

The OIT cafeteria puts the spotlight on its local producers.

The "À Table! Mangeons local et durable" event highlights the importance of favouring local and sustainable products in our diet. It's an opportunity to discover products from our region.

By choosing locally produced foods, we are promoting proximity and reducing our carbon footprint linked to transport. What's more, by favouring seasonal foods, we're supporting biodiversity by eating products that are naturally available at this time of year.

According to several experts, food accounts for between 20% and 30% of our environmental impact, so it's essential to make conscious choices to limit our impact on climate change. By opting for diets that favour proximity, seasonality and biodiversity, we are helping to preserve our environment.

Thanks to the talent of our kitchen brigade, you can take advantage of this sustainable food choice while enjoying a delicious meal. This event invites you to share a good meal in a convivial atmosphere.

By taking part in this event, you're supporting local producers and artisans. It's a chance to discover new flavours and contribute to a more sustainable future.

Every day, we can do our bit for the environment through what we eat.

So come along to the cafeteria every day to discover our "À Table" menu.