

# What is expected

We encourage you to do your best but we understand that it can be hard. Especially with the busy lifestyles of many people. If you have to eat something imported, that is fine, but try to ask curious questions to yourself and the vendor.

What in this meal is imported? Are there Ghanaian produced options?



## Pledge Button

In the duration of the campaign exchange your instagram profile picture for the pledge button. This way we can see who participates.



## Directory

As a part of our Buy Ghana Build Ghana campaign we are building a directory of local produce and food brands. Let's all contribute with our favorite Ghanaian food and drinks brand so that no one can ever say "I don't know where to find local options" – We can do this together!

[Find it here.](#)

## Follow us on IG



And make sure to turn on notifications.

## WIN !!!

You have the chance to win a basket full of Made in Ghana products.

Be on the lookout on our instagram.



## TIPS & TRICKS

1. Make a plan for the week.
2. Go to a big food market to discover new products.
3. If you eat at a restaurant: ask questions.
4. If you can't find an ingredient made in Ghana try to find something from Africa in general.
5. Try new products and recipes.

We will share a list of shops and restaurants that focus on local ingredients on IG.

