



Co-funded by the
Erasmus+ Programme
of the European Union

2020-1-EL01-KA229-078815

EAT SMART
SAVE YOUR LAND



**INTERNATIONAL
DAY
OF AWARENESS OF
FOOD LOSS AND
WASTE**

AGENDA

- Introducing “EAT Smart Save Your LAND” Erasmus+/eTwinning project
- Food loss and waste to our countries
- Examples of good practices to our countries
- Our students work on the topic
- Presentation of the padlet “Recipes out of food leftovers”

EAT SMART SAVE YOUR LAND -ESSAY LAND



- Promoting engaging, connecting and empowering young people
support the European Green Deal –tackle climate change
- Increasing the levels of achievement and interest in English
language, science, technology, engineering, and mathematics
favor access to STEM careers to the international labor market

MOTIVATION

- Climate change and environmental degradation: threat to Europe and the world
- The issue of our food choices and how these are connected to planetary boundaries
- Poor students' food literacy
- Younger generations will face dire consequences of climate change
- Big differences in the way schools interpret and deal with “green growth”

**INTERNATIONAL DAY
OF AWARENESS OF
FOOD LOSS AND WASTE**

DEFINITION OF “FOOD LOSS” AND “FOOD WASTE”

Food Loss: food that gets spilled, spoiled or otherwise lost, or incurs reduction of quality and value during its process in the food supply chain.

Food waste: refers to food that fits for consumption, but still doesn't get consumed because it is discarded, whether or not after it is left to spoil or expire.



FOOD WASTE AND LOSS IN GREECE

Greece is one of the countries with the lowest food waste generation per capita (44 kg per year).

- **Foods that most often end up in the bin:** leftover cooked foods, fruits and vegetables, expired or spoiled dairy products, bread, pasta and food.
- **Reasons:** go shopping without having a list (20%), while 17% do not consume leftover food in the following days.
- 8% of our fellow citizens do composting.



Significant quantities of food ended up in the garbage in the middle of quarantine

dairy products	38.7%,
fruits and vegetables	28%,
cold cuts	26%,
bread/bakery products	15.1%,
meat/fish	6.9%
soft drinks	6.1%,
legumes	4.7%,
pasta and rice	3.8%

according to a research conducted by the Laboratory of Organization and Business Administration of the Rural Area of the Department of Business Administration of Agricultural Products and Food of the University of Patras



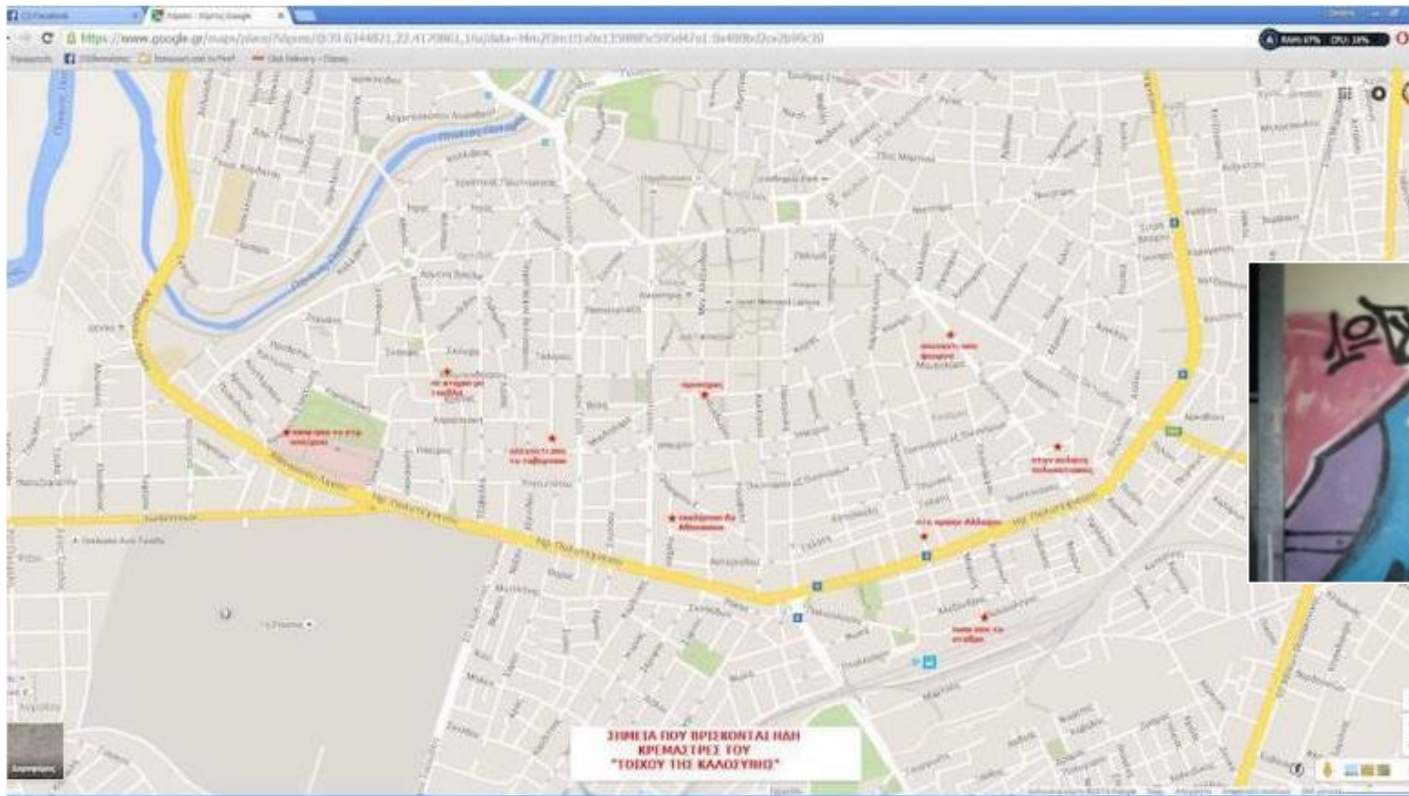
- “Better Life” : informs citizens on the impact of food wastage, both on the environment and the household budget.
- a toolkit to be offered for free to hotel businesses for limiting food waste generated by the hospitality industry.

“Boroume” means “WE CAN” and represents the collective effort of a group of people to reduce food waste and at the same time to increase donated food in Greece.



Represents the efforts of a social enterprise aiming to fight food waste and promote sustainability in the Culinary Arts Industry.

The "walls of goodness" in Larissa where a group of people placed hangers in central parts of the city , so that everyone could hang "clean" food for those who need it .



SOURCE:<https://tvxs.gr/news/kala-nea/o-toixos-tis-kalosynis-sti-larisa-kremaste-fagito-gia-toys-aproys-fotografies>



The idea of "Social Plate": a solution to the problems of poverty and social exclusion and the need to protect the environment.

An European Regional Development Fund-funded project is taking innovative steps to cut food waste in the Greek city of Heraklion as part of the EU's FOOD 2030 initiative.

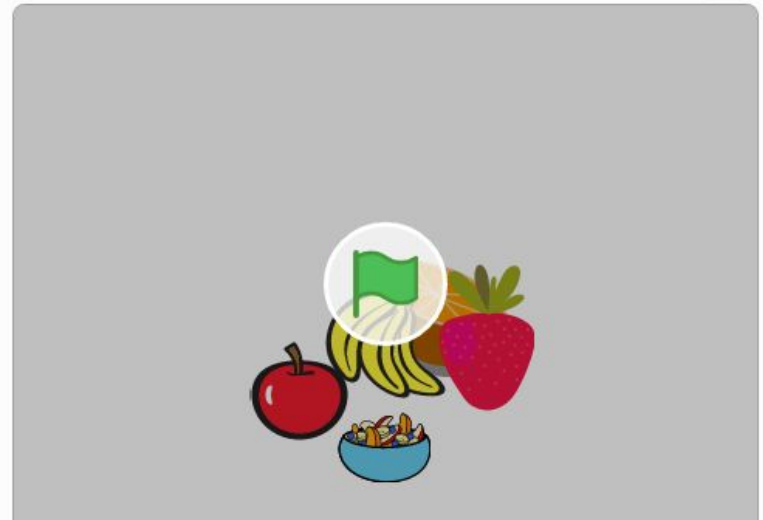




call for action



let's make a fruit salad of leftovers



Differences between food waste and food loss



Οδηγίες

Click on the flag and then to the boy..



Σημειώσεις και Αναφορές

Ανώνυμος λιγότερο από ένα λειπτό

MADE OUT OF BREAD LEFTOVERS

Do you have a lot of bread leftovers? Besides nuts, crouton, grated toast or crust, you can use it to make meatballs, fish roe salad, garlic salad (where bread is instead of potatoes in the classic recipe), bread suffle, puddings, etc.

My favorite recipe is the one with slices of bread (left from the last 2-3days) deeped to eggs and milk.

The only you have to do is to beat the egg whites with a fork in a light meringue. Add the yolks, milk, salt, pepper and mix. Then you

Ανώνυμος 3 ώρες

Truffles

We use leftovers of cake or melomakarona, a little liqueur or cream, chocolate couverture, truffle or coconut in order to make these truffles.

Put the cake or melomakarona in the multie and rub it completely.

Transfer the cake or melomakarona crumbs to a bowl and add liqueur of our choice or a little cream, a little vanilla and start kneading. The mixture should be uniform and thickened and for this we add cake or liqueur until we reach the

Ανώνυμος 3 ώρες

Carioca out of melomakar

As greeks make a lot of melomakarona during Christmas period always have possibility to have leftovers. You can use these as a base for cheesecake, refrigerator desserts but in my opinion I prefer to make cariocas.

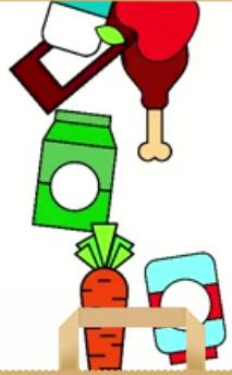
In order to make this kind of carioca you have just to mix all the ingredients together and give the shape of carioca. Then you cover each piece with chocolate

**SAVE THE ENVIRONMENT
DON'T WASTE FOOD
FEED THE HOMELESS**



YOU'LL ALSO CONTRIBUTE TO SOLVE THE PROBLEMS OF POVERTY AND SOCIAL EXCLUSION

DON'T BUY WHATEVER YOU SEE



MAKE A LIST BEFORE GO FOR SHOPPING

LAST DAY'S LEFTOVERS

COULD BE YOUR DELICIOUS MEAL FOR TODAY

COOK WITH LEFTOVERS

DON'T WASTE FOOD
SAVE THE PLANET



A TASTED SALAD COULD BE MADE BY FOOD SCRAPS

**DO YOU HAVE LEFTOVERS?
PREPARE A PIZZA
DON'T WASTE FOOD**



FOOD WASTE AND LOSS IN SERBIA

Food waste in Serbia

- **247000 tons of food waste in a year in Serbia**
- **35 kg by inhabitant (2019)**
- **Reasons of produce of food waste at home:**
 - 67 % expired or bad quality food**
 - 17 % someone don't want to eat**
 - 11 % they believe that food is not safe**
- **The most present food in waste in Serbia**
 - 10,18 kg bread**
 - 7,18 kg meat**
 - 6,74 l milk**
 - 5,7 kg fruits**
 - 5,33 kg vegetables**



How can we reduce food loss and waste?

A top-down view of a pile of fresh vegetables, including several green cucumbers, red tomatoes, and various leafy greens, all resting on a bed of brown mulch or straw. The lighting is natural, highlighting the textures and colors of the produce.

LET'S COOK
TOGETHER !

TO PREVENT TO
MAKE A BREAD AS
A WASTE OF FOOD
WE PRESENT SOME
RECIPES

“POPARA”

Ingredients:

- milk (water)
- bread
- cheese

- cut a bread in small pieces
- boil milk (water)
- add a bread
- cook it for a few minutes
- put a cheese on the top



“PRŽENICE”

Ingredients:

- bread
- egg
- cheese
- milk

- cut a bread into slices
- mix a egg
- put a slice of bread into a milk, than into egg



- bake slice in oven or fry in deep oil

- serve with a cheese



MUFFINS

Ingredients:

- bread
- egg
- milk
- sour cream
- ham
- cheese

- cut bread into cubes
- mix egg with milk, sour cream and bread



- split mixture into two bowls
- add a cheese in one and ham in other

- fill modles with mixture
- bake it in oven



TOST WITH JAM

Ingredients:

- bread
- butter
- jam

- cut a bread into slices
- put slices into toster
- put buter and jam on top of each slice



Good Practices

Big restaurants donate food to shelters and food waste to farms

Big stores reduce food prices before expired date or donate food

Large stores send expired food to cement plants that use it as a source of energy

The state changes laws to exempt those who donate food from taxes

Think!

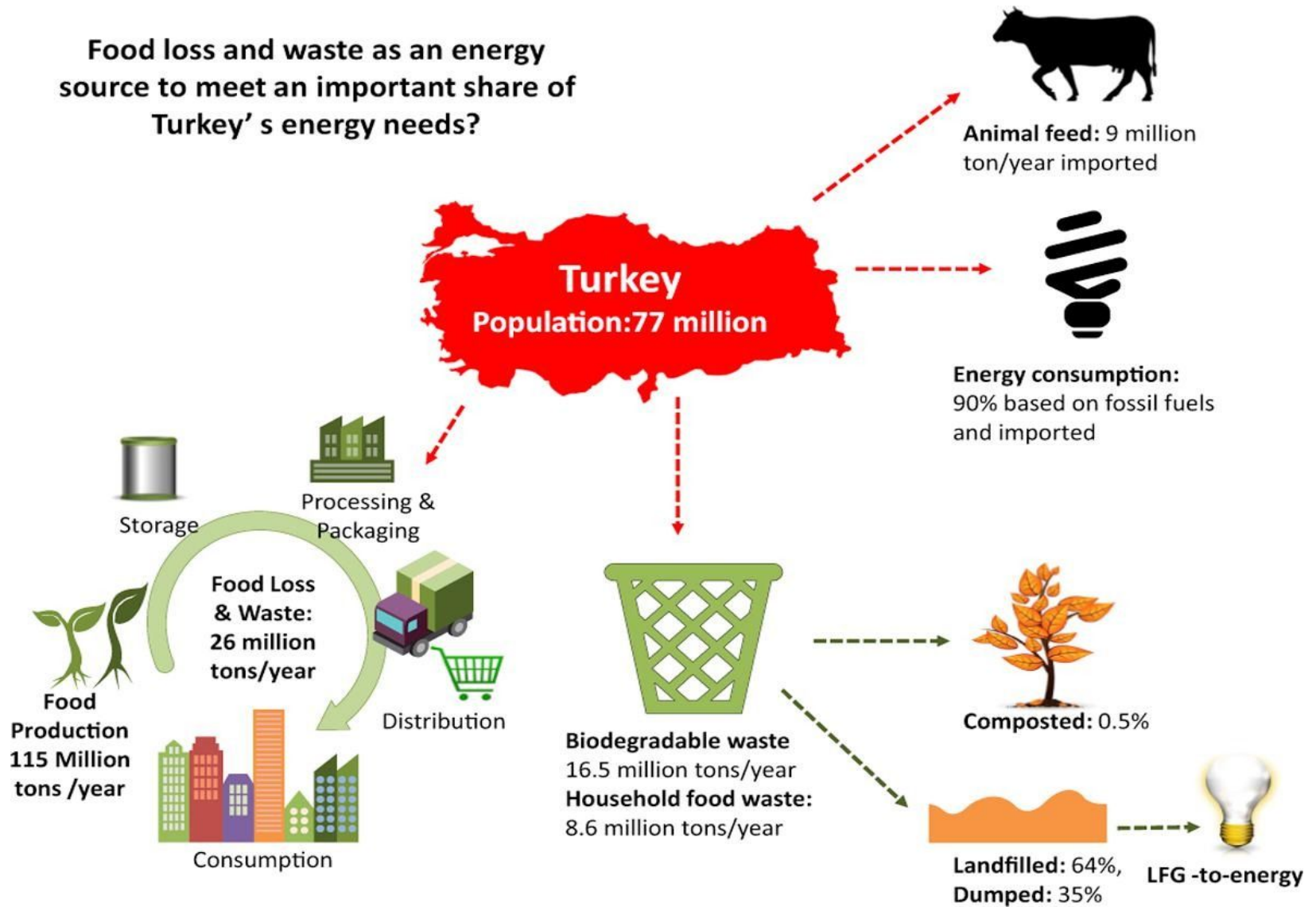
Eat!

Save!

FOOD WASTE AND LOSS IN TURKEY

- In Turkey;
- 4,9 millions of bread wasted daily
- %50 of the produced vegetables and fruits are lost until reaching to inhabitants
- 18.8 millions of tons of food wasted. This equals to garbage that 625 thousands of trucks can carry

Food loss and waste as an energy source to meet an important share of Turkey's energy needs?



Food Loss and Waste in Turkey

- Fresh fruit and vegetables (%50 of them is lost until consumers reach them)
- Catering (hospitals, schools, hotels, restaurants) and Bread (4.9 million wasted daily)

SOLUTIONS

As to the Turkish Agriculture and Ministry (a member of FAO);

- the first aim is to develop “food literacy”
- to prevent food loss and waste
- to save the food and redistribute
- to use as animal feed if it is not possible for human consuming
- to recycle the wasted food

Good Practices

- Preparing posters against bread loss and waste
- The courses on how to reuse stale bread
- The public contests including desserts made of stale bread
- Food Bank System (66 food banks in Turkey) that aims to distribute surplus production to poor people



Türkiye



Good Practices

- Support Market (a national one like food bank)
- Orange Flag (a non-profit organization that develops projects for different institutions of Turkey to prevent food loss and waste. Projects especially for hotels which have open buffet/ village breakfasts/snacks.



www.memurlar.net

Good Practices of Our Students



- Pizza recipe from leftovers of breakfast

Ingredients

- 3 of stale pastries
- 2 tablespoon of yoghurt
- 2 tablespoon of oil
- 2 tablespoon of milk
- 1 egg

Preparation

- Grind stale pastries
- Add all ingredients and make a dough
- Make a roll and sprinkle pepper,tomatoes,olives and cheese
- Make a sauce by using water, tomato paste and thyme
- Bake it
- Have a good meal...

Pizza made up of stale pastries



Cheese Souffle

Ingredients

- 3-4 slices of stale bread
- 2 eggs
- 1 tea glass of milk
- 2 tpls of oil
- 150 gr. of cheese
- 1 tsp of baking powder
- 1 tpls of butter
- 1 green and red pepper

Preparation

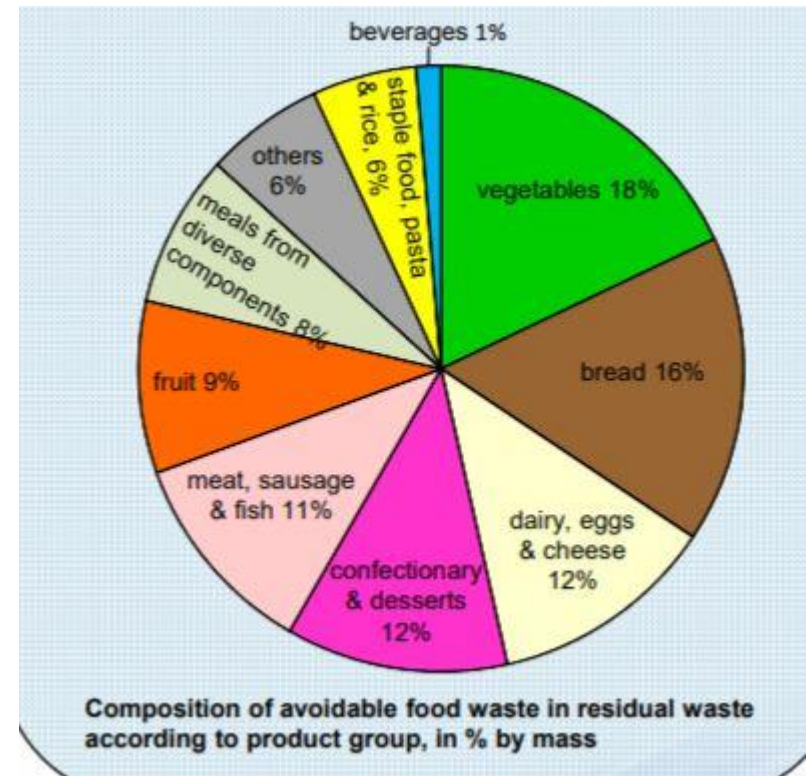
- Grind stale bread
- Add eggs, milk, oil, baking powder and cheese
- Chop the pepper and mix
- Pour the mixture in oiled oven plates
- Sprinkle cheddar cheese
- Bake in oven 180c for 10 min.



FOOD WASTE AND LOSS IN AUSTRIA

Austrians throw away one-fifth of all food they buy, of which 14.5% is avoidable or partly avoidable and amounts to 1 billion Euro per year. Austrian consumers are responsible for almost half of the total waste, while agricultural production generates around 30 per cent of the total food waste.

This sum equals 6,2% of the household expenses for nutrition and non-alcoholic beverages in Austria per year.



Food Loss and Waste in Austria

Farmers, manufacturers, retailers, and foodservice operators (e.g. hotels, restaurants, caterers) in Austria either produce too much food, which never reaches consumers, or experience food losses through inefficient storage, transportation, or demand planning.

<https://epub.oeaw.ac.at/0xc1aa5576%20x00324478.pdf>; http://www.recydepotech.at/media/1.7_Lebersorger_1.pdf

Solutions

The Federal Ministry Republic of Austria - Sustainability and Tourism:

- Together with food producers, commercial companies, country representatives, social institutions and all Austrian social partners, the 2013 action programme "Food is precious!" was evaluated and revised in 2018.

It contains many new measures that are just waiting to be implemented in the respective areas. Training and further education are also a focus in order to reduce food losses and waste in the long term.



Implementation/Good practices

Focused on different target groups, a broad communication of facts and tips for the handling of food (homepages, folders, action leaflets) take place at national and regional level, e.g.

Preparation and distribution of information material regarding purchasing, correct storage, quality characteristics or sensory testing, difference between the best before and consumption date

- Information platforms have been established
- Farmer action days for sustainable consumption
- “Environmental booklet "on the subject of food waste
- Promoting esteem from an early age: healthy snack in schools
 - Shopping projects in schools
 - Food distribution and food sharing;

Good Practices of our Students

They prepared a curd cheese spread with regional products in their first cooking lesson at school and they added at home leftovers from the fridge:

<https://padlet.com/pranicenergy88/k7kfvgoon1kl75v>



FOOD WASTE AND LOSS IN FRANCE

10
millions
tons of
food
thrown
away

16 billions
euros



Each French in
one year



FOOD WASTE AND LOSS IN FRANCE

SOME ACTIONS ALREADY IN FORCE



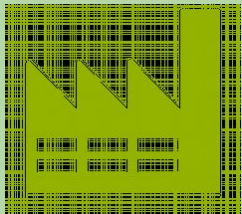
Organic farmers in Gers (GABB32) offer organic products to secondary schools canteens if they have signed a contract to limit food waste.

Fruit and vegetable barter space in the vegetable garden in a farm produce shop.



In 2016, a law was passed: **Eco-challenge**

Stores have to give their unsold food to non-profit organizations.



SOME ACTIONS IN SUPERMARKETS



- short term product prices have to be half priced to consumers.
- Composting must be generalized
- Recipe proposals to customers including food leftovers
- Doggy bags allowed in restaurants

COLLECTIVE CATERING IN GERS IN SCHOOL CANTEENS

- one loaf of bread per student (you have to get up to be refilled), same for fruit, reduction of the quantities prepared for the dishes not appreciated by the children, seasoning of the starters from the third to the last service.
- Awareness raising of the pupils through posters on the walls of the refectory. At the same time, a large part of the supply of meat, fruit and vegetables is local and a great deal of attention is paid to the quality of the products.
- the cooking chef ensures the variety of recipes, product quality and uses a large proportion of fresh produce (of which 35% are organic products).
- A dietician works in the canteens to inform staff and pupils about the appropriate quantities.
- To limit the meat consumption, one day is devoted to vegan food.

THE EFFECT OF CONFINEMENT IN FRANCE

During confinement, a significant proportion of households have more implemented certain food management practices:

Batch cooking (+23%), freezing food (+28%), creating recipes with available ingredients (33%), and regularly organizing the storage of the refrigerator and cupboards (+36%).

<https://theconversation.com/comment-le-confinement-peut-durablement-transformer-nos-pratiques-alimentaires-142205>





The habits listed are influenced by various individual factors such as sensitivity to food waste and environmental or household economy motivations.

More and more people use the app “to good to go”

RECIPES OUT OF FOOD LEFTOVERS

In my fridge I have :

- some pasta cooked the day before
- 200G of diced ham
- half packet of grated cheese
- some butter
- a bottle of milk



I decide to make a **Bechamel sauce**, so I need :

- Some butter
- 1 or 2 soup spoon of flour
- 250ml of milk

Cooking steps :

First melt 40g of butter in a pan, add 1 or 2 soup spoons of flour, brownish the mixture while stirring all the time. Then add the milk, use a whisk to stir and cook it for 4 mn. Add salt pepper and some nutmeg.

Put the cooked pasta in a dish, add the diced ham, pour the sauce and add some grated cheese on top. Put it in the oven for 15mn at 180°.

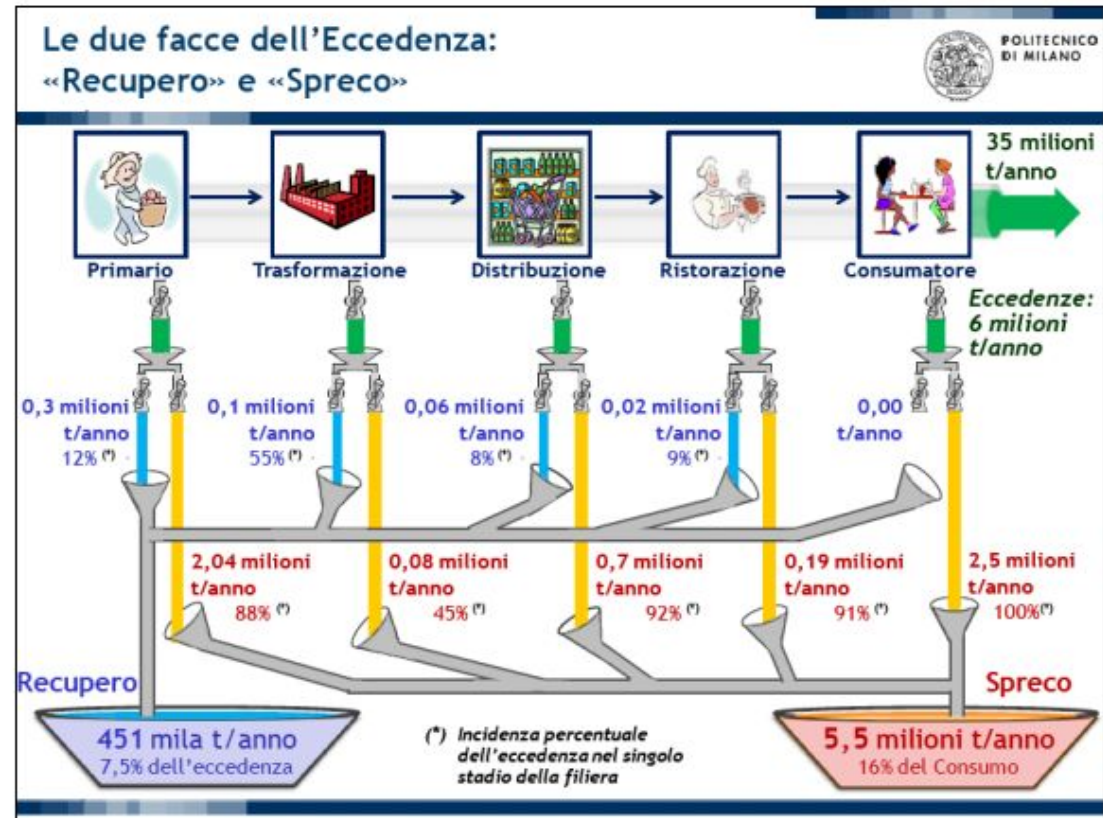


Enjoy your gratin !

FOOD WASTE AND LOSS IN ITALY

In Italy are wasted annually 5.5 million tonnes-->65 kg of food per person

- 55% of food waste is generated by economic players in the sector, 45% in households



Since August 2016 there is one main law with several types of implications on food waste. Besides others donating food to charities and food banks is more flexible and easier to do.



sCOOL Food is a project **co-created by the MPS Foundation and the BCFN Foundation.** It is a **learning module** that explores **food and environmental sustainability** through all possible connections with food, nutrition, agriculture, energy, lifestyles and waste reduction, in line with the sustainable development goals and the Agenda 2030.



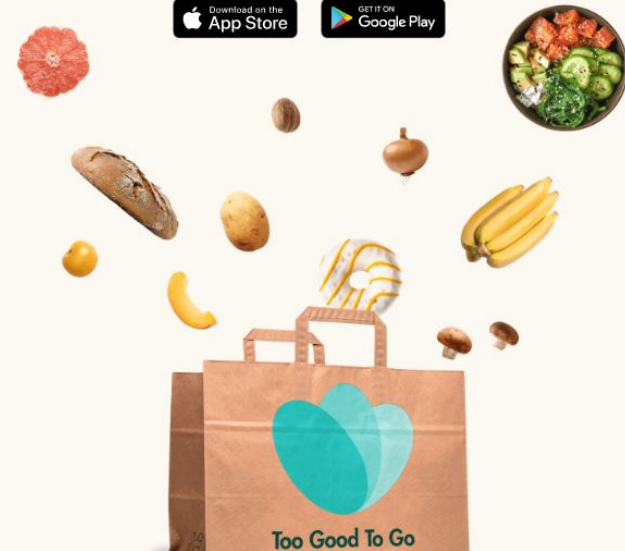
Last Minute Market is a **social enterprise**, founded in **1998** as a research initiatives. Today, is a entrepreneurial society working at Italian national level, developing local projects aimed at the recovery of unsold goods (marketable or not) in favor of non-profit organizations. The services offered are:

- **recovery** of surpluses
- **data analysis**, loss and waste analysis, estimating the environmental and social impacts
- **training** for schools, companies, etc
- **communication**, marketing projects and content production.



An app to face food waste has been created in Denmark in 2015. Its name is ***Too Good to Go***, it debuted in Milan last Spring and is now making inroads in Catania. The premise is simple: cutting the waste by enabling consumers to buy unsold products from restaurants or commercial activities with benefits for both the environment and wallets.

SAVE FOOD, HELP THE PLANET



“Il Buono che Avanza” promotes the creation of a network of restaurants, taverns, clubs, canteens, catering that offer its customers the possibility of taking away food or wine not consumed in a bag.



A large network available to the poorest

Still good foods are saved and do not become waste, rediscovering a "second life" in the charities that receive them free of charge for their clients and thus can allocate the saved resources by improving the quality of their services.

TAKE HOME MESSAGE

Each of us can play a part in making a change!

- 1) **Shop rationally**
- 2) **Keep an eye on your quantities** while you are cooking
- 3) **Check the dates to food labels, before you buy**
- 4) Follow the rule “first in - first out”, when storing food. "what comes in first, is consumed first". This practically means that the new food from the supermarket is placed in the back of the refrigerator, behind the old ones, so that the old ones are consumed before the new ones.
- 5) **Don't bin leftovers and food waste**, they can be turned into new creative dishes

REFERENCES

- <https://www.unenvironment.org/thinkeatsave/about/definition-food-loss-and-waste>
- https://ec.europa.eu/regional_policy/en/newsroom/news/2017/11/11-01-2017-fighting-food-waste-in-greece
- <https://www.boroume.gr/en/>
- <https://www.onebrownplanet.com/food-waste-around-the-world/>
- <https://www.kath.gr/save-the-food/>
- <https://www.lifo.gr/now/greece/284421/terastia-spatali-trofimon-stin-karantina-poia-proionta-kateliksan-sta-skoypidia>
- <https://www.lastminutemarket.it/>
- https://www.barillacfn.com/en/educational_programmes/school_food/
- <https://www.bancoalimentare.it/it/cosa-facciamo>
-
-