



EWWR good practices and case studies

1. Details of Action:

EWWR Organiser: Centro de Recursos Ambientales de Navarra
Country/Region: Navarra, España
Name of nominated project developer: Mancomunidad de Eska_Salazar y Mancomunidad de Mairaga
Name of nominated action: Taller de Recetas con Sobras
Place: Sidrería Kixkia y Casa de Cultura
Town: Ochagavía y Tafalla
Region: Navarra
Country: España
Website: www.mairaga.es
Nominee **category**: Administraciones Públicas
Dates of action: 21 y 23 de noviembre

2. Please select the **theme(s)** highlighted in the action:

- Too Much Waste
- Better Consumption**
- Better Production
- A Life for Products
- Less Waste thrown Away**

3. Type of Action

- Action open to general public**
- Action open to a target group
- Action based on the production of communication tools
- Other, please specify:

4. Please give a detailed and precise description of the action

Two professional chefs, one of the Mancomunidad de Eska_Salazar in Ochagavía, and one of the Mancomunidad de Mairaga in Tafalla, organized two workshops that manufactured in the cooking different dishes so they are very pcos generate waste in the process of cooking, indeed, some of the recipes were based on those commonly throw away. Then, with these recipes, developed a recipe for "leftovers recipes", which I joined chefs.

5. Please describe the target audience and how the action motivated its public/target audience, as well as the number of participants

The courses are aimed at the general public: most of the attendees were middle-aged women who are responsible within their home to work in the kitchen and saw it as a great opportunity to learn to manage common resources differently and generate less waste.
Each course was attended by an average of 15 people.



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6. Please explain why you have decided to nominate this action for a EWWR Award, following the main criteria listed here below

- 1) visibility and communicational aspects
- 2) good practice, originality and exemplarity
- 3) quality of content and focus on waste prevention,
- 4) European reproducibility
- 5) follow-up in long-term and lasting impact

visibility and communication aspects: although the number of course participants may seem small (there was a ceiling of assistance), the impact was widespread in both localities were in the press.

Good practice, originality and exemplarity: the course proposed actions and everyday practices, fuss or investment for users, were made at the same time and it was well understood and with small gestures we can reduce the amount of waste generated.

Quality Contents: the professionalism of the chefs along with their involvement in the waste issue got very pleasant and practical content, which emphasized that many things we throw away (in this case food) still have uses.

Reproducibility, as the contents of the courses were compiled in a cookbook, you can develop anywhere in the European community

7. Please provide us with photos, videos, weblinks or any other material that would help to better understand the EWWR action.

