



Recycling food material in the kitchen



FACTS

62%

Most food is wasted at the consumption stage

A 4-person household would save on average

€400

If they reduced their food waste by half

Why should we all reduce our food waste?

Tackling food waste is a triple win:

- It saves food for human consumption.
- It lowers the environmental impact of food production and consumption; and
- It helps businesses and consumers to save money

Preventing food waste in our own households and in our kitchens is so important

Composting



What to compost?

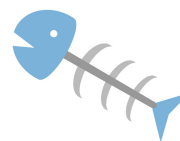
Vegetable and fruit scraps
Crushed eggshells
Coffee grounds
Cooked/uncooked pasta, rice, grains, old bread, and nut shells

is a sustainable approach where food waste is mixed with soil and transformed into nutrient-rich fertilizer. If composting levels worldwide increased, we could reduce emissions by

2.1 billion tonnes
by 2050

What to avoid for composting

Meat, Fish, and Dairy:
Meat, bones, poultry, fish skins, dairy products (cheese, milk, yogurt), and fats/oils can attract pests and cause odors



COMPOST AT YOUR HOME

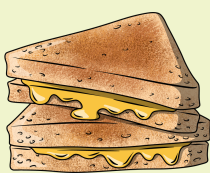
Making great soil right at home and reducing pressure of your local landfill



Use leftovers



TASTY SMOOTHIES



HEALTHY SANDWICHES

VEGETABLE SOUPS



Be your Kitchen Manager and by using leftovers properly, you save money, time and protect our planet

