

Store food in the right way:

✓ When you are shopping new foodstuffs place them on the back of the cupboards. Take extra care so the products that expire soon will be placed on the front.

Count the portions correctly:

✓ Try cooking the quantity you may consume so you'll not have to throw it away.

Consume the leftovers:

✓ Use the leftovers for your next meal or freeze for future use.

Convert food waste into compost:

✓ The existence of some quantities of food waste is inevitable, just like peels from fruits and vegetables which you can place them in certain compost bins.



FREE LIFE VELLUM: ανακυκλωμένο χαρτί υψηλής ποιότητας

The project beneficiaries are:

- ▶ Harokopeio university of Athens (coordinator), GR
- ▶ Trans-Municipality Company for Solid Waste Management (DEDISA), GR
- ▶ United Association of Solid Waste Management in Crete (ESDAK), GR
- ▶ Environmental Planning, Engineering & Management S.A (EPEM), GR
- ▶ Environmental Technology Ltd (ENVITECH), CY
- ▶ Municipality of Paralimni, CY



The WASP Tool project (LIFE10 ENV/GR/622)

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"Development and Demonstration of a Waste Prevention Support Tool for Local Authorities-WASP Tool"

Reducing Waste Food

How What Why?





Food waste is a major issue of concern:

Up to 140 million tons of food and green waste are annually produced in EU, corresponding to 300 Kg per capita. It is roughly estimated that the 2/3 of them are edible.

- ✓ In a world where the global population keeps growing and hunger remains, the increasing food waste amounts turn into a significant ethical and environmental issue.
- ✓ Food waste influences a range of broader concerns such as energy and material security, climate change, environmental protection and economy, at every stage of the life cycle of a material or product. Quite often, losses during agricultural production occur due to postharvest fruit and vegetable grading, which depends on quality standards set by retailers. Food losses are also severe at the stages of storage and distribution.
- ✓ In households, food waste consists mainly of fresh products. The greatest amount occurs from useless buys of food, from wastefulness in cooking and from the big quantities of food in our plates.

Useful tips:

In order to: 1. reduce your food waste at home, 2. save your money and 3. protect the environment, adopt the following tips in your daily routine.

Smart shopping:

- ✓ Before shopping, plan your meals for a week, make a shopping list and stick to it.

Check date labels:

- ✓ Pay attention to the difference between “use by” and “best before” dates. “Use by” date means that the product can be consumed with no safety issue until the referred date (e.g. meat or fish). The “Best Before” date refers to the time in which the product preserves all of its qualitative characteristics and can be consumed safely even a few days after the date indicated.

Don't forget about your budget:

- ✓ Food waste leads to waste of money

Get the best from your fridge:

- ✓ Check frequently the temperature of your fridge. Having your fridge at the right temperature (1-5°C), helps preserve food fresher for longer. Accordingly, set the temperature of the freezer below -18°C).
- ✓ On the top shelves of your fridge place butter, margarine and juices.



Fruits and vegetables should be placed in the salad drawers. What is perishable foods?

- ✓ Foodstuff containing high levels of protein and humidity, and are likely to spoil, decay or become unsafe to consume if not kept refrigerated (e.g. meat, poultry, eggs, dairy, fish and shellfish).

Useful tips to preserve perishable foods.

- ✓ Do not overfill your fridge.
- ✓ Do not put any kind of food in your fridge unless you have sealed them in a container.
- ✓ Store fresh meat and poultry separately from meat and poultry that are ready to be consumed (cooked products), cooked rice, sweets etc.
- ✓ Never store warm food in the fridge.
- ✓ In the coolest part of your fridge store cheese, especially cream cheese.

