

Charter of European Rural Communities



Europe for Citizens Programme

Strand 2 Measure 2.2 Networks of Towns | Decision n.º 2014 - 2343 / 001 - 001

"Goodbye to waste of food and hello to the sustainable consumption of food"

THE "FIGTHING FOOD WASTE" BOOK



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The **“FIGTHING FOOD WASTE”** book contains all the ideas, good practices in food waste prevention and reduction that we have collected together during the meetings and workshops in the last 2 years.

We asked all the participants, the youngsters from our 28 municipalities to send ideas which could be useful to fight against food wasting,

The aim is to facilitate the exchange of good practices, ideas by collecting 28 pieces of these initiatives together in this book.

Have a look and be inspired!

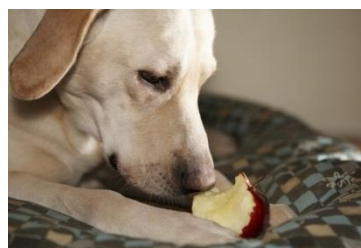
1. Give food you're not going to eat to homeless people

Explanation: Enable a place to leave the food you are not going to eat (because you go on holidays and it will expire) and give this food to homeless people.



2. Use leftovers to feed some types of animals

Explanation: Some leftovers (apples, meat, etc) can be used to feed dogs, pigs...



3. Delete 2 x 3 deals

Explanation: Normally, in a supermarket, you can see everywhere “Buy two and get one for free”. These deals induce people to buy more food more frequently and this causes more food expires.



4. Do not overload the fridge

Explanation: It is estimated that the ideal temperature to keep the products properly is between 0 and 5 degrees. If you overfill the refrigerator, those temperatures will rise and the products will begin to deteriorate. Avoid that...



5. The second life of the food

Explanation: It is simple: the lightly mature food can be reused in a delight way

- Fruit → smoothies
- Vegetable → vegetable cream
- Meat → croquette



6. Canning the fruits

Explanation: Canning is a great way to preserve food (especially fruit) and increase its shelf life for months.



7. Buffet can be the worst enemy!

Explanation: Control yourself in buffets. Mostly of time we take much more food than we really want to eat, so let's your brain work, not your eyes!



8. Offers... very expensive

Explanation: Do not be carried away by every offer. Sometimes, we buy food we don't need or even we don't like at all.



9. Shop smart.

Explanation: Plan your meals, use grocery lists, and avoid buying things by impulse. We usually buy more food that we really need. So, it is a good idea to make a complete shopping list 10 minutes before going to the supermarket.



10. Practice FIFO

Explanation: It stands for First In, First Out. When unpacking groceries, move older products to the front of the fridge and put new products in the back. This way, you're more likely to use up the older products before the new ones.

11. Buy funny-looking/ugly products.

Explanation: Many fruits and vegetables are thrown away because their size, shape, or colors don't quite match what we think these items “should” look like. But for the most part these items are perfectly good to eat, and buying them helps use up food that might otherwise be thrown away.



12. Designate one dinner each week as a “cooking from leftovers” meal.

Explanation: Instead of cooking a new meal, look around in the cupboards and fridge for leftovers. You can find delicious recipes all over Europe in the Charter Cookbook.

13. Reducing food waste with charity

Explanation: If you have too much food at home that you will be unable to eat, do not throw it away! Let's go find a food box and give it to the people in need. You left your left overs in the box, and someone who need it can take it out. You will reduce food waste and help to others.

* Places where have been developed: Sopron, Hungary



14. Pickling it

Explanation: Got more vegetables than you know what to do with? Try pickling them so they will last for months to come.



15. Compost!

Explanation: Food scraps don't need to be tossed. Just start a compost pile in the backyard or even under the sink, and convert food waste into a useful resource. Many farmers happily accept food scraps for feeding pigs or adding to a compost heap. To find farms near you, check out one of these resources.



16. Split the dish with someone at the restaurant

Explanation: If you're eating out, split/share your dish with a friend so you don't waste half of the giant portion sizes served at many restaurants.



17. Take home the leftovers

Explanation: If you don't want to or not able to split your meals with someone, the leftovers don't have to be wasted. Just ask the waitress to the pack them up and take the leftovers home and you've got your lunch for the next day.

18. Take control of your fridge

Explanation: Put a list on your fridge that tells you what's in it. Make sure that the list is updated every time you use or buy things. In this way, you'll know exactly what you'll have to buy, and it's much easier to reuse your food.



19. Drying it

Explanation: drying is one of the oldest methods of food preservation. This process acts by reducing the moisture content in the food which in turn arrests bacterial growth. Leftover fruits and vegetables can also be preserved by this method.



20. Share your food

Explanation: Make a Facebook-group in your municipality where you can share your leftovers. If you have leftovers that you cannot use yourself, then make a post in the group and ask other people if they can use your food. Then you turn your leftover in to a free meal for another family.



21. Be a friend with your freezer

Explanation: If you have food with limited durability, and it is obvious that you cannot use it all, then the freezer is your friend. If food is frozen the durability is extended, and you’ll get an easy meal another day.



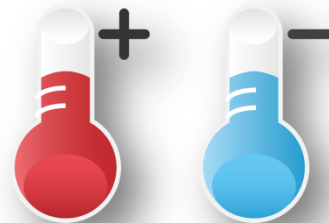
22. Learn the language

Explanation: Do you know the difference between “best before” and “use by”? By knowing the language on your food it’s possible to prevent a lot of food waste. Use by is about safety, and food can be eaten (and frozen, which will extend its durability) until this day. Best before is only about quality. You can use and eat food after best before as long as the food look good. So if you understand what your food tells you, you don’t have to throw it away.



23. Don't make your food sweat!

Explanation: Food don't like to sweat! And most food like to live most of its life in the fridge. Think about that when you cook and serve your food. Avoid buffets, and try to minimize the time that your food spends on the dining or kitchen table. If you keep your food cold, it will stay fresh longer, which will minimize your waste of food.



24. Dinner for lunch?

Explanation: If you don't get food in your school or if you normally buy lunch at work, then you should consider bringing your own food. Much of the food that you eat for dinner can be a delicious and cheap lunch.



25. Use everything

Explanation: When the food packaging seems empty, most of the times it's not. If you use a scissor or a knife to open it, you'll see that there is much more in it. If you empty the tube, bottle or carton you'll find a lot of usable food.



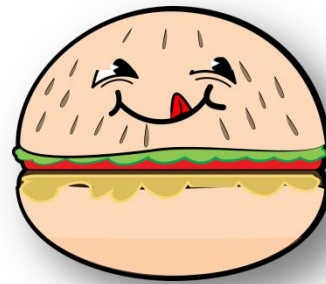
26. One size doesn't fit all!

Explanation: Use smaller plates. If you eat from smaller plates, it prevents your eyes from eating more than your stomach can do. In this way, you are forced to consider whether you can eat more or not, instead of taking a lot of food in the beginning of the meal.



27. Shop with your brain, not your stomach

Explanation: Try not to go shopping while you're hungry. If you shop with your stomach, you are more likely to buy more than you need, and to buy things that you haven't planned beforehand. Eat a banana instead of shopping if you are hungry!



28. Educate other people, share your ideas

Explanation: simply talking about food waste with your friends and being aware of the issue can help make people more attentive to wasting less.

