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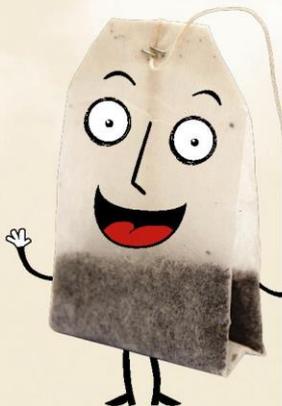
COMPOSTING

Turn leftover food into compost. You can compost in garden composters, or in small home compost bins that you can keep on your balcony. After a few months you will have valuable and nutrient-rich compost for your garden or houseplants, and you will reduce the quantity of waste in your waste bin.

You will probably be surprised and a little saddened by the fact that as much as one third of food produced all over the world ends up as waste. So, instead of buying unreasonable amounts of groceries and cooking too much food, we should start the change in our own home so that as little as possible food ends up in the waste bin.

By making sure you're using the ingredients sensibly, you are preventing food waste and reducing the quantity of waste your household generates, you save money and energy, at the same time helping the environment and making it a more enjoyable place to live in.

**DON'T BE IN DISMAY,
JUST COMPOST AWAY!**



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Preparation of these materials was co-financed from Technical Assistance under the Operational Programme Competitiveness and Cohesion 2014–2020 from the European Regional Development Fund. The Environmental Protection and Energy Efficiency Fund is solely responsible for the contents of the brochure.

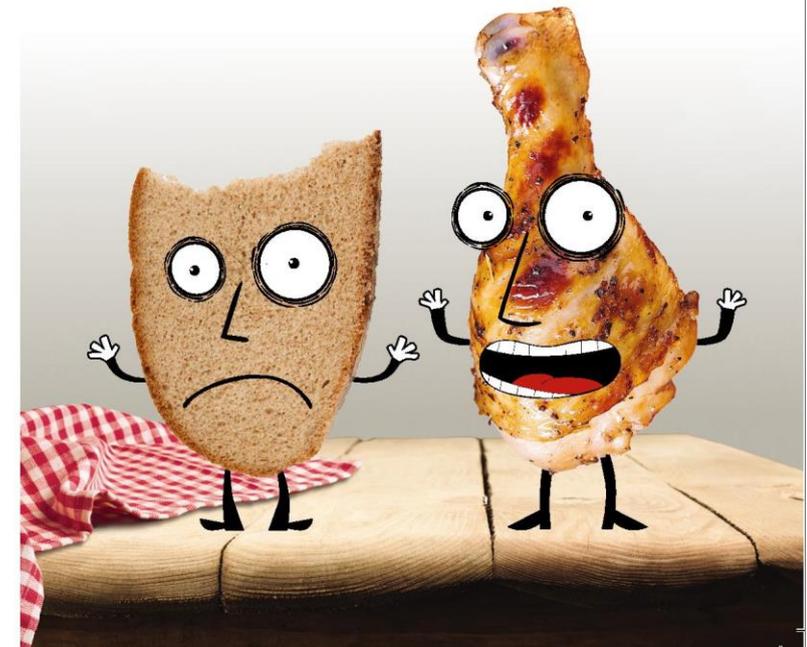
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We're tasty, not trash!

Preparing meals costs money, it takes time and effort, so food should not just be scrapped without giving it a second thought – learn how to treat it rationally!



How to prevent food waste and save money?

1.

GO SHOPPING WITH A PLAN AND A LIST

Plan the meals for the week ahead and check the sell-by dates of the groceries you already have at home, then make a list with the supplies you need, and take the list with you to the shops. Do not shop when you're hungry because then you're prone to buy more than you need.

Buy fruit and vegetables that are not pre-packed. This way you buy exactly what you need and you don't create waste.

MAKE A PLAN FOR EVERY DAY

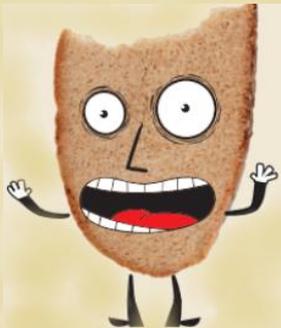


2.

CHECK THE DATES

If you don't intend to use certain groceries with a short expiry date right away, you should look for the ones with a longer sell-by date, or buy them when you need them. Pay attention to the date labels: »Use by« means that the food is safe to eat until the displayed date, while »Best before« means the date by which the product will keep the expected quality, but it is still safe to eat for a certain period of time after the displayed date if used and stored in accordance with the instructions.

I MAY BE A TAD STALE, BUT I'M NOT FOR THE RUBBISH YET!

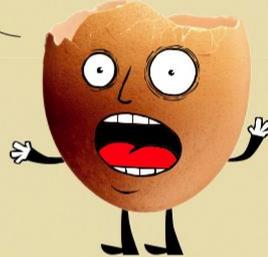


3.

KEEP TRACK OF YOUR HOME BUDGET

If you buy excessive quantities of groceries with no plan, it is more likely that some will end up as waste. Do not throw food away without giving it some thought – wasting food equals wasting money.

DON'T BE WASTEFUL SQUANDERING YOUR FOOD AND MONEY



4.

MAINTAIN YOUR FRIDGE PROPERLY

Check the gaskets and fridge temperature. To keep food fresh for longer, it should be stored at temperatures ranging from 1 to 5 °C.

MAKE SURE YOUR FRIDGE DOOR ISN'T LOOSE, OR I MIGHT WILT TOO QUICKLY...



5.

CHOOSE GLASS

Whenever possible, choose glass packaging when shopping – glass can be reused with no risk as it doesn't lose its properties, it's easy to clean, and it can be fully recycled. Glass bottles or jars can be used as packaging without limitation, or you can be creative and repurpose them.

GLASS LIVES FOREVER!



6.

INSTRUCTIONS MATTER

Keep the food in accordance with the storage instructions on the packaging.

READ CAREFULLY AND SAVE TIME

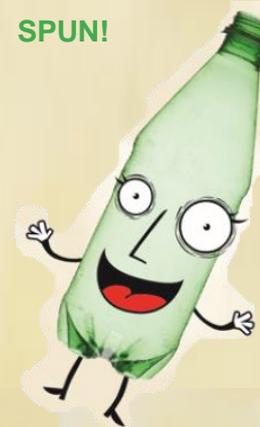


7.

ROTATE GROCERIES

Arrange and organise the new groceries you bought at the back of the fridge or cupboard, and bring to the front the products you've kept there for a while. In this way you are reducing the possibility of finding off or expired products in your food storage.

THERE'S NO FUN TILL I'M SPUN!



8.

SERVE LESS, SCRAP LESS

Serving less doesn't mean people can't have another helping if they ask for it.

IT HURTS ME TO THE CORE WHEN I SEE HOW MUCH FOOD IS SCRAPPED...



9.

SAVE FOR LATER

Store the food and ingredients that are left over after you prepare a meal in the fridge or freezer. The food you store in this way can be used afterwards as an ingredient in a new dish.

LOOKY HERE – JUST 'COS I'M A SCRAP TODAY DOESN'T MEAN I'LL NOT BE SCRUMPTIOUS IN THE SALAD TOMORROW!

