



(DISCO Boco Toolkit)

Reducing food waste through social innovation

FUSIONS EU project is supported by the European Community's Seventh Framework Programme under Grant Agreement no. 311972.



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1 What is Disco Bôcô?

To understand better what a Disco Bôcô event is, here are a few key introduction elements.

1.1 Overview

DISCO BÔCÔ is a concept of collaborative and festive events that bring people together to pick, cook and preserve into jars discarded fruits and vegetables.

During DISCO BÔCÔ sessions, participants prepare, to music, delicious jams, chutneys, pickles or vegetable purees from unwanted and unsold fruits and vegetables that are collected in supermarkets, markets or directly from the fields. At the end of the sessions, participants bring back home their DISCO BÔCÔ ("bôcô" sounds like the French word "bocaux" which means jars) to enjoy.

DISCO BÔCÔ raises people's awareness of food waste through non-moralising and positive messages, fosters social cohesion and promotes culinary skills transmission through a learning-by-doing approach.

DISCO BÔCÔ was created in December 2013 in response to the FUSIONS call for projects. Its creators came from within the Disco Soupe community, a wide collaborative community of individuals committed to combating food waste by raising public awareness through festive soup-making. (Check out the [FUSIONS short film on DISCO BÔCÔ](#) and the [Facebook fan page!](#))

1.2 Objectives

The main underlying principles of the DISCO BÔCÔ project are:

- **Connecting citizens and existing communities to local sources of food waste and raise people's awareness of the need to prevent food waste.**
Identifying food waste sources within the city enables the creation of local virtuous waste upgrade circles "from bin to jar" in a more efficient way. Furthermore, a local approach helps to raise citizens' awareness who will feel more concerned about the issue.
- **Create conviviality and promote food craft skills to foster social cohesion (community links and inter-generational exchanges)**
The alliance of two deeply social activities - cooking and music - gathers people from every generation and social background around the pleasure of cooking and partying together and sustains social links in an area or community. Cooking is a great vehicle for sharing knowledge, skills and for relationship building.

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- **Give to people the means to actively contribute to their individual food security and increase their well-being by gaining access to healthy culinary techniques and affordable, adequate, nutritious and safe “real” food.**

By learning how to craft food themselves, people regain control over their food supply and the power to choose healthy, safe food that the delocalised, industrialised food system has made inaccessible to many, especially those with the fewest resources.

1.3 Social benefits

Disco Bôcô believes that food waste prevention projects can simultaneously have social benefits: it also reduces social isolation and improves access to nutritious food for people in need.

Addressing issues within communities with Disco Bôcô;

- **SOCIAL ISOLATION:** The alliance of two deeply social activities during DISCO BÔCÔ sessions - cooking and music - gathers people from **every generation and social background** around the pleasure of cooking and partying together and sustains social links in an area or community. Cooking together can also be a means to **learn from one another**, to share cooking tips and recipes.
- **NUTRITIONAL DEFICIENCIES:** DISCO BÔCÔ empowers people with simple, low-cost and healthy food preservation know-how they can reproduce back home and reintroduces the pleasure and the simplicity of cooking as well as the joy of preparing and **eating real food**. The high cost of fruits and vegetables in urban environments makes it difficult for some citizens to eat healthily and, thus, may lead to food injustice. DISCO BÔCÔ promotes **food justice**.
- **ECONOMIC INSECURITY:** DISCO BÔCÔ promotes **food justice** by giving access to low cost, saved-from-the-bin fruits and vegetables and healthy preservation skills to create products that can be consumed back home.

1.4 Disco Soupe community

DISCO SOUPE is the “mother” of DISCO BÔCÔ, the initiative being born inside the Disco Soupe community. Inspired by Slow Food Youth Movement's "Schnippel Disko" in Germany, Disco Soupe is a non-profit organisation based in France that addresses food waste issues through festive community events. Disco Soupe sets up collective gatherings for people to peel, cut and prepare discarded fruits and vegetables. The products are turned into soups and salads, and then redistributed for free.

The development of DISCO BÔCÔ initiative has greatly relied on the Disco dynamic and people-led community. You may find more details here: <http://www.discosoupe.org>

1.5 Charter and values

DISCO BÔCÔ is aligned with Disco Soupe's 10 Commandments:

1. Cook only DISCARDED fruits and vegetables
2. Always put MUSIC on when you cook
3. Promote PARTICIPATION OF ALL during every step of the event
4. OPEN your events to anyone without any forms of discrimination
5. NO POLITICAL or RELIGIOUS affiliation should be featured during your event
6. Cultivate your HACKER SPIRIT
7. Distribute the food for FREE or free pricing
8. NO LOGO should appear in any of your communication tools
9. Respect carefully HYGIENE AND SECURITY requirements
10. CONVIVIALITY is the key word!

Like Disco Soupe, Disco Bôcô claims to be open source: this toolkit promotes a universal access via a free license to a free toolkit that can be improved by anyone.

DISCO BÔCÔ wants to spread an open format: any citizen should be able to organize their own DISCO BÔCÔ session. It is a way to empower people with the possibility of organizing their own convivial cooking sessions in a completely autonomous way. In that way, Disco Soupe and DISCO BÔCÔ are part of the "Hacker Ethic" movement defined by Pekka Himanen¹ as something like a "**cyber communitarism**".

According to Himanen, the three main features of hacker ethic are:

1. Enthusiastic, passionate attitude to the work that is enjoyed
2. Creativity, wishes to realise oneself and one's ability, often in teams that are formed spontaneously (project orientation)
3. wish to share one's skills with a community having common goals, along with the need to acquire recognition from one's "tribe"; one is motivated by inner zeal rather than external awards: the fruits of one's work are donated to everybody for their advances and further developments.

+ see further details in *Disco Bôcô FUSIONS FINAL REPORT (2015)*



¹ The Hacker Ethic and the Spirit of the Information Age, Pekka Himanen, 2001

2 Overview of the organisation processes

So you're ready to organize your own Disco Bôcô?? Congratulations! Before giving you 1001 tricks to make a success out of your Disco Bôcô session, this section will provide an overview of the main ingredients that you will need and to understand the big steps of the event.

2.1 The 10 essential ingredients for organising a Disco Bôcô session

2.1.1 Values



Don't forget the few essential key rules that you must respect:

- Only saved from the bin, discarded fruits and vegetables are used
 - The event is opened to anyone without any forms of discrimination
 - The food is distributed for free (or free pricing)
 - Non-moralising and positive messages are used to raise people's awareness of food waste and create conviviality
 - No political or religious affiliation
 - No visible commercial sponsoring
- >>Before starting, please read carefully our Charter and values <<

2.1.2 The Team



Build a team of minimum 5 persons. Organizing a Disco Bôcô should always be collaborative and fun! Experience has proven that it is not fun at all to organise an event alone.

- If you're planning an event with a social dimension, be sure to integrate people in need in your team! You're not organizing the event FOR them but WITH them!
- Set up 1 or 2 meetings with the entire team to make sure you can get to know one another before the event and define key responsibilities.
- The entire team must carefully read this toolkit and give special attention to hygiene requirement
- Don't hesitate to find an already existing group that knows how to organise a Disco Bôcô or a Disco Soupe to ask some advices.
- If necessary, you can ask more specific questions in the inbox of [Disco Bôcô's fan page](#)
- You can also join the Disco community via [Disco Soupe website](#).

2.1.3 The Location



- A basic prerequisite for the location is the access to running water and electricity. You also need a minimum of 6 tables and a space of a least 20 m².
- Disco Bôcô events must be organized in closed areas unlike Disco Soupe events that usually take place in public spaces, in the street. This prerequisite is explained by the high hygiene and security requirements linked to preservation processes.
- You must visit the place before organizing the event to be able to visualize the position and specific logistic details.
- Disco Bôcô are great to organize in social residences and all types of organizations welcoming people in need.
- See the section on Logistics for more details

2.1.4 Discarded fruits and vegetables



- Without any discarded fruits and vegetables, you wouldn't be able to organize your event ... it is therefore essential to plan the collection of unsold fruits and vegetables a minimum two weeks in advance. So visit or call local supermarkets, contact your regional wholesale market, meet market fruits and vegetables sellers.... Talk about your project to as many people as possible!
- You may be turned down at first but don't get discouraged! You will always find some storekeepers committed to combat food waste!
- Don't hesitate to call back the stores that confirmed their participation several days before the event and then call them in the morning of D-day (Day of the event) to avoid them forgetting of putting aside discarded fruits and vegetables for you.
- The D-day, be sure to have a vehicle to go and fetch everything!
- >>See the section on discarded fruits and vegetables for more details<<

2.1.5 Jars



- Collect empty glass jars with their lids close to the place where you are going to organize your Disco Bôcô.
- To collect the jars, you have several options: place a box where people can leave their jars, with a nice poster explaining the initiative, in a building (ask your neighbors!), in a restaurant, a store, a company... any place is fine!
- It is often quite easy to collect some empty glass jars: people are often happy to be able to get rid of their jars for this nice initiative.
- You can also manage to build a partnership with stores selling jars that may give some away for you. However the hacker spirit recommends you to collect already used jars and to give a nice second life to them!
- Nonetheless, for some preservation techniques, it is recommended to have new jars to avoid any contamination because of little fragilities on already used jars.
- Jars must always be sterilized just before starting a Disco Bôcô session.
- >>See the section on Hygiene and security for more details on the sterilization of the jars<<

2.1.6 Cooking Materials



- For your first events, try to borrow as many cooking materials as possible. You don't need to buy everything as long as your material is safe and clean and respects the hygiene requirements.
- Some preservation techniques require specific cooking materials, so be sure you have the materials adapted to the recipes you want to cook!
- >>See the section on Cooking Materials for more details<<

2.1.7 Music



- Music is essential!! You mustn't underestimate it because the conviviality and joyful atmosphere of Disco Bôcô events is mainly due to it. Like all these 9 essential ingredients, you should plan it way before the D-day.
- Contact as many bands as possible to be sure to have nice music live
- Feel free to choose any kind of music, not only Disco music!!
- If you really cannot find a band, a good playlist can work but nothing can replace the magic of live music!!

2.1.8 Participants



- Because a Disco Bôcô event requires specific hygiene conditions, the number of participants shouldn't exceed 25 people.
- You may check the number of participants thanks to Eventbrite or any kind of tool ... as long as you communicate openly on the event and that the selection of the participants doesn't involve any kind of discrimination.

2.1.9 Awareness



- Raising people awareness is a key aspect of Disco Bôcô. It must be fun, festive and non-moralizing!
- During Disco Bôcô sessions, you may raise people's awareness on four topics:
 - *Food waste
 - *Food preservation techniques
 - *Healthy nutrition
 - *Hygiene issues concerning preservation of food
- Be creative! Raising people awareness can be done in many different ways!!

2.1.10 Communication



- Communicate as much as possible on social networks, in local press, in local schools, city hall, organizations, etc...

- Prepare a nice and fun poster to inform about your event with precise practical information and post it on Disco Bôcô fan page.
- To design your communication tools, don't hesitate to use Disco Soupe's graphic toolkit.
- >> [Consult the Disco Soupe graphic toolkit](#) <<

2.2 Overview of the planning of a Disco Bôcô session



How do we organise DISCO BÔCÔ?

KEY RESPONSABILITIES:



THE COOK
Defining the recipes.
Cooking, Picking.



THE JAR KEEPER
Sterilisation of jars,
Pouring.



THE ARTIST
DIY workshop,
decoration of labels
and jars



THE PRECOCIONOUS
Hygiene standards



1. COLLECT LOCALLY DISCARDED FRUITS AND VEGETABLES
2. COLLECT LOCALLY EMPTY GLASS JARS
3. COLLECT SECOND HAND CLOTH AND PRINT THE LABELS



4. WASH AND STERILISE THE JARS
Jars are hand washed and then sterilised inside a sterilizer.
5. WASH THE COLLECTED FRUITS AND VEGETABLES



6. DECIDE ALL TOGETHER THE RECIPES YOU WANT TO COOK
The objective is to value the participant's culinary know-how, talents and creativity.



7. PICK IN A FESTIVE ATMOSPHERE AND WITH MUSIC
The picking is organised according to the recipes and meets good hygiene standards ensuring, for example, forward progression of products in successive production operations.



8. COOK AND SEASON
Picked fruits and vegetables are thrown into big cauldrons and seasoned according to the chosen recipe.



9. EMBELLISH YOUR JAR
During the cooking, a DIY creativity workshop is held for the participant to decorate the labels that will give some style to the pots.



10. POUR INTO POTS
Preparation are poured into pots.
Labels are stuck on the pots.

11. EVERY PARTICIPANT GOES BACK HOME WITH HIS DISCO BÔCÔ

>> Please read carefully the details on organisation in the section on Logistics <<

AU FINAL, SI ON FAIT LA MOYENNE EN FRANCE

280 KG PERIUS
PAR AN ET PAR PERSONNE

Soit 7 grosses poubelles de 40 kg !

DISCO BÔCÔ LA TROCKETTE

Sameji 1^{er} Novembre
de 16h à 20h

**MERCI Bôcô d'être venus embôcôter de bons bôcô à la Troclette samedi !
Comme promis, voici les recettes ☺**

... et n'oublions pas que nos jolis bôcô ont été réalisés à partir de fruits et légumes
inventés sauvés de la poubelle ! Le gâchis salafis !

KIMCHI CHOUX, CAROTTES, POMMES, GINGEMBRE (pour 2 bôcô !)

Une recette emblématique de Corée : un mélange de choux et de légumes fermentés très épicés.
Un aliment magique pour la santé bourré de probiotiques, ces bactéries lactiques aux mille et une vertus pour la flore intestinale et le système immunitaire... Ce n'est pas pour rien les coreens attribuent au kimchi leur grande résistance à la grippe hivernale !!

> ETAPE 1 : Faire dégorger les fruits et légumes et emplir les bôcô (réalisée pendant le Disco Bôcô)

- Emincer très finement ou râper 1/2 chou chinois, 3 carottes et 2 pommes
- Mélanger 35g de gingembre frais et 3 gousses d'ail pelées et hachées finement ainsi que 2 cc de piment et 2 CS de sel marin. Mélanger aux choux, carottes et pommes
- Verser ce mélange dans une passoire au dessus d'un saladier pour récupérer son jus qui sera obtenu en le mélangeant longuement et le pressant entre les mains
- Laisser dégorger 30 minutes puis presser à nouveau entre les mains pour exprimer le

LA DISCRIMINATION DES FRUITS ET LÉGUMES « MOICHES »

Des tonnes d'aliments produits ne quittent même pas les champs pour non conformité esthétique aux standards de la distribution

POURTANT, CES ALIMENTS SONT AUSSI BONS ET NUTRITIFS QUE LES AUTRES !

3 *Focus on the key elements of Disco Bôcô organisation*

3.1 Logistics

3.1.1 Typical planning of Disco Bôcô

So now you feel really ready to organise your Disco Bôcô session! Great!! Step by step, we will help you to do so!!

Allow 6 weeks to be able to organize your event in a stress-free manner. Every event is different, so there is no one rigid way of doing it. The organization of the session will differ according to the recipes you will chose to cook. You will find more details on each tasks in the section specifically dedicated to them.

Several weeks before your event

- Find a place to organize your event with water and electricity access
- Build a team of minimum 5 persons and plan meetings with them
- Find the material you need
- Find some empty glass jars (about 80) with lids
- Find some places to collect discarded fruits and vegetables
- Find a music band

About one week before your Disco Bôcô session

- Check precisely the access to water and electricity and conceptualize the disposition of the space
- Give specific responsibilities to each members of the team
- Check the material you have and be sure they work and that you have the right quantity
- Communicate on your event via social networks (or others)
- Find the vehicle to transport your equipment and the discarded fruits and vegetables
- Print or gather the awareness material and signage

The day before

- Call back the persons in charge of giving you fruits and vegetables to make sure they won't forget you the D-day
- Print the labels with 3 different expiration dates.
- Buy consumables: condiments, hygiene and decoration material

D-Day (Day of the event)





- Collect the fruits and vegetables from markets or supermarkets.
- **3 hours before the event:**
 - o Wash and sterilize your jars,
 - o Sort and wash the discarded fruits and vegetables,
 - o Organize the positions of the material and equipment for the session,

- Wash the cooking materials that are going to be used as well as the entire space,
- Decide on the recipes you are going to prepare
- **During the event (4h):**
 - Put music on
 - allocate key responsibilities to motivated participants and team members:
 - The Cooks (responsible for: recipes, picking, seasoning, cooking),
 - The Jar Keepers (responsible for: sterilization of jars, pouring the preparation into jars, sterilization of preparations, labeling the jars),
 - the health & safety people (responsible for: hygiene and security)
 - Peeling and cutting (approx.:1h30)
 - Cooking (0h-1h)- Some preparations may not need cooking (lacto-fermentation), some need very little cooking (pickles), and others take longer (jams) so you will need to adapt the planning according to the recipes you chose.
 - Writing labels – this can be done at the same time as cooking
 - Preparation of a little snack (juices, fruits salads) that can be distributed just after.
 - Pouring the preparations into jars (30 min.)
 - Labeling the jars (30 min.) (If your jars need to be sterilized, it is better to do the labeling after the sterilisation)
 - Sterilising (optional) – (time depends on the preparation you are sterilising)
 - End of the session (Participants go back home with their jars!)







3.1.2 Installation of the space

Unlike Disco Soupe events that usually take place in public spaces and in the streets, Disco Bôcô sessions take place in closed areas with a maximum of 25 participants. This prerequisite is explained by the high hygiene and security requirements linked to preservation processes. Here are key requirements for organizing your space.

Unavoidable

 <p>ACCESS TO WATER AND ELECTRICITY The access to water must be really easy in order to avoid long distance with huge water basins. Ideally, the preparation should be cooked in the same space</p>	 <p>WASTE MANAGEMENT Bins must be placed in various practical areas of the room and waste sorting must be visible and clear for participants (bins for organic waste different from those for non-recyclable waste)</p>
 <p>HYGIENE OF PARTICIPANTS Make sure participants wash carefully their hands, tie their hair and wear latex gloves before starting to cook. Hydro-alcoholic solution and latex gloves must be easily accessible for the participants.</p>	 <p>SIGNAGE Help participants to understand what is going on thanks to simple signage material (paint, carton and felt pen are enough to make lovely signage) to indicate: waste sorting, basic hygiene rules, awareness messages, different steps and spaces for washing hands, picking, pouring into jars, etc.</p>

The different areas of the space

 <p>RECEPTION</p> <p>This area covers various functions: it is a place to leave bags and coats, to understand the basic steps and hygiene conditions of the event, to wash hands and put gloves on before starting (place hydro-alcoholic solution and gloves on the reception table and posters explaining each steps and hygiene rules).</p>	 <p>PEELING AND CUTTING</p> <p>Organise the table according to the recipes you are going to cook. Recipes must be spatially separated to ease the elaboration of each recipe. Count 50cm of table per participant.</p>
 <p>COOKING AND STERILIZING</p> <p>This area must be visible and accessible to all but not so opened that the cutting and peeling area because it will contain more onerous and dangerous materials. One person must be in charge of this area, checking that everything is secured and under control.</p> <p>This area may also contain the spices and condiments that are used to season the recipes.</p>	 <p>POURING THE PREPARATIONS INTO THE JARS</p> <p>Preparations are poured into jars. It is done in the same space as peeling and cutting but at another temporality. When cutting and peeling is finished, wash carefully the area: the jars will be filled here. Some will be filled after cooking, others after sterilization, and others directly after peeling and cutting. This step requires high hygiene requirements and no more than 4 persons per recipes in charge of it.</p>
 <p>MUSIC</p> <p>The festive atmosphere is a key element for the success of your Disco Bôcô sessions. Ask the musicians what kind of materials they are going to bring with them, and if they need anything. Make sure musicians have adequate space for them.</p> <p>If you only have a playlist, make sure your music materials are placed in a safe area.</p>	 <p>LABELLING THE JARS</p> <p>A table must be dedicated to the labelling of the jars. Labelling must be done one recipe after another! Beware of not mixing up the labels because the shelf-life will vary from recipe to recipe.</p> <p>See specific labelling requirement in the section on Hygiene and Security.</p>

3.2 Discarded fruits and vegetables

3.2.1 Where and how to find them?

Many options exist:

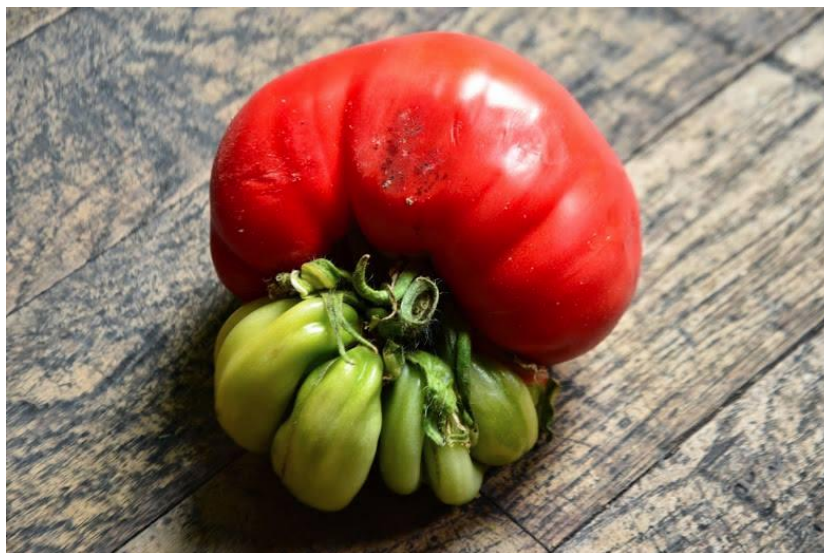
- **Supermarkets**
- **Markets**
- **Regional wholesale markets**
- **Directly on the field** (see the [Gleaning network](#))

We recommend you to call or to go and see directly the persons in charge of the stores, the sellers or the farmers. Explain Disco Bôcô initiative, insist on the fact that it is volunteer work and that it is a charitable organization seeking no benefits. You must be able to explain clearly the goals of Disco Bôcô in order to gain their trust.

It is better to secure your collection of fruits and vegetables by obtaining the confirmation of various stores. To organize one Disco Bôcô, make sure at least 3 stores confirmed that they are willing to help you.

You may be turned down at first but don't get discouraged! You will always find some storekeepers committed to combat food waste! Don't hesitate to call back the stores that confirmed their participation several days before the event and then call them in the morning of D-day to avoid them forgetting to putting aside discarded fruits and vegetables for you.

Keep in mind that, in cities some people collect discarded fruits for their living... make sure you don't compete with them!



3.2.2 How much fruits and vegetables should be collected?

On average, you will need **about 30 kg of fruits and vegetables** to organise a Disco Bôcô session. Here is a rough **estimation of the quantity of standard 324 ml jars that can be filled with a given quantity (kg) of fruits and vegetables**. This table is not exact because it always depends on the texture of the fruits and vegetables, its maturity, etc. It helps to have a rough estimate: **1kg of fruits/ vegetables = 3 or 4 jars (324 ml jars)**.

Fruits / vegetables	Kg	Number of jars (324 ml jars)
PINEAPPLE	5 kg	16 jars
CARROTT	5kg	18 jars
SWEET PEPPER	4 kg	12 jars
TOMATO	3 kg	13 jars
PRUNE	4 kg	15 jars

If you collect too much fruits and vegetables, don't try to transform everything: just give the fruits and vegetables away in a "free market" at the end of the session.

3.2.3 Sorting of fruits and vegetables

Discarded fruits and vegetables should be carefully sorted. Indeed, to avoid any contamination while preserving them into jars, you need to be sure they are safe. You will collect very

damaged fruits and vegetables, others that are just a bit over-ripe or non-standard and some that are perfectly fine!! Be sure to cook only safe not rotten ones (a bit over ripe is OK!).

This step should be done carefully before the beginning of the event. The better the quality of the fruits and vegetable you are using, the better the taste of your jars, so try to collect organic and locally produced fruits and vegetables!

3.3 Specific cooking material and equipment

3.3.1 List of the required basic materials



Sterilization of the jars material

- **Second hand jars** are fine except for sterilisation
- **Lids should always be new** because old ones may contain bacteria
You can easily buy some cheap on the Internet
- **New jars with rubber lids** for sterilized preparation
- **Non-metallic lids** for vinegar preparations
- **Big stainless steel strainers** and **stainless steel draining board**
Be sure to avoid any re-contamination of the jars and pliers
- **Thermometers and alarm clocks**



Installation material

- **Tables:** For 30 persons, count 10 tables (185 cm long, 90 cm large)
1 reception table, 6 tables for cutting and peeling + pouring the preparations into the jars (2 tables per recipes), 2 tables for cooking and sterilising, 1 table for labeling jars.
- **Music material**
- **Decoration and signage material** (posters, etc.)
- Adhesive tape, felt-tip marker, scissors, chalk, string, etc! It is always good to have some **little decoration materials** with you to be able to do last minute decoration and signage.



Hygiene material

(see section on Hygiene and security)

- **White vinegar** and about ten **big basins** to wash your fruits and vegetables before the event
- Garbage bags of different colors for waste sorting (organic and non-organic)
- **Soap and hydro-alcoholic solution** to wash hands, as well as **latex gloves**
- **Signage to indicate hygiene requirements** during the event
- **Dishwashing liquid, black soap, sponges, clean dish towels, floor cloth.**
- First aid kit

Peeling and cutting material

- **Knives and peelers** (20 of each)
You can communicate before the events on the fact that participants can bring their own peeler and knives.
- **Cutting boards** (about 40)
Plastic boards are much more hygienic than the wooden ones.
- **Big basins and bowls placed on the tables** (about 20 in total)!
Some will contain cleaned fruits and vegetables and others already peeled and cut fruits and vegetables ready to be cooked. Therefore you will need quite a lot of basins. Prefer stainless steel bowls (more hygienic)
- Zester (optional), slicers (optional), graters and juicers (optional)
- Rasps, strainers (lacto-fermentation)

Transformation and cooking material

- **Big spoons and ladles**
- **Big skimming ladles**
- **Electric stoves** and big **adapted cooking pots** (36cmx36cm)
For safety reasons, cooking session take place in closed areas. This is why gas cannot be used. Beware of the fact that not all cooking pots combine with electric stoves: you will need adapted ones.
- **Weighing scales**
- **Mixer** for soups, compotes vegetables purées
- **Sterilizers** for sterilized preparation
- **Refractometer** and copper cauldron (optional) for jams
- **Strainers** (especially for lacto-fermented preparations)

Pouring the preparation into the jars material

- **Specific stainless steel funnels**
- **Little stainless steel ladles**
- **New jars and rubber lids** for sterilised preparations

Labeling material

- **Labels. They are printed beforehand with expiration dates** (use different colour labels for different expiration date)
We have noticed that when participants do this on their own, some labels may have wrong expiration dates. It is too important an issue to accept errors. If for some reason you cannot print the expiration dates beforehand, you must be very careful about labelling: labels must be done one recipe at a time (avoid doing all the labels at the same time)
You may print the labels on our website (ready to print) or create your own (make sure there is enough space for participants being able to write down the name of the recipes and the ingredients)
- Please read carefully the labelling requirements in the Hygiene and security section
- **Pens and felt-tip markers**
Participants write down the name of the recipe and the composition of the product on the labels.



For peckish participants...

Unlike Disco Soupe sessions during which participants eat what they prepared during the event, Disco Bôcô is about putting into jars what has been prepared and bringing it back home. Nonetheless, it is always nice to have some small things to eat during the event because seeing and smelling all this good food can get you feeling really hungry!! So just plan a little easy to make snack that can be prepared quickly during the cooking moment for example.

- **Blenders** : to make nice smoothies
- **Ecocup and spoons**
- **Basins** that can contain entire fruits that can be eaten during the event



3.4 Preservation methods

Many preservation methods exist. Nonetheless, given the conditions of Disco Bôcô events, we advise you to choose one of these 4 preservation methods. If you don't use any preservation method, please refer to the section below.



SUGAR

VINEGAR

LACTO -FERMENTATION

STERILIZATION

In this section you may find details on each of these preservation methods with examples of recipes to inspire you (Be creative: You can imagine millions of recipes following the basic requirements!). You must read them carefully for preservation can be dangerous if you don't respect these simple requirements.

N.B. Please read the Hygiene and Security section to understand the safety risks of preservation.



3.4.1 Sugar Preservation

<p>GENERAL SPECIFICATIONS</p> <p>Common preparations: jams note : crystallized fruits and fruits in syrup have to be sterilized (refer to sterilization).</p> <p>Jams need pectin: some fruits contain a lot of pectin (red currant, sour apples, quinces) others contain very little (strawberries, figs, tomatoes). Add lemon juice or apple to create pectin.</p> <p>In jams, use at least 750 gr of sugar per kg of fruits or vegetables. At the end, the preparation should contain 65% of sugar to avoid any contamination risk (amount of sugar depends on the fruits)</p>	<p>PROS AND CONS FOR DISCO BÔCÔ SESSIONS</p> <p>Pros:</p> <ul style="list-style-type: none"> - Easy and delicious preparations. If they are made with the recommended quantity of sugar, jams don't need to be sterilised and don't require so many hygiene requirement nor specific material. <p>Cons:</p> <ul style="list-style-type: none"> - Very calorific, poor nutritional benefits. <p>SPECIFIC REQUIRED MATERIAL & INGREDIENTS</p> <ul style="list-style-type: none"> - Weighing scale (compulsory): to weigh the right quantity of sugar according to the quantity of fruits. It must be done very precisely respecting <u>750gr sugar for 1kg fruits or vegetables.</u> - Thermometer (optional), Refractometer (optional) + a large amount of sugar and spices
<p>TECHNIQUES</p> <p>Sterilise the jars. Weigh 750gr of sugar per 1kg of fruits. Mix sugar and fruits and let stand for at least 15 minutes.</p> <ul style="list-style-type: none"> - Stir very frequently and skim off any foam that rises to the surface. - Cook for about 25 minutes stirring frequently. 	<p>HYGIENE AND SAFETY REQUIREMENTS</p> <ul style="list-style-type: none"> - Fruits in syrup should always be sterilised - Jams should contain 65% of sugar: you may use a refractometer to check and always be sure to have the right quantity of sugar (750gr per 1kg of fruits or vegetables) - If jams do not contain the sufficient

<ul style="list-style-type: none"> - You can test it is cooked by putting a small amount of jam on a chilled plate: the consistency must be really thick and flow very slowly on the plate. - Stir for the last time and pour the jam into the jars. Be sure the preparation is still really hot when you pour it into the jars. - Close the lids tightly - Let the jars cool <u>upside down</u> at room temperature. 	<p>quantity of sugar you will need to sterilize it (or refer to No preservation method)</p> <p>LABELS/ EXPIRATION DATE 3 months in the fridge (expiration dates are valid when the whole process is done correctly, following the instructions above)</p>
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Examples of recipes using this method of preservation can be found in section 3.6.



3.4.2 Vinegar preservation

<p>GENERAL SPECIFICITIES</p> <ul style="list-style-type: none"> - Most common preparations: pickles and chutneys - Any types of vinegar can be used. Depends on the flavour you want! - Pickles and chutney are sweet and sour. <ul style="list-style-type: none"> ▪ Pickles: vegetables or fruits preserved and flavoured in a solution of vinegar. They should macerate for at least 15 days and should be eaten within 3 months after preparation. ▪ Chutneys: vinegar and onions preparation. They should macerate for at least 1 week before consumption and should be eaten within 1 after preparation. ▪ Non-metallic lids should be used 	<p>PROS AND CONS FOR DISCO BÔCÔ SESSIONS</p> <p>Pros:</p> <ul style="list-style-type: none"> - Delicious! Easy and fun to prepare. - Safe if vegetables are entirely covered with vinegar (for pickles) or if the right level of sugar and acidity is attained (for chutney). - Brings new culinary know-how to many people who have never done pickles. <p>Cons:</p> <ul style="list-style-type: none"> - Soaking can take a long time (1h- 2h): it should be done at the very beginning of a disco bôcô session. <p>SPECIFIC REQUIRED MATERIAL</p> <ul style="list-style-type: none"> - Strainers + Vinegar (any types, we really appreciate cidre vinegar) + coarse salt, sugar and spices
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TECHNIQUES

- Sterilise the jars

PICKLES:

- Soak or blanch the vegetable to eliminate the majority of water they contain
- Put them in a jar with aromatics and cover with boiling or tepid spiced vinegar.
- Pickles can be done with any kind of fruits and vegetables

CHUTNEYS:

- Chopped fruits and vegetables are cooked in sugar and vinegar, as well as spices and onions.
- To insure preservation, count:
- 1kg fruits and vegetables = 350g sugar + 40 cl vinegar + 2 teaspoon salt
- Chutneys can be eaten as a condiment for salty preparations
- Chutneys can be done with any kind of fruits and vegetables
- Close the lids tightly
- Let the jars cool upside down at room temperature.
- Participants must then place their jars in the fridge

HYGIENE AND SAFETY REQUIREMENTS

- Safety issues :
- Pickles must be entirely covered with vinegar
- Chutneys should have the right level of acidity + sugar to insure preservation.
- 1kg fruits and vegetables = 400g sugar + 40 cl vinegar
- For pickles, be sure to soak or blanch the vegetables to eliminate the majority of water they contain because vinegar loses antiseptic proprieties when it is in contact with water.
- Make sure that the vinegar you cover your vegetables with is still boiling.
- Jars should be kept in a dark and cool place
- If chutneys do not contain the sufficient quantity of sugar and vinegar, you will need to sterilise it (or refer to No preservation method)

LABELS/ EXPIRATION DATE

PICKLES:

- 3 months in the fridge
- Need to macerate for 2 weeks before eaten

CHUTNEYS:

- 1 month in the fridge
- Need to macerate for 1 week
- (expiration dates are valid when the whole process is done correctly, following the instructions above)

Examples of recipes using this method of preservation can be found in section 3.6.





3.4.3 Lacto-fermentation (in own juice)

<p>GENERAL SPECIFICATIONS</p> <ul style="list-style-type: none"> - Common preparations: kimchi, sauerkraut... - Fermentation is a preservation technique that consists of submerging fruits and vegetables in their own juice. - Fermentation is very healthy and contains a lot of lactic acid bacteria. - The results are often sour and can combine with many meals as a side dish. - Fermentation of vegetables is used everywhere around the World: Choucroute (France), Sauerkraut (Germany), Kimchi (Korea), etc. - You can ferment any types of fruits and vegetables, although some give better taste results than others. Here is a list of vegetables that taste really good when they are fermented: All types of cabbages (Brussels sprouts, cauliflower, broccoli, red cabbage, etc.), Root vegetables (carrot, beetroot, turnip, rutabaga, parsnips etc.), Sweet peppers, Celery. Fruits may be added in small quantity (apples). Spices, onions, garlic and herbs may be added too. <p>N.B. Fermented vegetables lose all their healthy properties when they are cooked: eat them cold!</p> <p>More information on Wild Fermentation: http://www.wildfermentation.com/, a website maintained by Sandor Ellix Katz, a fermentation revivalist</p>	<p>PROS AND CONS FOR DISCO BÔCÔ SESSIONS</p> <p>Pros:</p> <ul style="list-style-type: none"> - Easy and delicious preparations. - Extremely nutritious and beneficial to health: Lactic acid bacteria is very healthy, especially for intestines and digestion. - Intrinsically safe if vegetables are immersed in their own juice. <p>Cons:</p> <ul style="list-style-type: none"> - May require special lids or weight to pack the vegetables tightly in a jar: it could become onerous. - The squeezing part can be a bit long (but grating the vegetable instead of simply chopping them accelerates the process). - Sometimes the taste may seem weird for those who don't have the habit to eat fermented fruits and vegetables. - Vegetables ferment for three days at room temperature: a recipe-card must be given to participants at the end of the session for them to know what to do with their jars. <p>SPECIFIC REQUIRED MATERIAL & INGREDIENTS</p> <p>Strainers, rasps, weights (optional)</p>
<p>TECHNIQUES</p> <p>Beforehand, always sterilize the jars To ferment fruits and vegetables:</p> <ol style="list-style-type: none"> 1. Chop or grate them - grating the vegetable instead of simply chopping them accelerates the process. 2. Salt and pound or squeeze until moist 3. Pack them into a jar tightly - You can use weights to be sure to pack well. 4. Leave the jar at room temperature for 3 days (the lid mustn't be completely closed) 5. Place in the fridge (see details in the recipe below) 	<p>HYGIENE AND SAFETY REQUIREMENTS</p> <ul style="list-style-type: none"> - Be sure participants have perfectly cleaned hands, wear gloves and that their hair is tied back. - Vegetables ferment for three days at room temperature and must be kept in the fridge afterwards . - Be sure the preparations are totally immersed in their own juice. If not, the product is unsafe. - Be sure to put in the right quantity of salt. <p>LABELS/ EXPIRATION DATE</p> <p>Let ferment for three days after the cooking session at room temperature. 1 month in the fridge (expiration date are valid when the whole process is done correctly, following the instructions above)</p>

Examples of recipes using this method of prevevation can be found in section 3.6.

3.4.4 Sterilization



<p>GENERAL SPECIFICATIONS</p> <ul style="list-style-type: none"> - Sterilisation is used for products that do not contain (or not in sufficient quantity) preservation ingredients such as vinegar or sugar. - These kinds of preparations must be sterilised to be preserved. - You can sterilise many kinds of different products: compotes, raw vegetables or fruits, vegetables sauces, fruit coulis, etc.). - Adapted jars with specific rubber lids must be used. New jars are required. - Sterilisers are required. - Risk of contamination: botulism (the contamination of the product isn't perceptible by the appearance, taste or the smell). - Please refer to the Hygiene and security section. - Time of sterilisation depends on the nature of the product. 	<p>PROS AND CONS FOR DISCO BÔCÔ SESSIONS</p> <p>Pros</p> <ul style="list-style-type: none"> - Safe, if it is done correctly. - Very long shelf-life, if it is done correctly. - Allows to avoid sugar and to preserve raw fruits and vegetables (without any transformation). <p>Cons</p> <ul style="list-style-type: none"> - Difficulties in terms of hygiene issues (problem of botulism): the entire process should be perfectly safe but during festive and convivial sessions it is sometimes hard to check if everything is correct. - Specific equipment is required: sterilisers but also rubber lids and jars that have to be bought every time. It can become onerous! - Sterilisation kills the majority of the nutrients inside the food. - Large quantities cannot be sterilized due to the limited size of the sterilisers. - Sterilising can be really long (too long for the Disco Bôcô timing). <p>SPECIFIC REQUIRED MATERIAL & INGREDIENTS</p> <p>Sterilizers, new jars, rubber lids</p>
<p>TECHNIQUES</p> <ul style="list-style-type: none"> - Sterilise your jars. - Prepare what you want to sterilise (compotes, raw vegetables or fruits, vegetables sauces, purees, fruit coulis, etc.) - Place your fruits and vegetables preparations in adapted jars and sterilise them in a steriliser. - Time of sterilisation depends on the nature of the product - <u>You must refer to recipes from a safe source to determine the length of sterilisation.</u> Please refer to : USDA Canning Guidelines http://nchfp.uga.edu/how/can4_vegetable.html - After sterilizing, when the jars (with rubber lids) are completely cold practice a little test. 	<p>HYGIENE AND SAFETY REQUIREMENTS</p> <ul style="list-style-type: none"> - Adapted jars with specific rubber lids must be used. - New jars are required: It is not safe to use second hand glass jars because any defects on the jars can undermine good and safe sterilisation. - Sterilisers are required: do not practice sterilisation without sterilisers: if you are not able to control perfectly the temperature, do not practice this method! - Risk of contamination: botulism can occur if the product is not properly preserved. The contamination of the product isn't perceptible by the appearance, taste smell; however it is very dangerous for the health. Please refer to the Hygiene and security section

<p>Lean the jars: if bubbles appear when the preparation is in contact with the lid the product is unsafe.</p> <p>- Store the jars out of direct light.</p> <p>LABELS/ EXPIRATION DATE 3 months in the fridge</p> <p>Once opened, the jars must be consumed quickly (expiration dates are valid when the whole process is done correctly, following the instructions above)</p>	<p>- Sterilisation can be practiced with very small groups of participants when “everything is under control”!</p> <p>- After sterilising, when the jars (with rubber lids) are completely cold, practice a little test. Lean the jars: if bubbles appear when the preparation is in contact with the lid the product is unsafe.</p> <p>- Be sure you how the steriliser works and that you have tested it before the session.</p>
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Examples of recipes using this method of prevevation can be found in section 3.6.

3.4.5 No preservation method

<p>GENERAL SPECIFICCATIONS</p> <p>- If you don't use any preservation method, you will need to sterilise your jars or, if you don't have any sterilisers, you will have to label your jar with a 3 days expiration date.</p> <p>- It is the case of preparation that don't contain the right level of sugar or acidity :</p> <p>- - SUGAR PREPARATIONS: compotes (they don't contain sufficient level of sugar), jams with less than 750gr sugar for 1kg fruits and vegetables</p>	<p>PROS AND CONS FOR DISCO BÔCÔ SESSIONS</p> <p>Pros:</p> <ul style="list-style-type: none"> - These preparations are easy to make and do not require specific preservation know-how <p>Cons:</p> <ul style="list-style-type: none"> - No educational benefits on the sharing of preservation methods - Disco Bôcô aims to preserve fruits and vegetables to fight against food waste: in this case, there are no preservation benefits. - Hygiene issue: you need to be very clear and precise with the right expiration dates labels on these products (3 days). Participants can think that they can keep their preparation for a long time because the preparations are inside a jar: you need to avoid this!!
<p>LABELS/ EXPIRATION DATE 3 days in the fridge</p>	<p>HYGIENE AND SAFETY REQUIREMENTS</p> <p>- These kinds of preparation have to be kept in the fridge and to be eaten within 3 days after the session.</p>

Examples of recipes using this method of preservation can be found in section 3.6.



3.5 Hygiene and Security

3.5.1 Basic hygiene and security principles

DISCO BÔCÔ applies a number of **basic hygiene rules and implements some HACCP²-based principles**.

It is highly important to follow them strictly because preservation can involve major safety risks when it is not done properly (see sidebar below). When you follow these simple requirements, step by step, everything is safe and delicious!! :)

PRESERVATION RISKS : BOTULISM

*"Food-borne botulism can occur when food becomes contaminated with infected soil. **If food is not properly canned, preserved or cooked**, any *C. botulinum* bacteria in the food can start producing toxins that are highly poisonous if eaten.*

Modern food production techniques use high-temperature processes that ensure all bacteria are killed. Therefore, cases of food botulism are virtually unheard of in the UK.

*However, **faults during the food processing or storage process can lead to very occasional outbreaks and there is a risk of homemade food becoming contaminated if proper storage and cooking precautions are not taken.***

*Following an outbreak of food-borne botulism in 1989, where contaminated hazelnut yoghurt affected 26 people and resulted in one death, there have been another nine cases of this type of botulism in England and Wales up to 2013. **All nine cases were caused by eating homemade food or food produced in other countries.***

from NHS CHOICES <http://www.nhs.uk/Conditions/Botulism/Pages/Causes.aspx>

DISCO BÔCÔ only cooks fruits and vegetables (and sometimes cereals and legumes) and therefore avoids safety issues linked to the preparation of meat or dairy products.

Nonetheless, safety risks do exist!

Please refer to the [USDA Canning Guidelines](#) for many specific details and information on preservation safety and hygiene

The walking forward logic

- **Never mix cleaned and non-cleaned items.**
- Once fruits and vegetables have been decontaminated they cannot be in contact with hands, materials or fruits and vegetables that haven't be decontaminated.
- Strict separation of raw and processed product to avoid contamination of any kind.
- Cleaned material and basins containing fruits and vegetables should never touch the ground.
- During Disco Bôcô sessions, always separate two kinds of areas:
"dirty area": dirty dish, fruits and vegetables,
"clean area": participants with cleaned hands and tied hair can enter this area.

Fruits and vegetables

- **Traceability of the vegetables/fruits fetched** - Jot down provider details, food Quantity fetched, if available jot food origin certificate.
- **Sorting fruits and vegetables** - Discarded fruits and vegetables should be carefully sorted. Indeed, to avoid any contamination while preserving them into jars, you need to be sure they are safe. You will collect very damaged fruits and vegetables, others that are just a bit

² Hazard Analysis Critical Control Point

over-ripe or non-standard and some that are perfectly fine!! Be sure to cook only safe not rotten ones (a bit over ripe is OK!).

- **Cleaning fruits and vegetables** - Soak all the fruits and vegetables 10 minutes in a basin with 20l water and 1l white vinegar, Get rid of the water and rinse: your fruits and veggies are ready to be peeled and cut!
- **Transporting & Storing fruits and vegetables** - Never store veggies/fruits on the floor (even if stored in a box). Use a pallet/table.

Participants

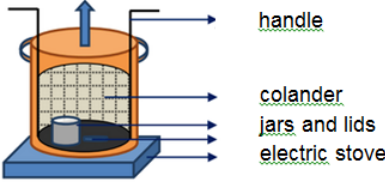
- **Be sure participants wash their hands carefully, wear gloves and tie their hair back.**
- Have self-explanatory eye-catching boards explaining basic rules to participants
- **Before each Disco Soupe, organisers must be given:**
 - A revision note about hygiene standards and rules.
 - A revision note/board about hygiene to be shown to the participants.
- Make sure you to always have a **first-aid kit** with you in case a participants gets injured with a knife, or burnt.

Material

- Each item (pot, chopping boards...) must have been cleaned (hot water + soap) before use.
- Store material in slipcovers.
- Material should never touch the ground.
- **Be sure electric devices and dangerous equipment are placed in a secure space far from humidity**
- **Cleaning the material-** When you arrive, **clean carefully the material that is going to be used.** After the event, wash all material with hot water and dishwashing liquid. You will need a lot of clean and dry dish towels!

3.5.2 Hygiene and security requirement for each step of the session

- HOW TO STERILIZE THE JARS -



- Before sterilisation, carefully wash the jars with dishwashing liquid.
- To sterilise the jars you will need: an electric stove and an adapted cooking pot filled with boiling water and a stainless steel colander where you will put your jars.
- **BOIL THE JARS AND LIDS FOR 15 MINUTES**
- Jars must dry on a clean and disinfected stainless steel draining board.
- Jars must be kept in a safe place far from the hectic movement of the session.
- Be sure that participants responsible for pouring the preparations into the jars carefully disinfected their hands.

Before the participants arrive:

- Complete a risk assessment for the event (Appendix 1)
- Clean up the entire space (tables, floor, and walls) as well as the cooking materials.
- All cooking materials should be made of stainless steel to avoid contaminations (vs. Wood or plastic) (see section 4.5.3).
- Clean and sterilise the jars (see below).
- Install the cooking materials on the tables and as many bins as possible with a distinction between compost and others to avoid dirty and inedible food remaining on the tables.

During the sterilisation of the jars and lids:

- Control the temperature and the timing in order to sterilize them at least 10 minutes in boiling water.
- Use a stainless still strainers and draining boards in order to avoid any recontamination of the jars and lids.
- Second hand jars are fine (except for sterilisation). However **lids should always be new** because old ones may contain bacteria.

When participants arrive they should:

- Clean and disinfect their hands, tie their hair up, take off their jewels, wear a clean apron (participants can be asked to bring their own apron).
- A reception **table dedicated specifically to the good hygiene** of every participant with posters on hygiene requirements, gloves and disinfecting product have to be installed during each session.
- There should also be a hygiene person responsible for the respect of the hygiene issues.

During the picking session:

- Never use the same bowl for raw fruits and vegetables and for cooked ones: it may contaminate them. Wash the bowl or use another clean one!
- During the session, try to wash several times the tables as well as the floor

When cooking the preparations:

- Be sure to respect the safety advices linked to specific kinds of culinary techniques (see below). For example, a refractometer should be used for jams to determine the % of sugar in order to be sure it will be safely preserved.

When participants pour the preparations into the jars:

- be sure that they wash their hands again before doing it and that they don't put their fingers into the sterilised jars while pouring the preparations inside it.
- Jars are closed with adapted lids and turned upside down to sterilise the lid.

During labelling:

- Participants write the name of the recipe and the composition of the product on the **labels**.
- **Labels** are printed beforehand with the **expiration dates** (we have noticed that when participants do this on their own, some labels may have wrong expiration dates. It is too important an issue to accept errors: labels have different colours according to the expiration date they have.) and the **requirement to keep the preparation in the fridge**.
- Participants **MUST** go back home with the specific expiration dates for each product. Please refer to the sidebar on labeling below <<

After the session:

recipe-cards reminding expiration dates and hygiene advices are sent to participants.

- LABELLING -

Labels should be printed beforehand indicating various expiration dates + the fact that the preparations must be kept in the fridge. Be sure to respect very carefully these expiration dates!!



SUGAR PRESERVATION

Jams : 3 months in the fridge

Fruits in syrup : must be sterilised (refer to Sterilisation)



VINEGAR PRESERVATION

Pickles : 3 months in the fridge

Need to macerate 2 weeks before being eaten

Chutneys : 1 month in the fridge

Need to macerate on 1 week before being eaten



NO PRESERVATION

Non-sterilized compotes, vegetable purees, chutneys (or jams that are not containing sufficient quantity of sugar)

3 days in the fridge



LACTO-FERMENTATION

Lacto-fermented vegetables (kimchi, sauerkraut, etc)

Allow to ferment at room temperature for 3 days and then move to the fridge

1 month in the fridge



STERILISATION

Compotes, vegetable purées, sauces, chutneys, etc.

3 months

Once opened, the jars must be consumed quickly

Always check really carefully that the sterilization has been done correctly

Please refer to the section on Preservation methods for details on each of these methods

3.5.3 Hygiene and security requirement for specific preservation methods

Please refer to the section on Preservation methods

3.6 Recipes

We recommend that you make 3 recipes during Disco Bôcô sessions. Don't plan too many recipes!! By experience, 3 seem to be the perfect number!

We recommend that you:

- One very easy to make recipe without long cooking (pickles)
- One quite simple recipe that requires long cooking (jam or sterilised preparation such as tomato sauce)
- One technical recipe that doesn't require long cooking where participants can learn new know-how (lacto-fermentation)

Propose FUN, EASY and EDUCATIONAL recipes:

- **Create easy and educational recipes:** Many participants are not very confident about their cooking skills and DISCO BÔCÔ aims to teach new and original preservation techniques.
- At the end of the sessions, you may send **recipe-cards of every recipe made during the sessions.**

Create DELICIOUS recipes!

- The flavour of the final product is very important to avoid waste!
- You may use original spices
- Adapt recipes to local context and taste (see Appendix 2)

Examples of Recipes using the various preservation methods used in DISCO BÔCÔ

<p>Method: Sugar Preservation</p> <p>APRICOT JAM (for 6 jars)</p> <ul style="list-style-type: none">- Sterilise the jars- Wash 2 kg apricots.- Cut them in half and extract the stone.- In a large bowl mix the apricots with 1,5kg of sugar, 30 cl of water, the juice of one lemon and let stand during 15 min.- Pour the preparation into a large pan, add the peel of the lemon and cook,- Skim off any foam that rises to the surface- As the mixture thickens and reduces, stir frequently to make sure the jam isn't burning on the bottom.- After about 30 minutes of cooking at high heat, the jam must look thick and slightly jelled.- You can test it is cooked by putting a small amount of jam on a chilled plate: the consistency must be really thick and flow very slowly on the plate.- Stir for the last time and pour the jam into the jars. Be sure the preparation is still really hot when you pour it into the jars. - Close the lids tightly and let the jars cool upside down at room temperature.- Participants must refrigerate them when they go back home.	<p>Method: Sugar Preservation</p> <p>ZUCCHINI AND GINGER JAM (for 6 jars)</p> <ul style="list-style-type: none">- Sterilize the jars- Wash 2kg of zucchini and cut them in small pieces.- Cook them for 20 minutes in 50 cl of water.- Drain them.- Pour them into a big bowl with 1,5 kg of sugar, the juice of one lemon and its zests. Add 3 spoons of powdered ginger, 3 cloves and mix.- Let stand for 15 minutes.- Pour the preparation into a large pan with 100gr of candied ginger cut into small pieces.- Cook for about 25 minutes at high heat, stirring frequently.- You can test it is cooked by putting a small amount of jam on a chilled plate: the consistency must be really thick and flow very slowly on the plate.- Stir for the last time and pour the jam into the jars. Be sure the preparation is still really hot when you pour it into the jars. - Close the lids tightly and let the jars cool upside down at room temperature.- Participants must refrigerate them when they go back home.
<p>Method: Vinegar Preservation</p> <p>CUCUMBER PICKLES (for 4 jars)</p> <ul style="list-style-type: none">- Sterilise the jars- Wash 4 long cucumbers- Slice them in very thin circles (you can use a mandolin) and chop 4 onions.- Combine with 80gr of coarse salt- Chill for one hour. Drain and rinse.- Combine 1,5 liter vinegar with 320 gr sugar, 6 cloves, 4 teaspoon of spices of your choice in a cooking pan. Bring to a simmer making sure the sugar has dissolved. Remove from heat.- Place the cucumbers slices in a jar.- Pour the boiling vinegar over the cucumber.- Close the lids tightly.- Let cool upside down.- Participants must put their chutney into the fridge when they go back home and let it macerate for 1 week before consuming it.	<p>Method: Vinegar Preservation</p> <p>PUMPKIN CHUTNEY (for 4 jars)</p> <ul style="list-style-type: none">- Sterilise the jars- Cut into small pieces 1kg of pumpkin flesh (without peel and seeds)- Put them in a big cooking pan with 2 onions, 40 cl cider vinegar and 350gr sugar. Bring to a boil at medium heat stirring frequently and let boil for 15 minutes.- Salt (2 teaspoon) and reduce heat. Incorporate 150gr of raisins, 2 teaspoon of freshly grated ginger, 2 teaspoon of cardamom (powder), 2 teaspoon of pepper- Simmer for 45 minutes until the texture resembles a jam.- Close the lids tightly- Let the jars cool upside down at room temperature.- Participants must put their chutney into the fridge when they go back home and let it macerate for 1 week before consuming it.

<p>Method: Lacto-Fermentation</p> <p>KIMCHI (for 2 jars)</p> <ul style="list-style-type: none"> - Sterilise your jars. - <u>First step: Let the fruits and vegetables drain their liquid with coarse salt</u> - Grate 1/2 Chinese cabbage, 3 carrots and 2 apples, 35gr fresh ginger, 3 garlic cloves. - Mix everything with 2 tablespoons of coarse salt and 2 teaspoons of chili. - Pour this mixture through a strainer above a bowl to collect the juice. - Press with your hands. - Let the mixture drain its liquid during 30 minutes and press again to let the maximum liquid out of the mixture - Place the remaining fruits and vegetable in the jars and cover them with their own juice. - -Be sure that the vegetables are entirely immersed in their own juice - Second step: Let the preparation ferment during three days at room temperature - Fermentation produces carbon dioxide so participants will need to let the jars slightly opened - Third step: Store in the fridge 	<p>Method: Lacto-Fermentation</p> <p>FERMENTED BEETROOT, APPLE AND GINGER (for 2 jars)</p> <ul style="list-style-type: none"> - <u>First step: Let the fruits and vegetables drain their liquid with coarse salt</u> - Grate 6 raw beetroots, 2 apples and 35gr fresh ginger - Mix everything with 2 tablespoons coarse salt and 2 teaspoons chili. - Pour this mixture in a strainer above a recipient to be able to recuperate the juice - Press with your hands - Let the mixture drain its liquid during 30 minutes and press again to let the maximum liquid out of the mixture - Place the remaining fruits and vegetable in the jars and cover them with their own juice. - -Be sure that the vegetables are entirely immersed in their own juice - Second step: Let the preparation ferment during three days at room temperature - Fermentation produces carbon dioxide so participants will need to let the jars slightly opened - Third step: Store in the fridge
<p>Method: Sterilisation</p> <p>SWEET PEPPERS IN BRINE (for 4 jars)</p> <ul style="list-style-type: none"> - Sterilize the jars. - Wash the 1 kg sweet peppers. - Blanch them for 4 minutes in a cooking pan full of boiling water. - Drain, rinse and drain them again. - Peel them, cut them in 4 and take the seeds out of them. - Place the sweet peppers in the jars. - Bring to boil 1 litre of water with 15 gr of coarse salt. - Stir to make sure the salt has dissolved and pour the brine in equal portions into the jars. - Close the lids tightly (with the rubber lids). - Sterilise the jars for 2hrs. - Let cool. - Practice the test: Lean the jars: if bubbles appear when the preparation is in contact with the lid the product is unsafe. - Tell the participants they should store the jars out of direct light. 	<p>Method: Sterilisation</p> <p>FRENCH RATATOUILLE (fo 2 jars)</p> <ul style="list-style-type: none"> - Sterilise the jars. - Wash 600g eggplants and 600 gr zucchinis and cut them in slices. - Wash 750g tomatoes and 600gr sweet peppers and cut them into small pieces. - Peel and slice thinly 300gr onions and 4 garlic cloves. - In a big cooking pan, pour 10cl olive oil and sauté the onions, eggplants, zucchinis and sweet peppers for 5 minutes on medium-high heat. - Add the tomatoes and the garlic with dried mixed herbs (herbes de Provence), salt and pepper. - Stir for 5 minutes and reduce heat. - Simmer for 40 minutes. - Pour the preparation into the jars up to 3cm from the rim of the jar. - Close the lids tightly (with the rubber lids) - Sterilise the jars for 1h30. - Let the jars cool down at room temperature. - Tell the participants they should store the jars out of direct light.

Method: Non

PEAR AND BANANA COMPOTE (for 4 jars)

- In a cooking pan, pour **1kg of pears** with **500gr bananas** and the **juice of one lemon** with its **zests**.
- Cook for 20 minutes at low heat.
- Close the lids tightly.
- Let the jars cool upside down at room temperature.
- Participants must put their compote into the fridge when they go back home and consume it within 3 days.

You may find delicious and creative preservation recipes and great tips on these following links:

<http://www.wildfermentation.com/>

<http://www.killerpickles.com/>

<http://www.punkdomestics.com/>

<http://www.motherearthnews.com/real-food.aspx>

[USDA Canning Guidelines](#)



3.7 Focusing on people in need

The Disco Bôcô project has revealed that a **food waste prevention project can simultaneously have social benefits**: it also reduces social isolation and improves access to nutritious food for people in need, such as:

- **Social isolation**: Disco Bôcô creates conviviality and promotes food craft skills to foster **social cohesions** (community links and inter-generational/inter-cultural exchanges),

-
- **Nutritional deficiencies:** Disco Bôcô gives people the means to actively contribute to their own **food security** and increase their well-being by gaining access to affordable, adequate, nutritious and safe “real food”,
 - **Economic insecurity:** DISCO BÔCÔ promotes **food justice** by giving access to low cost, saved-from-the-bin fruits and vegetables and healthy preservation skills to create products that can be consumed back home.

If you want to address underprivileged people's need, here are a few requirements.

- **Finding the right place**

Disco Bôcô is for any kind of people and aims to be widely adopted by different types of communities, because we believe that creating social cohesion and promoting healthy food are primary objectives in any kind of environment. Nonetheless, we've noticed that **people in need** scarcely come spontaneously to events we organise. Thus, in order to be able to reach out more easily to these individuals, we've decided to go and meet them in the places they live. That is why DISCO BÔCÔ has organised many events inside social residences in order to target **underprivileged residents**.

- **You may organise your event in:** social residences, retirement homes, homeless support groups, prisons, etc.!

- **Understanding the needs**

Disco Bôcô **is grounded in deep reflection on the social issues it wants to tackle**. When we work with people in need we always prepare our interventions by meeting social workers and residents in order to **understand the context of our action**.

- You need to be **adaptive and reflexive**. For example, in a social residence of immigrant workers where there were tensions between residents, the focus of the Disco Bôcô we organised was put on creating social cohesion and conviviality. Although in another social residence of woman-in-need, we agreed with the social workers that the main focus should be on informing people about food waste and how they could avoid it at home.
- You must take great care to understand the context and **be sure social workers will be there on the D-day to help you**.

- **Empowering people through action**

Be sure people-in-need **participate actively in the organisation of the sessions**: they collect discarded fruits and vegetables, decide on the recipes that are going to be cooked, plan the activities needed for cooking the jars, the timing, etc.

Disco Bôcô aims at **empowering people through action**, giving participants the possibility to take action very easily, to be responsible for different aspects of the organisation and to learn by doing.

- When the events are repeated in the same place, you may train the people-in-need to **take more responsibilities as ambassadors for food waste prevention** or organisers of collective cooking sessions.
- Disco Bôcô is not only about redistributing food to people in need, which gives recipients a largely passive role. It is about people participating **actively** in the preparation of their meal, learning cooking skills, expressing themselves through their culinary know-how and creating social links with other participants.

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