

# Food Waste Reduction Guidelines at home





Food Use for Social Innovation by Optimising Waste Prevention Strategies  
<http://www.eu-fusions.org/>



ANATOLIKI SA, Development agency of Eastern Thessaloniki's Local Authorities  
[www.anatoliki.gr](http://www.anatoliki.gr)



## Introduction

***Cr-EAT-ive Schools is a Programme, funded by FP7 FUSION, to reduce food waste through behavioural change of pre-school children and their families and of kindergarten food service employees.***

The project will aim to raise awareness, enable behaviour change towards food wastage and ultimately reduce the food wastage of the



families of pre-school children (aged 3 - 5 years old) at home. This will be achieved through the development of a series of innovative educational tools and activities that will involve parents, children, pre-school educators and kindergarten cooks.

Within the framework of the Programme, ANATOLIKI SA will implement a series of innovative educational tools and activities at



Municipal Kindergartens of Thermi, Kalamaria, Thessaloniki, Pilaia-Hortiatis and private kindergartens of American Farm School and School of Nature

The guidelines include practical information about food waste, ideal ways to maintain and store food, leftover recipes and other options for more efficient food purchases.



# Food Waste Reduction Guidelines at home

## Definitions

Household food waste is divided into the three (3) following categories:

### Avoidable

Food and drink thrown away because it is no longer wanted or has been allowed to go past-its-best. The vast majority of avoidable food waste is composed of material that was, at some point prior to disposal, edible - even though a proportion is not edible at the time of disposal due to deterioration (e.g. gone mouldy). In contrast to 'possibly avoidable' (see below), the category of 'avoidable' includes foods or parts of food that are considered edible by the vast majority of people.

### Possibly avoidable

Food and drink that some people eat and others do not (e.g. bread crusts and potato skins). As with 'avoidable' food waste, 'possibly avoidable' food waste is composed of material that was, at some point prior to disposal, edible.

### Unavoidable

Food waste arising from food and drink preparation that is not, and has not been, edible under normal circumstances. This includes egg shells, pineapple skin, apple cores, meat bones, tea bags and coffee grounds.



## Food waste - an issue of growing importance to society

Data shows that the amount of food and drink thrown away is shocking.

- Approximately 1/3 of edible food is wasted globally
- We need to increase food production by 70% to feed 9 billion people by 2050
- Food waste is an enormous waste of resources and money
- Heads the work on sustainable food production within the EU27
  - 50% prevention target by 2020 (Roadmap to a Resource efficient Europe), by 2025 (European Parliament)



## Food Waste in Figures

**30%** of crops remain on the field due to aesthetic imperfections

Households in the UK throw away **20%** of the food they buy!

Every 40 seconds the USA throws away **10 kilos** tomatoes!

**¼** of food not consumed in Europe and USA is enough to feed all of malnourished people

**30 - 50%** of global food production ends up as waste!

Each EU citizen throws away **197 kg** of food annually!

## Environmental Impact

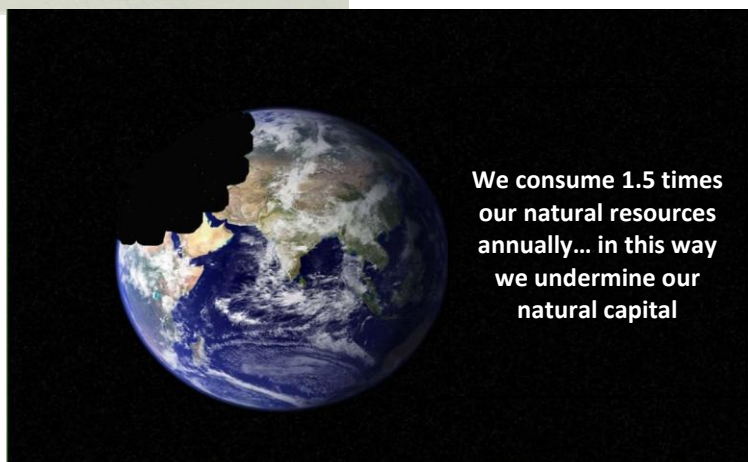
According to studies, food is among the five most polluting products and from the production stage to the consumption stage, food is the second most energy-consuming group, after housing.

Essentially food thrown away affects the environment in three ways:

1. Over-consumption of valuable resources from the production to consumption stage.
2. It contributes 17% greenhouse gas emissions.
3. A large percentage of food ends up in landfills, even though it could have been used in different ways and purposes (e.g. donated).



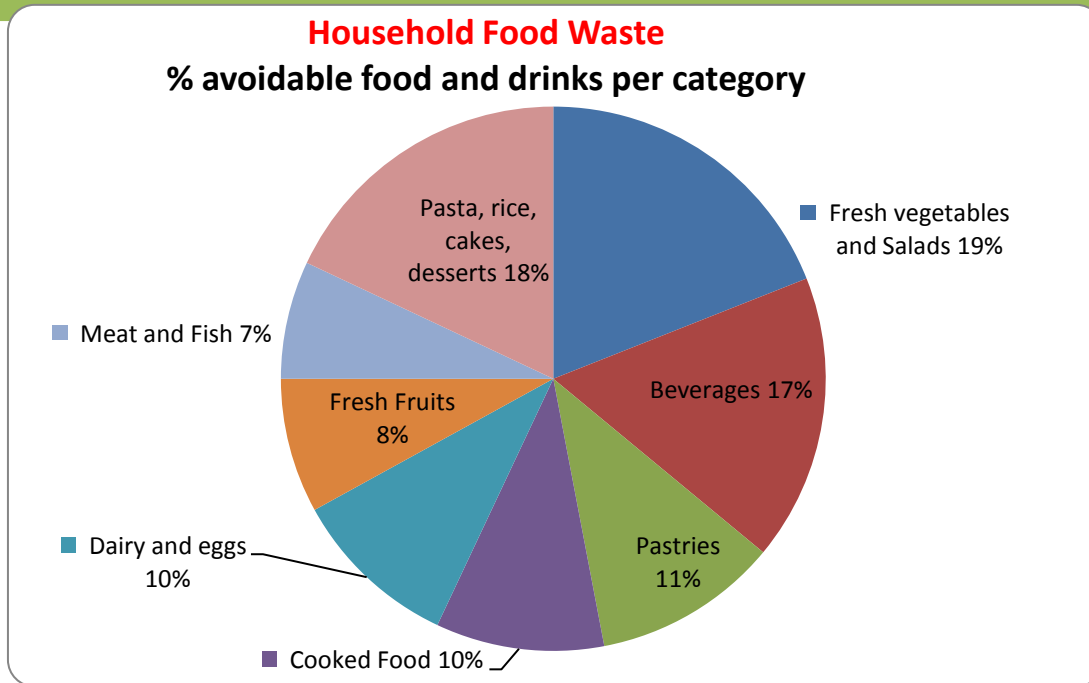
If we all stop wasting food that could have been eaten, the benefit to the planet would be the equivalent of taking **1 in 4 cars off the road**.



We consume **1.5 times** our natural resources annually... in this way we undermine our natural capital



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Source: WRAP, UK Data

Findings, from surveys carried out in the UK, show that **60%** of food and drink waste could have been eaten (= avoidable foods and drinks could be consumed before discarding them e.g. a slice of stale bread). Many of us think that we do not waste food, however the moldy bread, spoiled lettuce at the bottom of the refrigerator, cereals remaining in the bowl and many others end up as waste in the bin.

Every day UK householders throw away (WRAP, 2012):

- 24 million slices of bread
- 1.5 million Tomatoes
- 1.2 million yogurts
- 1.5 million Home-made meals
- 1.4 million Bananas

The types of food thrown away most frequently in Greek households, according to the results of public opinion poll commissioned by WWF Hellas in Public Issue (July 2013), is **cooked foods, salads and fruits** and to a lesser extent **dairy**.



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If we correlate food thrown away with cost, the amounts are incredibly high!

## 15 mil. euro/year

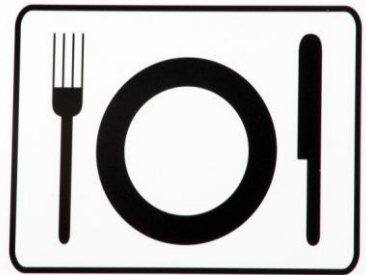
Avoidable food waste costs approximately 15 million euro  
corresponds to

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**76€**/month and  
**910€**/year in  
households with children



**6** meals per week





# Food Waste Reduction Guidelines at home

## The most common reasons for wasting food and drink are the following:

- **Not used in time:** food that has been thrown away because it has gone off (mouldy, mushy or rotten) or because it has passed a date label e.g. 'use by' or 'best before'.
- **Cooked, prepared or served too much:** food and drink that has been cooked, prepared or served in the home and subsequently disposed of. This category could also be referred to as 'leftovers'.
- **Personal preference:** food and drink not eaten due to allergies, other health reasons, or simply not wanting to eat this particular food.
- **Accidents:** food that has been contaminated, burnt or otherwise spoilt.
- **All other reasons:** e.g. cupboard clear out, dregs at the bottom of a cup.

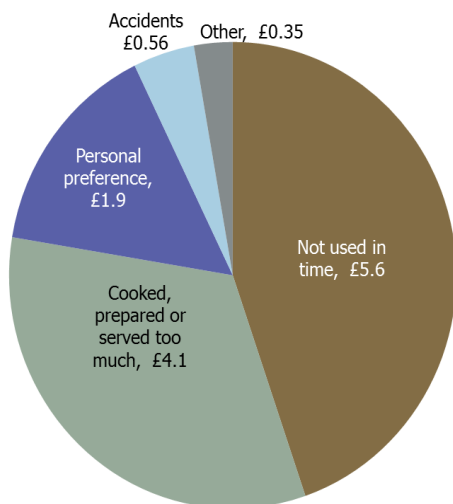


Figure 1. Cost of avoidable household waste by food and drink, split by reason for disposal

## Basic reasons that contribute to food waste

- Lack of planning/knowledge regarding food purchasing and storage
- Impulsive purchases (market products which do not meet current needs)
- Purchase of new products that we then decide we "do not like"
- Improper food packaging (in terms of meal size)
- Poor storage management (e.g. inappropriate wrapper)
- Confusion about the date labels ("Best before", "use by")
- Lack of appropriate techniques and skills regarding food preparation
- Lack of meal planning
- Preparation of large portions
- Lack of skills to use leftovers in new meals



## Food Waste Reduction Guidelines at home



Easy advice to reduce food waste at home



# BEFORE SHOPPING

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- Find out what's hiding in your cupboards before you shop, so you don't duplicate what you already have
- Make a shopping list, take it to the shops and stick to it. A list will help you to avoid impulse buying or stocking up on more food than you'll use
- Prepare a weekly menu. (ANNEX. Leftover recipes)
- It's easier to plan a weekly menu if you have specific recipes in mind

TOP TIP - Use the proposed kindergarten menu to plan your family menu. It is an integrated weekly programme based on the food pyramid, which is approved by pediatricians and nutritionists and updated every month with reference to seasonal produce. Even when your children are fed in kindergarten, the kindergarten menu can give you ideas to plan a healthy weekly menu for the rest of the family.

- Don't go shopping when you're hungry. An easy tip is to eat something at the sample stations at the beginning of your shop to avoid hunger driven purchases.
- Choose loose and not packaged products like fruits and vegetables.
- Shop more frequently during the week and do not buy large quantities of fresh products. Ideally, vegetables twice a week and meat, fish and poultry on their cooking day. So, we consume as much fresh products as possible and get the quantity we need.
- Before you buy multi-buy products (3 to 1) or "economic packages" with bigger quantities, think if you really need them. If not, try to buy "co-operatively" with family or friends.
- Pay attention to the expiration dates. In many cases, close to expiration date products are placed at the front of supermarket shelves and refrigerators.
- Always shop with the available space in your fridge in mind.



# STORING AND MAINTENANCE OF FOOD PRODUCTS

- Although the ideal room for some fruits and vegetables is the fridge, if we do not have enough space or have a second fridge, such products could be stored in a shady balcony in dry countries.



- Put food close to the expiration date to the front of the cupboard so you remember to cook it asap.

- Try to store food in its original packaging to lengthen its life. Place them in air tight containers in the fridge.

■ Excessive chilling of potatoes is not recommended as it causes a breakdown of the potatoes' starches into sugar and these results in a grainy texture and excessively sweet tasting potato. Potatoes last longer when they are kept in a cool and dark place and preferably in a brown paper bag as opposed to plastic. If your spuds are dirty – great! Keep that mud on. Washing potatoes prior to storing them can shorten their shelf life. These tips apply to sweet potatoes too.

- Tomatoes – These are a sun fruit and do not adapt well to very cold temperatures. Refrigeration may result in a squashy texture - not ripe and juicy the way we like 'em! Keep these guys out of the fridge and you'll be rewarded.



- Onions – Unless they are peeled (and in an airtight container) onions should be kept out of the fridge. The more air they get – the longer they keep. So ditch the plastic bags too, keep them in cool, dry, dark places and ideally in cloth bags! The damage done by refrigeration is similar to the effects on tomatoes, a mushy texture and also an increased chance of mould. It's best to store onions separately to your potatoes. The spuds emit certain gases which can also accelerate the onions' decaying process.



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- Garlic – Keep your bulbs of garlic in a cool dry place or pantry and it will last for quite some time. Refrigeration causes sprouting and can also contribute to moulding as well as resulting in a rubber-like texture.
- Pumpkins – These delights also favour a cool dry place as opposed to the fridge.
- Avocados – Refrigeration significantly hinders the ripening process. Unless you want a rock hard avocado we suggest throwing these in the fruit bowl so they can ripen naturally, resulting in perfect softness and deliciousness. Quick! Remember to eat them before they get too ripe though!
- Bananas – Similar to avocados the fridge acts like a time capsule when it comes to bananas, essentially freezing them in whatever stage they are and can turn black. If you want them good and sweet, we say toss them in the fruit bowl too.
- Melons – Did we ever tell you about all of the antioxidants in melons? Perhaps that's a story for another day. Trust us though, melons are packed with antioxidants and refrigeration is not going to do them much good. Keep melons on the counter or in your fruit bowl unless of course they are chopped up or sliced. In that case, keep them fresh in the fridge.
- Mangoes – Similar to melons, mangoes lose some of their wonderful nutrients upon refrigeration. In fact, this rule applies to kiwis, plums, peaches and apricots too.
- Oil – refrigeration will turn most oils into a hard or butter-like substance that can be difficult to use. Don't worry. If you have refrigerated some oil, give it a quick warming in your microwave to get it back to a more fluid consistency.



- Honey – Most of us have heard about the wondrous shelf-life of honey. Essentially centuries! This gift from the bees keeps beautifully in your cupboard so there is no need for refrigeration. Refrigeration will simply cause the naturally present sugars to crystallize. It won't be very easy to spread in this state! Honey is happiest when it is kept somewhere cool and dry.
- Bread – Putting your bread in the fridge can cause it to go stale quicker. Keep bread in an air-tight box or well wrapped. Should you wish to save some for a later date, wrap it up well and freeze it. Thaw it out well before using and consuming again or toast it straight from the freezer.
- Coffee – Both beans and ground should be kept in a nice dry and air-tight environment. The fridge is not the place! Coffee absorbs odours and will simply retain the smells of other produce in your fridge if it's kept there. Furthermore, the sudden drop in temperature draws moisture from the beans, meaning some of the



## Food Waste Reduction Guidelines at home

flavour is lost. Cool, dry, air-tight. These are the key words for maintaining your beloved coffee's freshness.

- Herbs – Most herbs, particularly basil, react to refrigeration in a manner similar to coffee. They have the ability to absorb and retain odours from other produce. Some of their own flavour will be lost through refrigeration as well. Perhaps keep them cut and standing in a small glass of water or somewhere cool and away from other strong smelling produce if you wish to keep your herbs in good condition.
- Hot sauce – OK so for this last one it may not be as imperative to keep it out of the fridge. However, refrigeration is still going to do it no favours (or flavours!). Some hot sauces can keep for years in the cupboard, so leave it there and everyone's happy!



# IN THE FRIDGE

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- Keep the fridge temperature between 2-5 °C and the freezer at -16 °C or below.
- A second fridge or a freezer can be good “value for money” purchase to store more food at ideal conditions.
- Don't overload the fridge; ideally use  $\frac{3}{4}$  of its total capacity. Don't put food close to the back wall of the fridge to avoid freezing.
- Store food in small quantities for better and quicker refrigeration.
- Wrap perishable food (poultry and fish) in plastic film and store in special storage drawers or at the bottom of the fridge. They should be consumed within 48 hours. The meat can be kept 1 - 2 days - more if you put it in the bowl and cover up the surface with olive oil.
- Cheeses and sausages are better stored in their own packaging. Choose small quantities of sausage slices, to avoid spoilage. Buy big pieces of cheese and sausages and cut it yourself.
- Chiller safe drawers maintain ideal conditions for meat and other perishable food.
- Milk and dairy products are better stored on a fridge shelf and **NOT** in the refrigerator door where temperatures tend to be warmer.
- Vegetables, particularly leafy vegetables, should be stored as far as possible from cooler condenser units to prevent freezing. Store all soft fruit (except bananas) and salad items in the refrigerator. Store all other fruit and vegetables in wire baskets. This allows air to circulate around the food, reducing microbial growth.
- Eggs are kept in their packaging with its expiration date. Do not wash to avoid destroying the invisible outer membrane protecting them and keep them away from perishable foods.
- Once washed and prepared, store raw vegetables and other perishables in re-usable airtight containers to prevent unnecessary dehydration and spoilage. Store these containers in the refrigerator at or below 5o C where applicable.
- Organise your fridge and freezer shelves so you use up older items first.
- Implement a regular cleaning and maintenance programme for all your equipment. Regular maintenance of your refrigerators and freezers extends the life of the compressors, reduces energy costs and avoids food spoilage caused by breakdowns.





# IN THE FREEZE

- **Meat**
  - Big portions: wrap tightly with a plastic film then put them in large food bag or wrap it twice in aluminum foil, covering well. Label and date the parcel. It is better to freeze meat in small portions to defrost when needed.
  - Freeze raw meat in small portions, wrapped in a film and foil. Make burgers and meatballs and freeze them wrapped in film and place in bags or aluminum foil.
  - Freeze steaks and chops before being washed.
- **Fish**
  - Clean and wash thoroughly, drain and wipe with absorbent kitchen paper to remove the least amount of blood. Wrap one by one in kitchen film and put in the freezer.
  - Small fish (e.g. anchovies, sardines, etc.) can be packaged in amounts, for example one kilo, wrapping it well with film.



### USE LEFTOVERS

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- Making delicious meals from leftovers is a smart way to make sure you eat everything you buy.
- Most leftovers can be stored in portions in the freezer, the sooner after they were cooked the better.
- Label and date leftovers before you put them in the fridge in order to know what it is and when it was stored.
- Cover leftovers, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture and prevent leftovers from picking up odours from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.
- Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavour when stored for longer times in the freezer.
- It is safe to reheat frozen leftovers without thawing, in a saucepan or microwave (for soup or stews) or in the oven or microwave (for casseroles and combination meals). Reheating will take longer from frozen than thawed food, but it is safe to do when time is short.
- The best way to store leftovers is in portion sizes to avoid making “leftovers” from leftovers.
- Thaw meat and fish only once. But we can thaw raw? meat, cook it and then re-freeze it again.
- Use specific leftovers to make new recipes:
  - **Cooked legumes** can easily convert to soups and purees.
  - **Cooked vegetables** can be used to omelets, pies and soufflé.
  - Use excess **bread and toast** for breadcrumbs and croutons.
  - Use small pieces of cheese in pies.
  - **Hard stalks and vegetable peels**, like celery, carrots, zucchini, lettuce etc. can be used for broth.
  - **Grilled chicken or meat** can be used to make pies.

Kitchen waste (peels of fruits and vegetables, egg shells and coffee grounds) can be placed in compost bins. The kitchen waste is transformed into nutritious compost for the garden and pots.



### “Best Before” and “Use By” dates on food packaging Understand them right to prevent food waste and save money

“**Best before**” indicates the date until when the food retains its expected quality

- Food is still safe to consume after the indicated “**Best before**” day on the condition that storage instructions are respected and packaging is not damaged, but it might begin to lose its flavour and texture.
- “**Best before**” dates appear on a wide range of refrigerated, frozen, dried (pasta, rice), tinned and other foods (vegetable oil, chocolate, etc).
- Check if the packaging is intact, and if the food looks, smells and tastes good before throwing away food past its “**Best before**” date.
- Once a food with a “**Best before**” date on it has been opened, follow any instructions such as “eat within three days of opening”, when applicable.

“**Use By**” indicates the date until when the food can be eaten safely

- Don't use any food after expiration of the “**use by**” date.
- “**use by**” dates appear on highly perishable food, such as fresh fish, fresh minced meat, etc. Follow the storage instructions such as “keep in a refrigerator” or “keep at 2-4°C”; if not the food will spoil quicker and you may risk food poisoning.
- By freezing the food at home soon after purchase, you can extend its life beyond the “**use by**” date, if it is frozen properly. But make sure you follow any instructions on the pack, such as “freeze up to the use by date”, “cook from frozen” or “defrost thoroughly before use and use within 24 hours”.
- Once a food with a “**use by**” date on it has been opened follow any storage and use instructions such as “eat within three days of opening”, bearing in mind that food should be consumed before the expiration of the “**use by**” date.

Source: [http://ec.europa.eu/food/food/sustainability/index\\_en.htm](http://ec.europa.eu/food/food/sustainability/index_en.htm)



# How to survive the SHOPPING BATTLEGROUND

Your mission, to get in and out of your store without overspending and overfilling your fridge. Good luck and Stop Food Waste!



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GOING IN



Outside creep slowly past the **Oversized Shopping Trolleys**

The larger the trolley, the more you'll spend so grab a basket instead.



Once inside watch out for the **FRESH SMELL SENSORS**

Fresh smells like bread & flowers create a tempting sensory experience which often leads to over spending. Buy your fresh produce at the end of your shop.



Budget and beat **THE ATM MACHINE**

Set a budget before you go to the shop and bring a calculator to keep a running tally.



## IN THE STORE

### Show no mercy to the **END CAP DISPLAYS**

These displays don't always mean a discount. A lot of times, they are only new or in season items but can be marketed to appear like a deal. **BEWARE!**

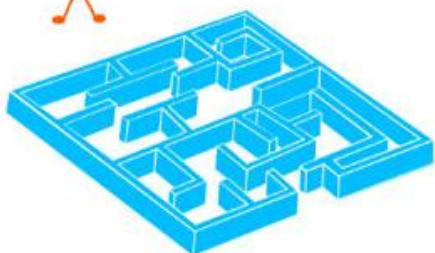
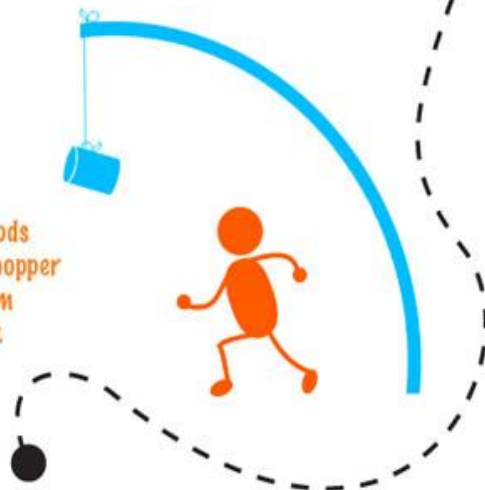


### Know your enemy... **THE SAMPLE STATIONS**

Designed to slow you down and expose new products use the free samples to your advantage. Eat these at the beginning of your shop to avoid hunger driven purchases.

### Avoid being trapped in... **THE CENTRE ISLES**

General merchandise and canned goods are located here as they draw the shopper deeper into the shop and expose them to nonessential items along the way. Stay focused on your list!



### Be calm when the **STORE LAYOUT CHANGES!**

Shelves changing position is often done on purpose, because if you don't know where the items are, you'll end up spending more time in the store, again, stay focused on your list!!



**✕ GETTING OUT**

Get in and get out of  
**THE BACK-OF-SHOP-TRAP**

Dairy products, eggs, meat, snacks and bottled are usually at the back of the shop so you see more that you need to. Avoid overspending, go straight to the very back and work your way to the front.



Know what they want you to see  
**THE SCIENCE OF SHELF LAYOUT**

**TOP** - Smaller and gourmet brands. These smaller brands usually don't have the budgets to pay for more favourable placement.

**MID** - The "bulls eye" zone. There's no advantage for the supermarket to show you the lowest-priced item in the most effective spot. So here you tend to see higher-priced items or items with the highest markup.

**Kid's eye level** - As if shopping with kids wasn't hard enough there are products specifically located with kids appeal. As anyone who shops with kids will know they will react and reach out to a product.

If possible, leave the children at home

Keep the blinkers on and  
**AVOID CHECKOUT BUYS!**

How often do you buy things when waiting in line? This is the one of the most profitable areas in a shop. The goal is to turn waiting time into buying time. Put your blinkers on when you are in line and get out of there!



**ANNEX I**  
***LEFTOVER RECIPES***



## Food Waste Reduction Guidelines at home

### Leftovers...



Spinach



Lettuce



Tomatoes



Cheese

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### Recipe...

#### Green Salad



### Salad with leftover green vegetables

#### Ingredients

- Lettuce, spinach or any other leftover green vegetable
- Small tomatoes
- Graviera cheese
- Chopped walnuts
- Vinegar, honey
- Olive oil
- Salt

#### Method:

- Simply toss all the salad ingredients
- Make a dressing with honey, vinegar and salt
- Pour the dressing on top just before serving



## Food Waste Reduction Guidelines at home

### Leftovers ...



Potatoes



Cheese



Grilled vegetables

### *Omelette with vegetables and cheese*



### Omelette with vegetables and cheese

#### Ingredients

- Potatoes and vegetables
- Cheese (different kinds)
- Eggs
- Olive oil
- Salt
- Pepper

#### Method:

Break the eggs into a bowl, add pepper, beat with a fork and set aside. Cut the vegetables and potatoes in small pieces and fry in a pan and then mix then with the omelette. Bake until set (approximately 20 minutes). Top with the grated cheese, salt and pepper.

## Food Waste Reduction Guidelines at home

### Leftovers...



Meatballs



Yogurt

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### Meatballs with yogurt sauce

#### Ingredients:

- Meatballs leftover from another meal
- Sauce:
  - 4 t.s. melted butter
  - ½ kilo yogurt
  - Juice from one lemon
  - 4-5 allspice
  - 5 eggs
  - Salt and pepper

#### Method:

Mix all sauce ingredients into a bowl. Pour the sauce on the meatballs and put it in a pre-heated oven at 180 °C until the sauce thickens and makes a nice crust.

## Food Waste Reduction Guidelines at home

### Leftovers...



Cake



Petit beurre or biscuits



### Truffles

#### Ingredients

- Leftover cake
- Petit beurre or biscuits
- Almonds - chopped
- Milk or liqueur or brandy
- Truffle (coloured or normal)???
- Grated and roasted nuts, melted chocolate, coconut

#### Method:

Make the cake into crumbs, mix with grated Petit beurre and chopped almonds, add milk or liqueur or brandy, using your hands shape it into balls. Cover the balls with coloured sprinkles or roasted nuts or melted chocolate.

**ANNEX II**  
***COMPOSTING***

## What is composting?



Composting is an easy and natural way of converting organic kitchen and garden waste into useful compost that can be used in the garden and in our pots!

The final product called **compost** is a dark, brittle and earthy odour material produced by the biodegradation of organic materials such as food scraps, leaves, grass clippings and wood chips.

Compost contains living organisms that require food, oxygen and water to survive.

## Compost Benefits

### *Compost enriches soils*

Compost has the ability to help regenerate poor soils. The composting process encourages the production of beneficial micro-organisms (mainly bacteria and fungi) which in turn break down organic matter to create humus. Humus — a rich nutrient-filled material — increases the nutrient content in soils and helps it retain moisture. Compost has also been shown to suppress plant diseases and pests, reduce or eliminate the need for chemical fertilizers, and promote higher yields of agricultural crops.

### *Compost helps cleanup (remediate) contaminated soil*

The composting process has been shown to absorb odours and treat semi volatile and volatile organic compounds (VOCs), including heating fuels, polyaromatic hydrocarbons (PAHs), and explosives. It has also been shown to bind heavy metals and prevent them from migrating to water resources or being absorbed by plants. The compost process degrades and, in some cases, completely eliminates wood preservatives, pesticides, and both chlorinated and nonchlorinated hydrocarbons in contaminated soils.

### *Compost helps prevent pollution*

Composting organic materials that have been diverted from landfill ultimately avoids the production of methane and leachate formulation in the landfills. Compost has the ability to prevent pollutants in storm water runoff from reaching surface water resources. Compost has also been shown to prevent erosion and silting on embankments parallel to creeks, lakes, and rivers, and prevents erosion and turf loss on roadsides, hillsides, playing fields, and golf courses.

# Food Waste Reduction Guidelines at home

## *Using compost offers economic benefits*

Using compost can reduce the need for water, fertilizers, and pesticides. It serves as a marketable commodity and is a low-cost alternative to standard landfill cover and artificial soil amendments. Composting also extends municipal landfill life by diverting organic materials from landfills and provides a less costly alternative to conventional methods of remediating (cleaning) contaminated soil.

## **Method**

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1. Start your compost heap on bare earth. This allows worms and other beneficial organisms to aerate the compost and be transported to your garden beds.
2. Lay twigs or straw first, a few inches deep. This aids drainage and helps aerate the pile.
3. Add compost materials in layers, alternating moist and dry. Moist ingredients are food scraps, tea bags, seaweed, etc. Dry materials are straw, leaves, sawdust pellets and wood ashes. If you have wood ashes, sprinkle in thin layers, or they will clump together and be slow to break down.
4. Add manure, green manure (clover, buckwheat, wheatgrass, grass clippings) or any nitrogen source. This activates the compost pile and speeds the process along.
5. Keep compost moist. Water occasionally, or let rain do the job.
6. Cover with anything you have - wood, plastic sheeting, carpet scraps. Covering helps retain moisture and heat, two essentials for compost. Covering also prevents the compost from being over-watered by rain. The compost should be moist, but not soaked and sodden.
7. Turn. Every few weeks give the heap a quick turn with a pitchfork or shovel. This aerates the pile. Oxygen is required for the process to work, and turning "adds" oxygen. You can skip this step if you have a ready supply of coarse material, like straw.
8. Once your compost heap is established, add new materials by mixing them in, rather than by adding them in layers. Mixing or turning the compost pile is key to aerating the composting materials and speeding the process to completion.

## Food Waste Reduction Guidelines at home

### *What to throw in a compost bin*



Grass clippings



Leaves



Coffee residues and filters



Fruits and vegetables peels and residues



Tea bags



Egg shells



Sawdust



Straw



Napkins

### *What NOT to throw in...*

- Stones, plastic, glass, metals
- Bones, meat, fish, dairy products
- Residues of prepared meals
- Fats, oils
- Peel of citrus fruits
- Diseased plants
- Ash coals
- Animal faeces
- Printed paper
- Pine needles, because the resin delays biodegradation

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