

Workshop: Cooking with leftovers



It is the end of the meal, everybody is satisfied and well fed. But, although you tried to cook the right portions, there is still some food left in the pots. And then in the fridge, there is still this open jar of yoghurt that should be used by tomorrow; and what could you do with these carrots left from yesterday's lunch?

Sounds familiar? This is what is targeted by this EWWR action: Organising a workshop where the participants can learn how to **use up their own leftovers** (in reusable containers) and **prepare delicious meals** out of it. The action also includes giving out **useful tips** for other kinds of leftovers that are not used during the workshop and general information on food waste and on how to avoid it when shopping, storing, and cooking food. At the end of the workshop, participants should be provided with the recipes cooked during the workshop as well with a [list of links to more recipes or complete cook books](#) for cooking with leftovers.

This is just one example for food waste reduction actions implemented in a group of friends, colleagues, neighbours, etc. If you would like to find out more about this or other related actions, please do also have a look at the factsheet "less food waste" in the targeted communication toolkit for citizens.

Objectives

- ▶ Make European citizens aware that actions to reduce food waste can be taken on a daily basis
- ▶ Raise awareness among the participants about good habits for food waste reduction
- ▶ Make participants aware about easy and delicious options of how to use up leftovers

What you need

- ▶ A **location**: A kitchen big enough to allow 10-20 people to cook together
- ▶ **Information and communication material**: Advertise for your "cooking with leftovers" workshop by putting up promotional posters on strategic points or via other communication means.
- ▶ **Recipes**: Get recipes for cooking with leftovers. You can use [this list of recipes and cook books](#) as inspiration and for dissemination.
- ▶ The right **tools**: Make sure that you have all the tools available that you need to cook the chosen recipes.

Preparing the action

Before the EWWR (at least one month beforehand)

- ▶ Decide on your target audience: Who do you want to reach with this cooking workshop?
- ▶ Depending on your target audience: decide on the location of your action and on the place of advertisements
- ▶ Prepare a poster to advertise for your cooking workshop
- ▶ Reach out to civil society groups and try to involve them in your actions or for advertising it
- ▶ Get information material from the EWWR website informing about cooking with leftovers: [recipes](#) and how to avoid having too many leftovers and general food waste by changing [shopping](#), [storing](#) and [cooking](#) habits, as well as [general information on food waste](#)



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- ▶ Invite people to participate in your event

Pre-EWWR (one or two weeks beforehand)

- ▶ Enhance advertisement of your event, remind people about the event and invite them again to take part
- ▶ Remind participants (or some of them) to bring their leftovers in reusable containers. Include information on what types of leftovers they can bring, in order to make sure that you can use them for the recipes that you have selected
- ▶ Print information material to be distributed during the action

Implementing the action = day of the action!

- ▶ Implement your workshop on cooking with leftovers
- ▶ Use the event to inform about the problematic of food waste and to give out tips and tricks to participants on how to reduce food waste in everyday life, distribute the information material
- ▶ Take pictures and videos
- ▶ **Conduct a food waste trash audit** ([EWWR food waste calculator](#)) to evaluate the amount of leftovers that were used to cook the meals. This equates the amount of waste that was avoided!

Evaluation and feedback

After the EWWR

- ▶ Give feedback to your Coordinator: number of participants, amount of waste avoided, etc.
- ▶ Send back pictures and videos of your action to your Coordinator

More information

- ▶ Information material
 - Food waste and its impact: [Do you dare to be aware?](#)
 - Tips to reduce food waste:
 - [Shopping & Planning](#)
 - [Storing](#)
 - [Cooking & Eating](#)
 - [Use-by / best-before dates](#)
- ▶ Examples of actions
 - Waste Watchers Challenge - Community Cookery Road Show (UK):
http://www.ewwr.eu/sites/default/files/EWWR_2011-Case%20studies_Administration_Scotland-UK.pdf
 - Taller de Recetas con Sobras (ES):
http://www.ewwr.eu/sites/default/files/EWWR_2011-Case%20studies_Administration_Navarra.pdf
 - Watch your Waste (UK):
http://www.ewwr.eu/sites/default/files/EWWR_2011-Case%20studies_Administration_Manchester-UK.pdf
 - Launch of food waste reduction booklet and seminars as part of Pre-Waste project national event (MT):
http://www.ewwr.eu/sites/default/files/EWWR_2011-Case%20studies_Administration_Malta.pdf
 - Cucinare con gli avanzi (Cooking with leftovers) (IT):
http://www.ewwr.eu/docs/case_studies/EWWR_2011-Case%20studies_Administration_Italy.pdf



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- Waste Prevention – Love Food Hate Waste and Reuse (UK):
http://www.ewwr.eu/sites/default/files/EWWR_2011-Case%20studies_Business_Scotland-UK.pdf
- Dinnertime (UK):
http://www.ewwr.eu/sites/default/files/case%20studies%202012/EWWR_2012_Case%20Studies_Others_Oxfordshire.pdf
- “Waste, Creative Reuse Festival” (ES):
http://www.ewwr.eu/sites/default/files/EWWR_2011-Case%20studies_Others_Basque%20country.pdf
- El recetario de llars verdes (Green home recipe book) (ES):
http://www.ewwr.eu/sites/default/files/EWWR%202010_Case%20Study_Admin_Valencia.pdf

▶ EWWR Coordinator’s website/contact: www.ewwr.eu/list-organisers

▶ European Week for Waste Reduction: www.ewwr.eu contact@ewwr.eu

▶ Interesting links

- European Commission: [Stop Food Waste](#)
- [European Environment Agency](#) (EEA)
- [European Environmental Bureau](#) (EEB)
- [Food and Agriculture Organization](#) (FAO)
- [Love Food Hate Waste](#)
- Love Food Hate Waste: [Food waste recycling - What to do with the food you can't eat?](#)
- OECD [Food Chain Network](#)
- [SAVE FOOD initiative](#)
- [Slow Food Movement](#)
- [Think.Eat.Save.](#)

▶ Recipes: Cooking with leftovers

- Allrecipes.com: [Everyday Leftovers](#)
- BBC GoodFood: [Leftover recipes](#)
- BigOven: [Use Up Leftovers](#)
- Great British Chefs: [Leftover Recipes](#)
- Holroyd City Council: [Love Your Leftovers](#) (free app)
- INCPEN: [The Green Kitchen. Recipes for a better planet.](#) (pp. 17-31)
- Love Food Hate Waste: [Healthy recipes with leftovers](#)
- North London Waste Authority: [North London Food Lovers’ Cookbook](#)
- Nottingham County Council & LFHW: [Nottinghamshire Sustainable Cookery Book](#)
- Safe food: [Leftover Recipes](#)
- The Guardian: [15 recipe ideas for leftover pasta](#)
- Zero Waste Europe: [27 Blogs Sharing Creative Ways to Reuse Your Leftovers](#)



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