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Food waste solutions– everyday activities for adult learners

KA121 - Accredited projects for mobility of learners and staff

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Reasons for food waste:

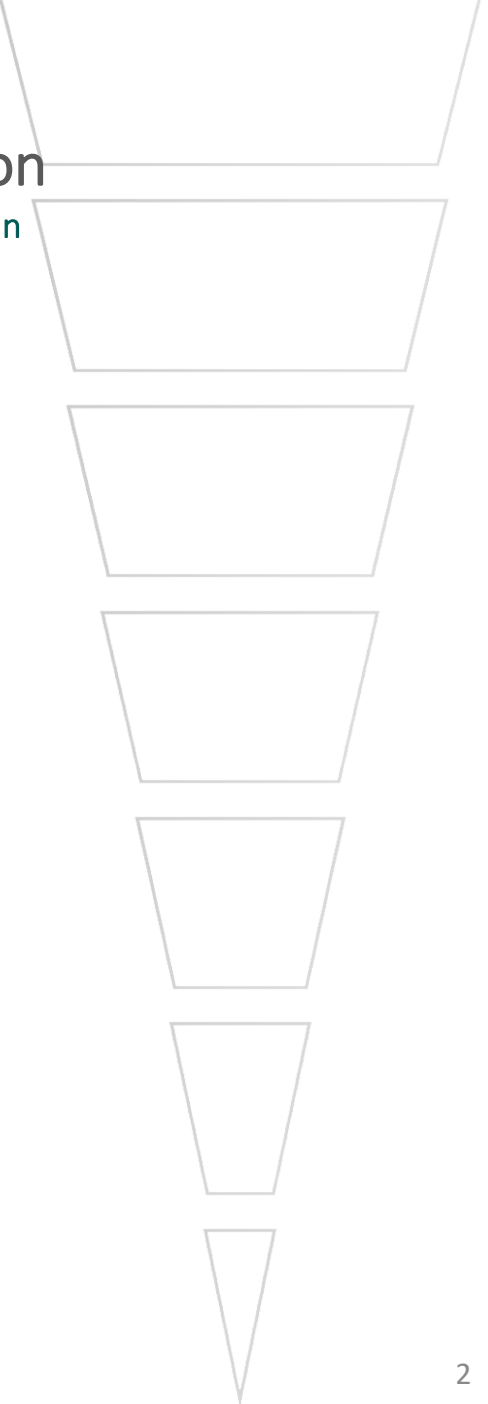
- **avoidable** (81% of all) household food waste:
 1. Fail to consume what is in the fridge
 2. Excessive purchasing
 3. Cooking and serving too much
 4. Food safety and health concerns
 5. Value/appreciation of food
 6. Leftover generation
 7. Good provider identity
 8. Lost/forgotten/ignored food items
 9. Lack of knowledge/ skill/ awareness
 10. The rhythm of everyday life

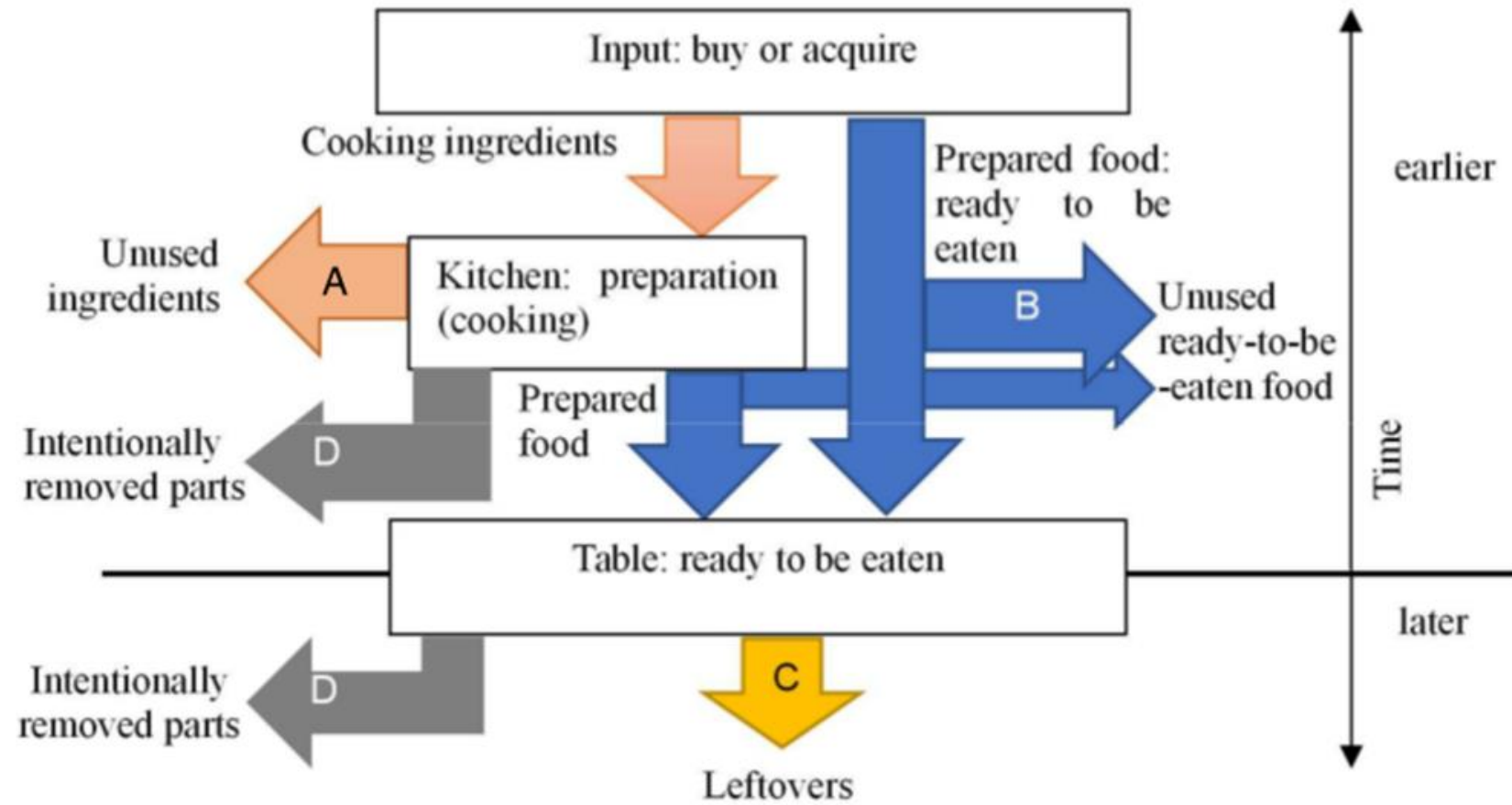
02

Existing situation

Reasons for food waste in households

- **partly avoidable** – consumer habits (not eating apple skin etc)
- **unavoidable** food waste: while cooking, consuming (potato peel, citrus peel, eggshells, bones etc.)





Generation of waste in the flow of food in households (Okayama et al., 2021)

Input: Responsible Purchasing

- ❑ Buy Only What's Needed:
 - Purchase quantities that match your actual needs to avoid surplus and prevent waste.
 - Be cautious with bulk discounts; only buy in bulk if you can realistically use or share the extra. Consider shopping with a friend or family member to split bulk purchases.
 - Choose Wisely: Discounted items might not always look perfect (e.g., an "ugly" fruit in a pack of prettier ones). Plan how to use the less appealing items, like incorporating them into smoothies or soups. AI tools can help with recipe suggestions.
 - Use meal planning apps or simple shopping lists to organize your purchases efficiently.
- ❑ Use Trusted Sources for New Recipes: When trying new recipes, select reliable sources to minimize the risk of failure and reduce waste. AI can be a useful tool for finding and tailoring recipes to your needs.
- ❑ Frequent Shopping: Buy fresh produce more frequently instead of stocking up all at once. This practice ensures better quality and reduces the likelihood of waste.
- ❑ Buy Local and Seasonal:
 - Purchase local and seasonal produce to reduce the carbon footprint associated with transportation and support local farmers. Seasonal foods are often fresher, more nutritious, and require fewer resources to grow.
 - Opt for Organic and Fair Trade Products: Choose organic products to avoid harmful pesticides and fertilizers, promoting soil health and biodiversity.



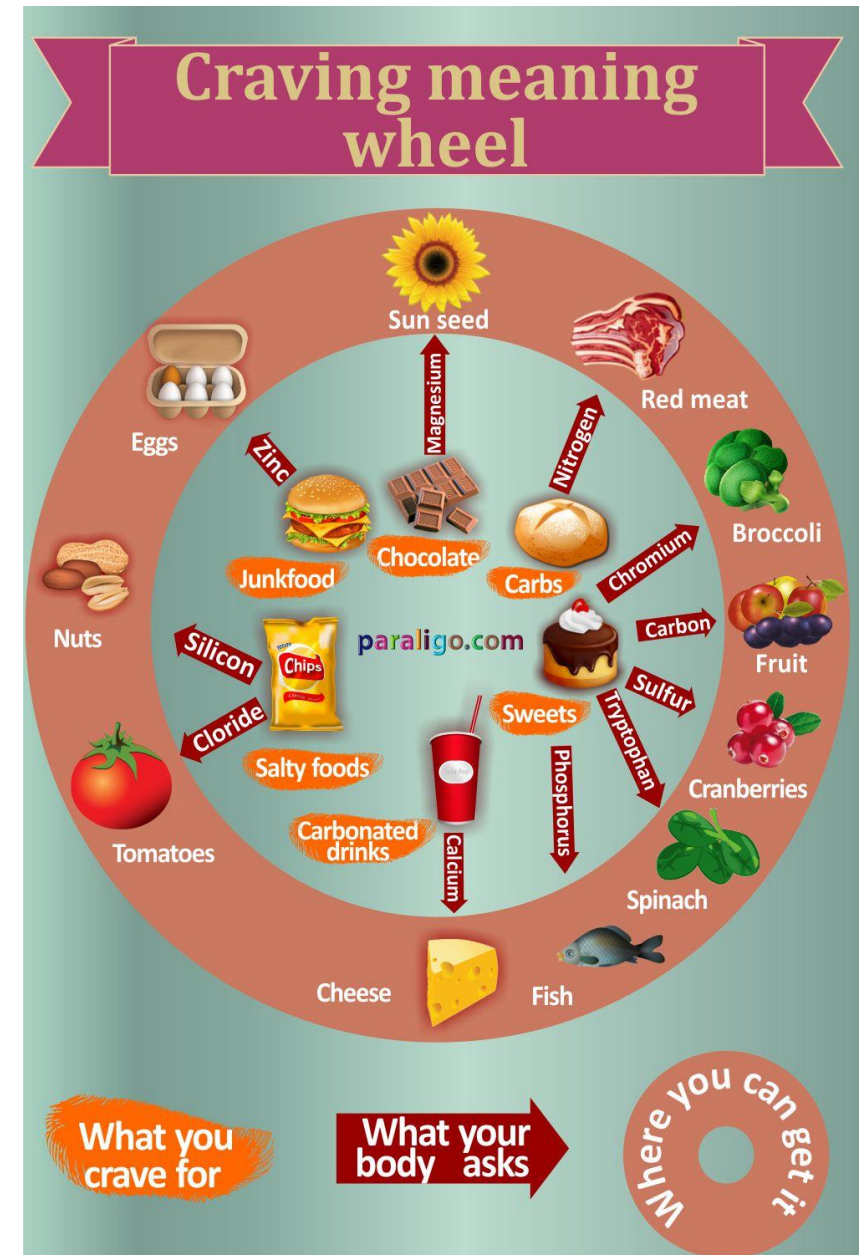
Kitchen: Responsible Preparation

- ❑ **Trusted Recipes:** When trying new recipes, use reliable sources to avoid mistakes that could lead to waste. Although, spices help digestive system and hormone synthesis, you can use AI for that.
- ❑ **Cook for Today:**
 - It's healthier to cook fresh meals for immediate consumption. Cooking just before eating triggers saliva production, aiding digestion.
 - Don't be afraid to cook slightly less than usual; it's said that it's healthier to be 85% full rather than 100%, as this benefits our digestive system.
- ❑ **Avoid Cooking Too Far in Advance:** While cooking ahead may seem convenient, it's often healthier to prepare and eat food freshly. Even for children, waiting for freshly cooked food helps develop healthy eating habits.
- ❑ **Leftover Strategies:**
 - If you cook more than needed, share the surplus with friends, colleagues, or neighbors. Consider bringing and sharing food, or chat about the possibility with them.
 - Alternatively, freeze leftovers or use AI-based meal planners to incorporate them into new meals the next day.
- ❑ **Stay Focused in the Kitchen:** When cooking, stay in the kitchen to avoid burning food. Don't leave to answer the phone or do other tasks.
- ❑ **Make the Most of Unused Parts:** Use unavoidable or partly avoidable parts like bones, citrus peels, and apple peels creatively. For example, make broth from bones and freeze it for later use, or dry citrus peels for tea or compote.
- ❑ **Energy-efficient Cooking:**
 - Use energy-efficient appliances and consider cooking methods like steaming or microwaving, which use less energy compared to traditional methods.
 - If you enjoy oven-baked food, use a small oven or a countertop toaster oven, which consumes less energy compared to a large conventional oven.
- ❑ **Conserve Water:** Be mindful of water use during food preparation. For instance, rinse fruits and vegetables in a bowl instead of under running water, and reuse that water for plants.



Table: Responsible consumption

- ❑ **Avoid Distractions During Meals:** Don't watch TV or use devices while eating. Focus on the meal for at least 15 minutes to fully experience the flavors and allow your brain to register the food. This leads to better digestion and reduces waste.
- ❑ **Eat at Consistent Times:**
 - Try to eat meals at the same time each day. This regularity helps your digestive system work more efficiently, reducing the likelihood of food waste and ensuring that all food is well digested and nutrients are absorbed.
 - Avoid snacking between meals. If you're truly hungry, drink water with honey (if allowed) to curb your appetite—similar to not adding dirty clothes to a washing machine mid-cycle. If you are craving something, you can ask AI what to eat.
- ❑ **Make Each Plate Appealing:**
 - Treat your meal like a work of art. Play with presentation to make food more enticing, encouraging mindful eating and reducing waste.
 - Use smaller plates to create the illusion of more food while consuming the right amount. Also, use plates of different colors to make the food visually appealing.
- ❑ **Know Your Preferences:** Understanding your food preferences helps in planning meals that you're likely to enjoy fully, reducing the chance of leftovers.
- ❑ **Social Eating:** If possible, try to have at least one meal a day with company. Sharing meals can enhance the experience and reduce waste.
- ❑ **Eat More Plant-based Foods:** Reducing meat consumption and incorporating more plant-based foods into your diet lowers your household's carbon footprint. Plant-based diets require fewer resources and are generally more sustainable.
- ❑ **Mindful Eating:** Practice mindful eating by focusing on the food, enjoying each bite, and eating only until you're satisfied. This not only improves digestion but also reduces the likelihood of overeating and waste.



Craving	What You Might Need	What to Eat Instead
Chocolate	Magnesium	Nuts (especially almonds), seeds, leafy greens, bananas
Sugary Foods	Chromium, Phosphorus, Tryptophan	Fresh fruit, sweet potatoes, whole grains, eggs, dark chocolate
Salty Foods	Chloride, Sodium, Stress Relief	Seaweed, olives, pickles, nuts, seeds, and herbal teas
Fried or Fatty Foods	Essential Fatty Acids (Omega-3s)	Avocados, nuts, seeds, salmon, flaxseeds
Carbohydrates (Bread, Pasta)	Nitrogen, Energy Boost	Lean proteins (chicken, turkey, fish), quinoa, beans, lentils
Red Meat	Iron, Protein, Vitamin B12	Spinach, lentils, beans, fortified cereals, tofu, tempeh
Ice Cream	Calcium, Fat	Greek yogurt with honey, frozen bananas blended with nuts
Caffeine	Iron, Phosphorus, Sulfur, Salt	Lean meat, eggs, dairy, nuts, seeds, leafy greens, herbal teas
Carbonated Drinks	Calcium	Mineral water, homemade infused water with fruits or herbs
Cheese	Calcium, Fatty Acids	Leafy greens, nuts, seeds, sardines, tofu, fortified plant milk
Alcohol	Protein, Magnesium, Glutamine	Fruit smoothies, nuts, seeds, whole grains, lean proteins

Hosting Parties and Managing Leftovers

❑ Collaborative Cooking for Parties:

- When hosting, don't feel the need to prepare all the food yourself. Plan with your guests so that each person brings a dish. This reduces the burden on any single person and ensures a variety of foods that match everyone's preferences.
- Ask for Preferences: If friends or relatives are coming over, ask about their food preferences in advance. This helps ensure that all dishes are enjoyed, reducing the likelihood of leftovers.

❑ Utilize Leftovers: Regularly plan meals that incorporate leftovers to minimize waste. Leftovers can often be transformed into delicious new dishes. You can use AI for that. For example, make Frittata, Solanka, Sandwiches.

❑ Sort and Manage Waste: Be diligent about sorting waste. Compost what you can and ensure that inedible parts are disposed of in an eco-friendly manner.

❑ Extend Shelf Life: Store food properly to extend its shelf life. Use airtight containers, keep perishable items refrigerated, and understand the difference between "best before" and "use by" dates to avoid unnecessary disposal of edible food.

❑ Composting: Compost organic waste like fruit and vegetable scraps. Composting returns valuable nutrients to the soil, reduces landfill waste, and can even support a household garden.

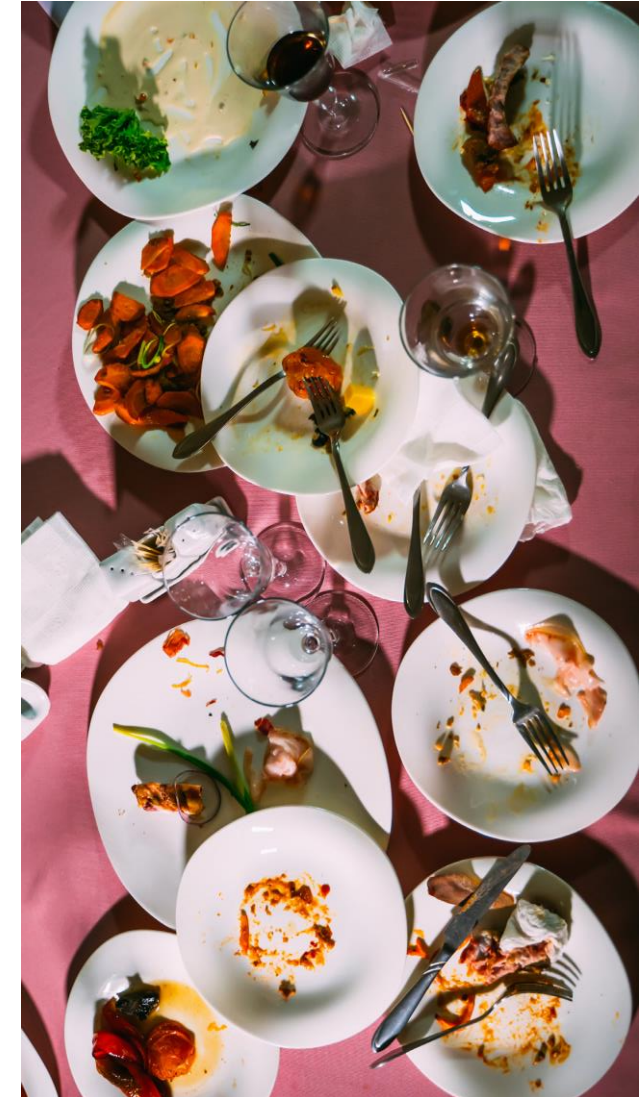
❑ Supporting Sustainable Brands: Choose Sustainable Brands: Support brands that prioritize sustainability in their production processes. Look for certifications like Fair Trade, Rainforest Alliance, or organic labels that indicate responsible practices.

❑ Education and Awareness: Stay Informed: Educate yourself and your family about sustainable food practices and the impact of food choices on the environment. Knowledgeable consumers are better equipped to make decisions that benefit their health and the planet.

❑ Social Meals: If hosting a gathering, don't cook everything yourself. Encourage guests to bring dishes, which reduces the burden on one person and leads to a variety of foods.

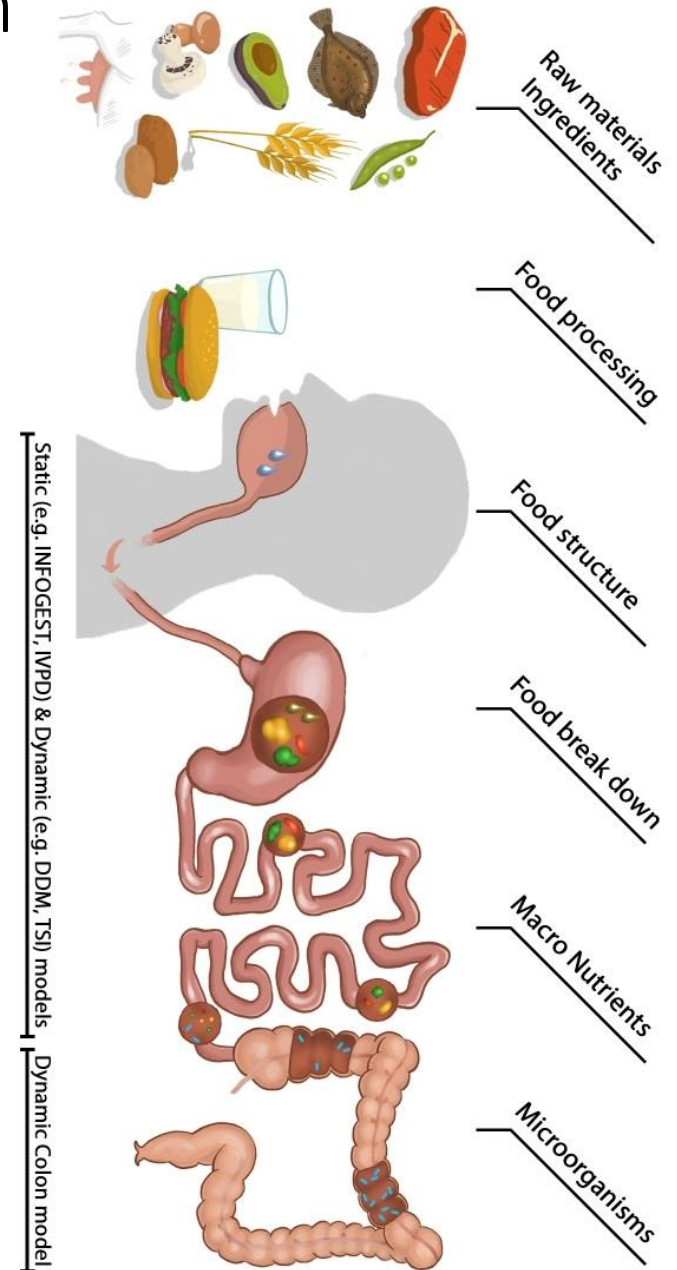
❑ Meal Planning: Plan meals that incorporate leftovers to minimize waste.

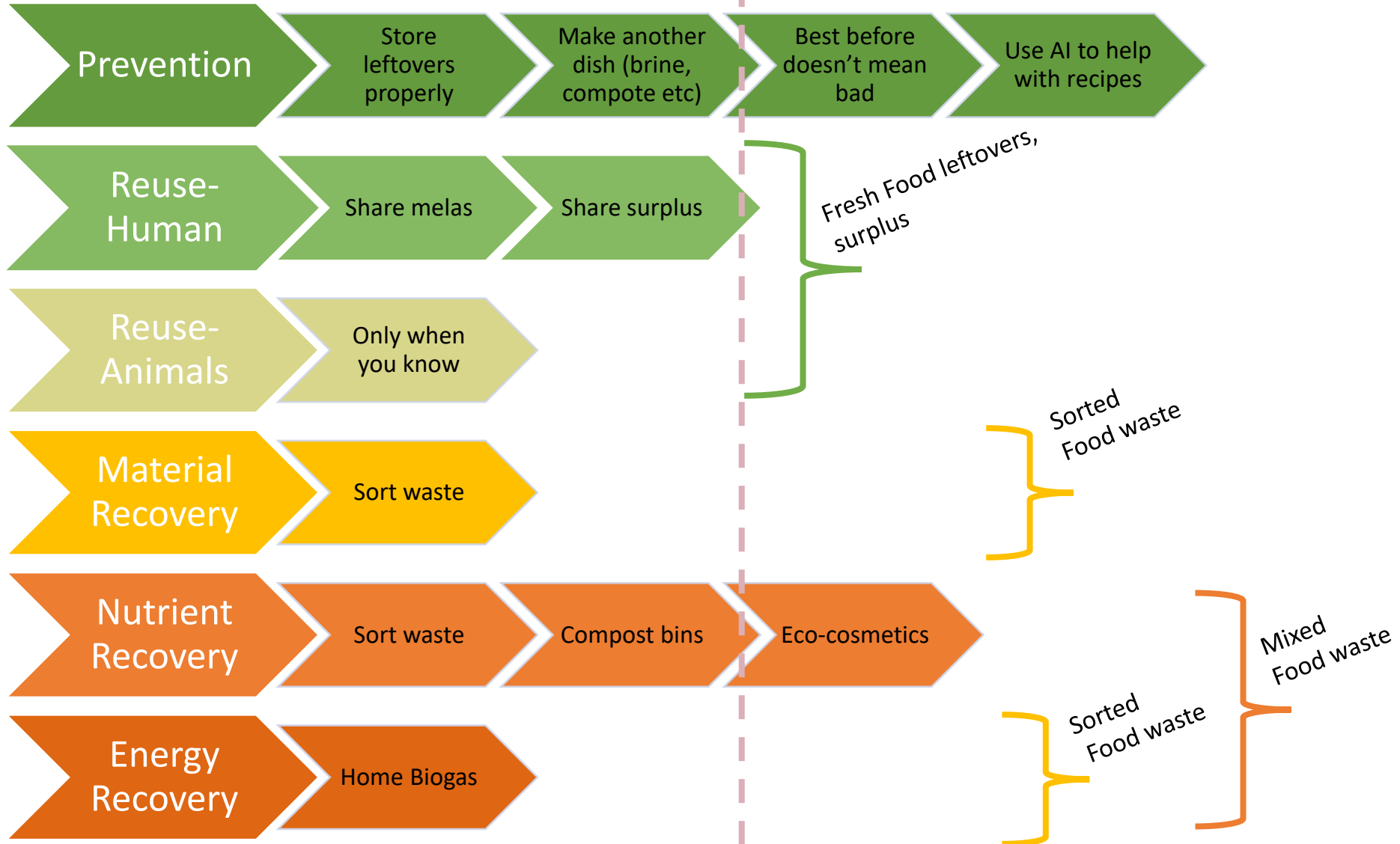
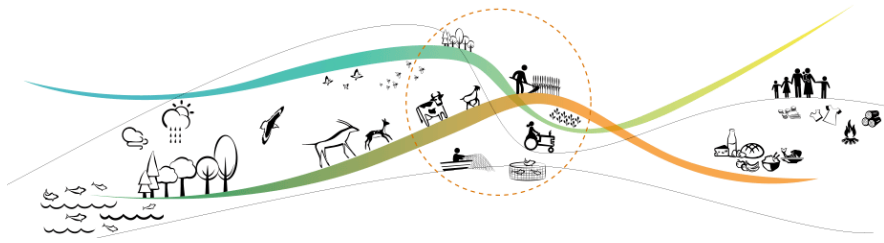
❑ Composting: Set up a small composting system for inedible parts. or participate in a community composting program.



Sustainable Food Digest: The Importance of Nutrition

- ❑ **Understanding Sustainable Food:** Sustainable food refers to food production and consumption practices that minimize environmental impact, promote social equity, and support economic viability. It involves selecting foods that are not only nutritious but also produced in a way that preserves natural resources and supports local communities.
- ❑ **Purpose of Food:** Food serves as fuel for our bodies, supporting not just physical health but also mental well-being. Proper nutrition is vital for energy, immune function, and overall quality of life. It's essential to choose foods that nourish the body while also considering their environmental footprint.
- ❑ **Nutritional Benefits:**
 - **Health Maintenance:** A well-balanced diet helps maintain healthy skin, hair, and eyesight, supports immune function, and reduces the risk of chronic diseases like heart disease, diabetes, and obesity.
 - **Healing and Recovery:** Nutrition plays a critical role in the body's healing process. Certain nutrients, such as vitamins C and D, zinc, and protein, are crucial for tissue repair and immune response.
- ❑ **Inner Balance, Outer Beauty:**
 - **The Inside-Outside Connection:** Achieving a balance of essential nutrients within the body reflects positively on the outside, leading to healthier skin, hair, and overall appearance. Although the body's synthesis of certain substances like collagen and hyaluronic acid declines after approximately 45 years of age, maintaining a balanced diet rich in these nutrients can support skin and hair health from the inside.
 - **Supporting Skin and Hair Health:** While external care is important, nourishing the body with the right foods provides the microelements needed for a radiant appearance. This internal balance promotes health, vitality, and energy.
- ❑ **Food as Medicine:**
 - **Preventive Health:** Proper nutrition can prevent many health issues. Diets rich in whole foods—fruits, vegetables, lean proteins, and whole grains—are associated with lower risks of developing chronic diseases.
 - **Healing Support:** Alongside medical treatment, nutrition supports about 30% of the healing process. A diet focused on whole, nutrient-dense foods can enhance recovery and overall health outcomes.





Sustainable food = balance= outside beauty

