



PROJECT ERASMUS+
Climate is Changing. Let's Change Climate. Make Difference Together

Reducing food waste

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What is food waste and food loss?

- Food waste is food that is consciously discarded at the level of retailers, food service providers and consumers
- Food loss refers to food that is disposed of along food supply chain, excluding retail level



Food is wasted in many different ways:

1. Fresh produce that stands out from what is considered optimal:
 - Imperfect food does not reach the shelves
 - People choose better looking food
 - Fifth to half produce that is harvested



2. Foods that are thrown out by retailers and consumers when it's close to or beyond the best before date.

- Date tells us when the food is not going to be sold anymore
- Still edible food
- Expiration important for meds, fish, sea food
- Storage helps to make food last longer



3. Unused or leftover food that is thrown out from households or restaurants.

- Worldwide 79 000 tonnes of food waste per year
- Self serving buffets in hotels and restaurants



Situation in Slovenia

- 143 000 tonnes of food per year
- 68 kg per person
- 40% edible, 60% inedible
- Most created in households



Food waste in numbers

- Third of the food we buy is wasted
- 174 kg per person
- 143 billion euros
- 170 000 000 tonnes of CO₂

ALMOST A BILLION PEOPLE
are going hungry, while we waste
1/3 OF THE FOOD WE PRODUCE.



Throwing food away is controversial:

- Moral and social point
- Consumption of natural resources
- Throwing away time, work, resources, water, knowledge, energy



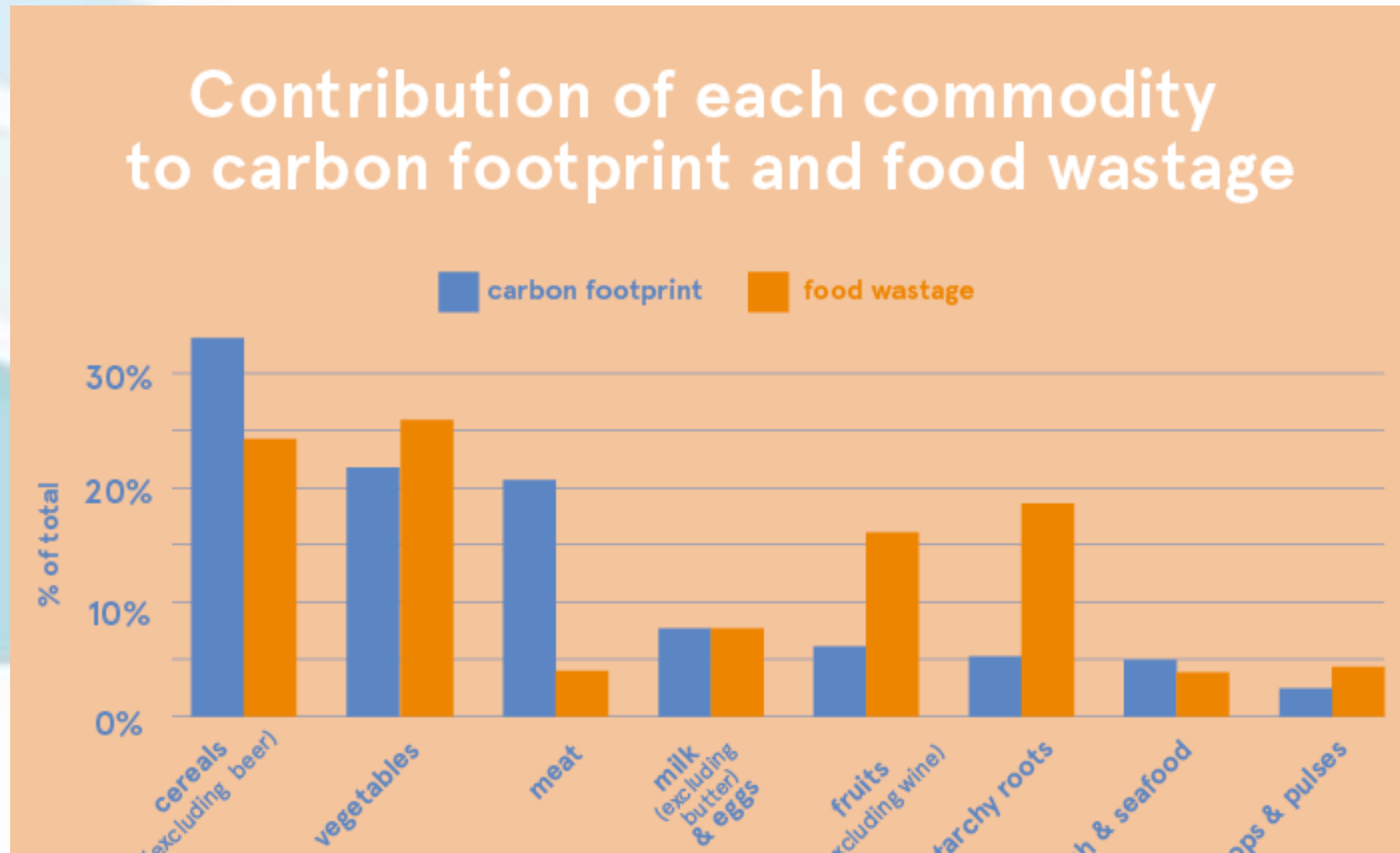
Problem of food waste

- Third biggest source of greenhouse emissions
- Carbon footprint
- Enough food, unequal distribution
- In future problems with supplying food for everyone



Carbon footprint

Different foods, different environmental impacts



Impact of livestock farming

- One of major consumers of water resources
- Animal based food production has a significant impact on earth overheating and the climate crisis. The livestock sector with 16,5 % is a significant contributor to global human-induced GHG emissions:
 - carbon dioxide (CO_2)
 - methane (CH_4)
 - nitrous oxide (N_2O)



Meatless monday

- Plan a meatless day
- Meatless Monday - for your own and health of the planet.
- A global movement that encourages people to reduce the amount of meat in their diet



Some tips to reduce food waste:

1. Compost any food waste if possible.
2. Use or donate any leftover food to charities and local communities.
3. Follow Food Safety Guidelines



Prepare meal plans

- See what ingredients you already have at home
- Make a list
- Look at how many people you are cooking for

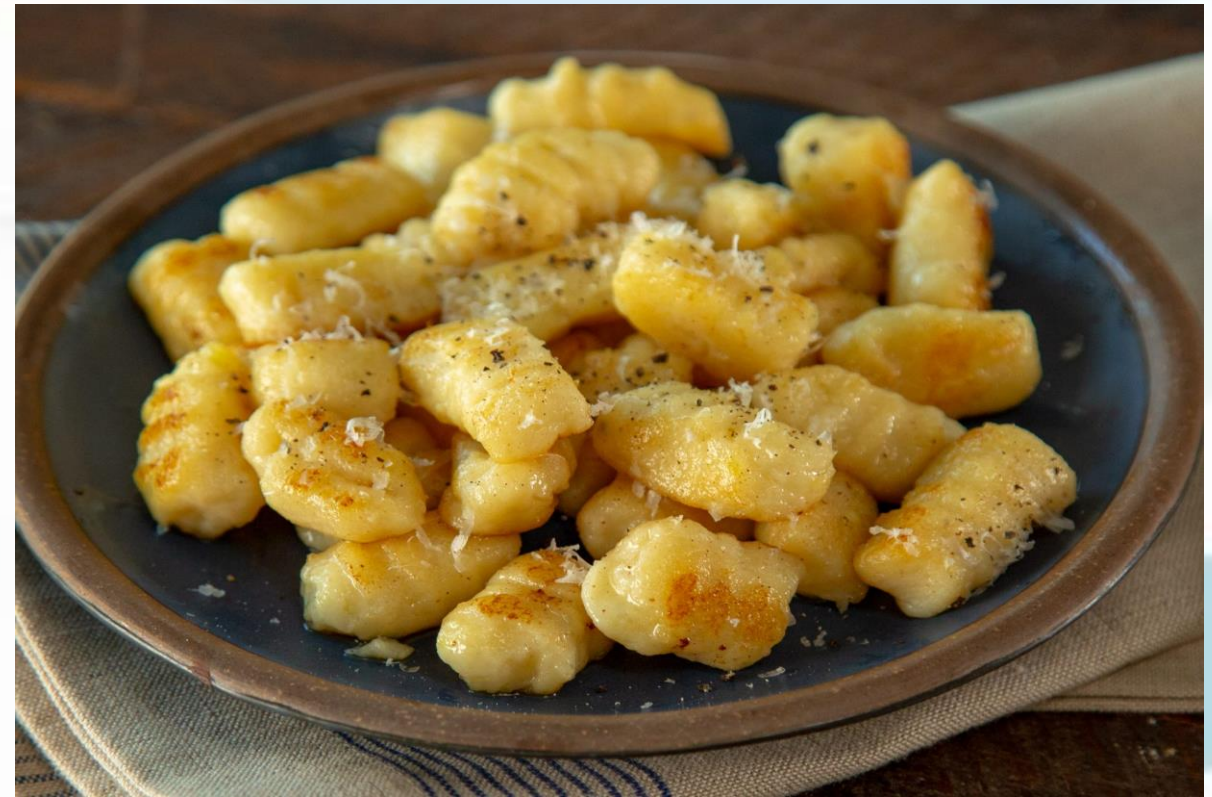


Recipes out of leftovers:

Pavlova dessert



Gnocchi out of mashed potatoes



How to use leftover food?

Vegetables

VEGETABLE SOUP

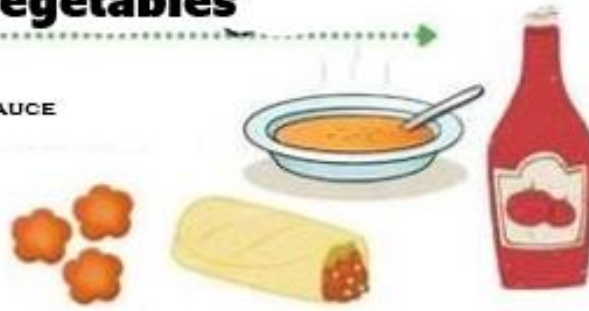
USE IT AS A VEGETABLE SAUCE

TORTILLAS

USE IT IN A SANDWICH

SPREADS

SMOOTHIES



Fruits

ICE CREAM

FRUIT SKEWERS

JOGURT WITH FRUIT

FRUIT

SPREADS/MARMELADES

SMOOTHIES



Bread

CROUTONS

BREADCRUMBS

BREAD DUMPLINGS





Thank you for listening