, you can afford it"

Play this card to remove one Meal Card with the below value from any menu.

Price



1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.

i Prioritize health and buy nutritious within budget.



Advice

Sustainability

Carl, Sustainability expert



11.7.2.1

"This meal has too high water consumption."

Play this card to remove one Meal Card with the below value from any menu.

Water Footprint



1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.

i Coffee and chocolate use a lot water.



Advice

Sustainability

Carl, Sustainability expert



11711

"This meal has too high carbon emissions."

Play this card to remove one Meal Card with the below value from any menu.

Carbon Footprint 

1. Place the chosen Meal Card in The Fridge.
2. This Advice Card retires from the game.

i Focus on vegetables and whole foods.

