

Food waste at home and what to do about it!

What can we do at home to prevent food waste as good as possible?

- Make a week menu in which you measure how much food you actually need and keep one day free for if there's any left at the end of the week. So, you can eat the leftovers then. (Later we will discuss different recipes with leftovers)
- Keep animals that eat the leftovers we can't really eat
 - Chickens eat nearly everything
 - Some parts of vegetables you can also feed your rabbit, Guinee pig, hamster, ...
- Keep a compost waste bin

Recipes that contain leftovers:

- Bread pudding
- French toast
- Soups
- Baked potatoes
- A typical swiss recipe is the bread- or potato knödel it's often made of old bread or older potatoes
- ...

What can stores do to prevent food waste?

- Too good to go = an app that helps prevent food waste; stores can sign up and give away some 'magic bags' per day. Those consist of food that wasn't sold that day and costumers pay a significantly lower price for. We tried to follow the app for one store for a week and we can conclude a lot of people already use it. Our stores were sold out very quickly.
There's a lot of different stores on the app it goes from bakeries and butcheries to supermarkets and even some flower shops. In our neighbourhood we see there's already a lot of stores signed up.
- We know for a fact 'Delhaize' gives a lot of food that's still perfectly edible to a lot of foodbanks

From Lise Mous, Marie Heyman and Laura Corman 6huwe