

Tools for learning - tools for sustainable development

COOKING WITH LEFTOVER FOOD EVENT

First 3-day Training for the trainers for exchange of good practice, green skills and innovative non-formal learning tools (A 1.)

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PARTNERS:



What are the learning outcomes for the youth?

They will be able to:

- ★ understand the global consequences of food waste
- ★ identify ways in which food waste can be reduced
- ★ develop the skill of organizing a public event
- ★ apply food waste reduction behavior in everyday life
- ★ improve different skills and competences (personal and social, learning to learn, entrepreneurship competences etc.)

Getting started

Before organizing the event with the youth, they need to be motivated and understand the local and global issues associated with food waste.

It can be done in two different ways:

1. Short lecture where you present the most important information on food waste.
2. In pairs or groups, they do their own research about food waste. Each group researches a different topic/question related to food waste which they present to others.

e.g. How much food do we waste? Why do we waste so much food? What are the impacts of food waste? What can we all do to help reduce food waste?

How much food do we waste?

- food waste is a big and growing problem - around **one third of the food** produced in the world for human consumption every year (approximately 1.3 billion tonnes) **gets wasted**
- in the EU 20% of the total food produced is lost or wasted, while 33 million people cannot afford a quality meal every second day
- every EU citizen throws around **90 kg of food annually!**

Why do we waste so much food?

Supermarket waste:

- Unnecessarily strict sell-by dates mean that food is disposed of when it could still be eaten.
- Promotional offers like buy one get one free encourage us to buy more food than we need.
- Demand for cosmetically perfect food means that irregularly shaped produce gets thrown away.
- Poor storage can result in produce having to be disposed of.

Household waste:

Households generate more than half of the total food waste in the EU (47 million tonnes!)

Household waste happens because:

- we buy too much food
- we don't eat it on time
- we don't understand the difference between date labels "use by" and "best before"
- we prepare or serve too much food

What are the impacts of food waste?

Environmental impact:

Wasted resources:

- land use: 28% of agricultural land is used for food that is wasted
- water waste (e.g. 115 l is used to produce only 1 apple)
- use of fertilizers and pesticides
- labour
- energy
- packaging
- transportation

Climate change impact:

- food waste is responsible for 10% of global greenhouse gas emissions
- methane emissions (livestock farming + landfill food waste decompositions)
- CO2 emissions - food production and distribution

What can we do to reduce food waste?

Follow the waste hierarchy:

- **reduce:** only buy the food you will eat
- **reuse:** make sure you understand date labels (don't throw away food which is still good and safe); eat leftovers the next day
- **recycle:** prepare a new dish with leftovers
- **rot:** compost food waste



Source:

http://www.district10comopark.org/uploads/rounded/size-400/zero_waste_hierarchy.jpg

COOKING WITH LEFTOVER FOOD

- event planning -



Event description:

- public cooking with leftover food
- display of the amount of food average Croatian/Italian/Slovenian citizen throws away annually
- information about food waste for visitors (flyers + talking to visitors)



How do we involve young people?

- As volunteers that help with organizing the event (Green Istria's experience)
- As a target group of the event

Regardless to the modality which suits your/youth needs better, the learning outcomes would practically be the the same!

EVENT ORGANIZATION - STEP BY STEP INSTRUCTIONS

Divide the following tasks among the young people who help organize the event:

1. Choose location (a busy location like a green market is great if the event is for general public; a location like the one in front of a youth center or youth club is great if event is targeting youth).

Your young volunteer can help with asking local authorities for permit for the occupation of public space, visit the location prior to the event, to communicate with stakeholders that help with organization (e.g. if a public company manages the location, to see if the company can provide market stalls, is any electrical equipment such as extension cords needed)

EVENT ORGANIZATION - STEP BY STEP INSTRUCTIONS

2. Make sure you have all the cooking appliances you need

Your young volunteer can help (induction cooker, pots, cutlery, cutting boards, knives, aprons) and obtain reusable/compostable cutlery and dishes (avoid producing single-use plastic waste!)

3. Ask your local famous chef to assist in the cooking.

Young volunteers can help with assisting the chef, distributing cooked food to the public/youth

4. Buy and demonstrate food that average citizen throws away annually.

Young volunteer can help with making the list of what needs to be obtained and with shopping.



Voli Umag,
izdvoji s(v)e!

Per Umago,
fai la differenza!

Grad Umag
Città di Umago

Veš, kako pripraviti zdrav in okusen zajutrek?

PRIPRAVI zdrav zajutrek, ki vsebuje beljakovine in ogljikove hidrate.

Pravna hrana za zdravje: zelenjava, sadje, mlečni izdelki, celozrnata žitna zrna.

Ali si želite, da bi vaš zajutrek bil zdrav?

Skupaj pripravimo zdrav in okusen zajutrek!

Skupaj pripravimo zdrav in okusen zajutrek!

Skupaj pripravimo zdrav in okusen zajutrek!

Informacije o našem štandju s
kulinarnimi kaperi in prigrizki, obkusi
in kuhinjskimi orodji in priborji
in gradbeni delavnici za hobi
v prostorih štandja

5. Choose simple, easy to make recipes from food leftovers to demonstrate.

Your young volunteer can help make recipes short list. Also, you can ask for your young volunteer's opinion on recipes (how he/she thinks the recipes might be accepted by the target audience)

6. Additionally you can make some info materials - leaflets with facts&tips or info boards.

Involve your young volunteer into commenting the draft leaflet content (selection of facts), it's design etc.

7. Invite youth clubs/organisations to visit the event. Young volunteer can send the invitation or go to talk in person about the event.

8. For fun you can get cooking aprons and hats & make photo point with hashtags *#stopfoodwaste*.

Young volunteers can take care about photo point during the event.

9. Make a Facebook event and invite the media.

Young volunteers can help with popularizing the event among their peers using different social media platforms.



Ad 1 Research (for food waste display):

- how much food does an average person in your country waste annually? (about 70 kg in Croatia)
- what is the distribution of food waste?
 - 37% fruit and vegetables
 - 18% bread
 - 5 % dairy products (milk, yoghurt...)
 - 3% other baked goods (pastries, cakes, cookies..)
 - 3% meat and fish
 - 18% cooked/already prepared food
 - 16 % leftovers given to animals and composted



Ad 2 Food waste prevention flyer

KAKO SMANJITI KOLIČINU HRANE KOJA SE BACA U KUĆANSTVU?

Planiranje i provjera

- Planirajte kupnju - isplanirajte obroke za cijeli tjedan te provjerite koje namirnice već imate u hladnjaku i smućnici pa tek onda napravite popis za kupovinu.
- Provjerite datume na pakiranjima hrane i pravilno ih protumačite kako biste spriječili rasipanje hrane i šteteđali novac.
- Čuvajte hranu u skladu s uputama navedenima na pakiranju.
- Nakon isteka "najbolje upotrijebiti do" datuma, prije nego što hranu bacite, provjerite njezin izgled, miris i okus - vjerojatno je još dobra i sigurna za uporabu!
- Ako vidite da ne možete potrošiti hranu prije datuma "upotrijebiti do", možete je zamrznuti i tako joj produljiti trajnost.

Skладиštenje hrane

- Izbjegavajte gomilanje namirnica u hladnjaku i smućnici. Ono što ne vidimo, često i zaboravimo koristiti. Osim toga, pretrpani hladnjaci slabije hlade i cirkulacija zraka je otežana pa može doći do bržeg kvarenja hrane.
- Namirnice koje ste tek kupili rasporedite u stražnji dio hladnjaka ili police, a proizvode koji su već neko vrijeme u hladnjaku prebacite sprijeda.
- Višak pripremljene hrane možete zamrznuti. Ako vam dnevno trebaju male količine hrane, možete npr. zamrznuti i kruh narezan na kriške ili mlijeko za kavu u posudi za led!

Iskoristite ostatke

- Ne servirajte prevelike porcije hrane.
- Ostatke skuhanе hrane sljedećeg dana iskoristite za ručak ili večeru ili ih ponosite na posao i pojedite kao marendu.
- Potražite recepte za pripremu hrane od ostataka kuhanih jela, starog kruha ili voća i povrća koje više nije svježe.
- Konzervirajte i kiselite hranu! Konzerviranjem možete produljiti vijek trajanja namirnica, a ujedno spremate odličnu zimnicu.

KAKO ČITATI OZNAKE NA DEKLARACIJAMA

ROK TRAJANJA

najbolje upotrijebiti do"
*
"upotrijebiti do"

NAJBOLJE UPOTRIJEBITI DO

ukazuje na datum do kojeg hrana zadržava svoja posebna svojstva ako se čuva na pravilan način. Nakon isteka "najbolje upotrijebiti do" datuma, hrana je još određeno vrijeme dobra i sigurna za konzumaciju. U toj fazi može doći do promjene nekih svojstava hrane: počinje gubiti aromu, mijenja joj se tekstura i sl., ali je još uvijek sigurna za upotrebu. Vjerujte svojim osjetilima, pomiršite, opipajte i probajte namirnicu prije jela.

UPOTRIJEBITI DO

označava datum do kojeg se hrana može sigurno konzumirati i navodi se na hrani koja je brzo kvarljivo. Nakon isteka "upotrijebiti do" datuma, hrana se smatra nesigurnom za konzumaciju i ne smije se koristiti za jelo. Uz hranu koja je označena "upotrijebiti do" datumom, obavezno se navodi opis uvjeta čuvanja hrane kojih se trebate pridržavati.

KAKO SMANJITI OTPAD OD HRANE

korisni savjeti koji će vam pomoći da smanjite količinu hrane koju bacate



KAKO PRAVILNO ORGANIZIRATI HRANU U HLADNJAKU



Prema podacima Europske komisije u Hrvatskoj se godišnje baci **380 tisuća tona** zdravstveno ispravne hrane. Oko **53%** odbačene hrane odnosi se na kućanstva, prema tome svaki stanovnik Hrvatske **godišnje baci oko 50 kg hrane!**

Rasipanje hrane, odnosno odbacivanje hrane koja se još uvijek može iskoristiti, aktualna je i prioritetna tema u Europi i svijetu. U proizvodnji, distribuciji i skladištenju hrane iskorištavaju se prirodni resursi, a često se proizvode i negativni utjecaji na okoliš. Sprečavanje nastanka otpada od hrane važno je i sa socijalnog gledišta – puno hrane se nepotrebno baca, a postoje milijuni ljudi koji je nemaju dovoljno.

Pred vama je nekoliko korisnih savjeta koji će vam pomoći da smanjite otpad od hrane u svojim kućanstvima.

FLYER CONTENT: HOW TO REDUCE FOOD WASTE?

Planning

- plan your purchase - plan meals for the whole week and check what you already have in the fridge and pantry and only then make a shopping list
- check dates on food packages and interpret them correctly to prevent food wastage and save money
- store food according to the instructions on the package
- after the “best to use by” date has expired, before you throw away the food, check its appearance, smell and taste - it is probably still good and safe to use
- if you see that you cannot consume food before the “use by” date, you can freeze it to prolong its shelf life

Storing food

- avoid piling up food in the refrigerator and pantry - what we do not see, we often forget to use. In addition, overcrowded refrigerators are less cold and air circulation is difficult, so food can spoil faster
- arrange groceries you have just bought in the back of the refrigerator or shelf, and transfer products that have been in the refrigerator for some time to the front
- you can freeze leftover food you have prepared
- if you need small amounts of food every day, you can, for example, freeze slices of bread or milk for coffee in ice cube trays!

Use the leftovers

- do not serve too much food
- use leftover cooked food the next day for lunch or dinner or take it to work and eat it for lunch
- look for recipes for preparing food from leftover cooked dishes, stale bread or fruits and vegetables that are no longer fresh
- learn food preservation techniques; by pickling and fermenting, you can extend the shelf life of food, and at the same time prepare a great food storage for winter months

Refrigerator poster

top shelf: cooked food and healthy snacks

middle shelf: cheese, eggs and cured meats

lower shelf: raw meats, poultry and fish (to prevent it from dripping and contaminating food on lower shelves)

crisper drawer: fruits and vegetables (best preserved if kept separately)

door: preserved food like jam, marmalade, pickled vegetables etc.; condiments, beverages



How to read food date labels

Best before

- indicates the date until which the food retains its properties if stored properly. After the expiration of the "best before" date, the food is still good and safe for consumption for some time. At this stage, some properties of the food may change: it begins to lose its aroma, its texture changes, etc., but it is still safe to use. Trust your senses: smell and taste the food before eating.

Use by/expiration date

- is used on perishable food and indicates the date until which the food can be safely consumed. After the "use by" date, the food is considered unsafe for consumption and should not be used for eating. In addition to "use by" date, a description of the food storage conditions must be provided.

Make the shopping list and buy food



Source: <https://www.libela.org/vijesti/3961-trznice-ne-miruju/>

Set out the stall with food display



5. Cook!





Photo point!



Follow up activities

1. Cooking workshops
2. DIY compost workshop
3. Leftover food cookbook



Source: <http://www.pngall.com/cooking-tools-png/download/3461>

Follow up event - cooking workshop



Cooking with leftover food workshop

- ask a local famous chef to lead the workshop
- find venue
- use social networks and volunteer centers to advertise the event and invite young people
- limit the number of participants, up to 15
- use the food left from the public event
- teach participants how to prepare 2 or 3 recipes using leftover food
- include some good wine & music (you can ask for sponsorship)



DIY compost workshop

- use social networks to advertise the event and invite young people
- limit the number of participants, up to 15
- participants are invited to bring some bio waste leftovers from home (vegetable leftovers, eggshell, dry leaves etc.)
- you have to prepare: empty plastic bucket (eg. for cabbage pickling), drill and bio waste leftovers
- demonstration of making a home compost bin
- demonstration of making home compost



Source: Shutterstock



● ○ REDMI NOTE 8 PRO
○ ○ AI QUAD CAMERA







Leftover food cookbook

- during the cooking event you can start to collect recipes from citizens - youth can be engaged in collecting recipes from senior citizens/grandparents
- additionally, via social networks you can announce a call for collection of recipes
- how to motivate youth for participation and engagement on collecting recipes? try to find motivated youngsters among your volunteers or via youth organization/volunteer center
- design & print the cookbook or make pdf version for the web

Useful recipes* for food waste prevention

Scrambled eggs swiss chard stems

Ingredients:

- swiss chard stems
- eggs
- oil
- salt

Procedure:

Cut the swiss chard stems (that remained after cleaning the swiss chard; e.g. you used the swiss chard leaves for another meal such as [swiss chard with potatoes](#) which is popular in Croatia) to about 1 cm long pieces and boil to soften. After straining the water, turn over the stems in oil, add eggs and spices and stir-fry within the pan.

* All recipes have been provided to Green Istria by elderly citizens of Pula for publication within the cookbook shared on previous page.

Useful recipes* for food waste prevention

Mashed potatoes gnocchi / croquettes / rolls

Ingredients:

- mashed potatoes remains
- 1 egg
- flour
- salt

Procedure:

Add 1 egg, flour and salt into the mashed potatoes that remained from our yesterdays lunch. Knead the dough. Afterwards, form the gnocchi and cook them in boiling water. Or, form the croquettes/rolls and deep fry. All new forms of mashed potatoes can be served with a meat dish such as goulash. Croquettes/rolls can be served alone as snacks.

* All recipes have been provided to Green Istria by elderly citizens of Pula for publication within the cookbook shared on previous page.

Task for the next day

Show us your leftover food recipes that you could use in your youth work!

Work as teams, detect, prepare and present tomorrow traditional leftover food recipes that youth might want to use during a cooking workshop or that you could use in your youth work!

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