



A Mindful Foodie's NOTEBOOK





It's hard to overstate **the importance of food** in our life. Our everyday fuel, food may require more time and attention than we think we can afford.

What you are holding in your hands is not just another notebook: it invites you to take a new look at how you cook – and how you plan, store and manage your food, to avoid food waste.

If you don't eat half of that fish you paid €10 for, that's €5 you're throwing away. That's real money going straight into the garbage.

Here you'll discover useful tips on how to reduce the amount of food that goes uneaten, along with some facts showing why food waste is a serious issue.

And of course, there's plenty of space for your own notes here. **Bon appétit!**



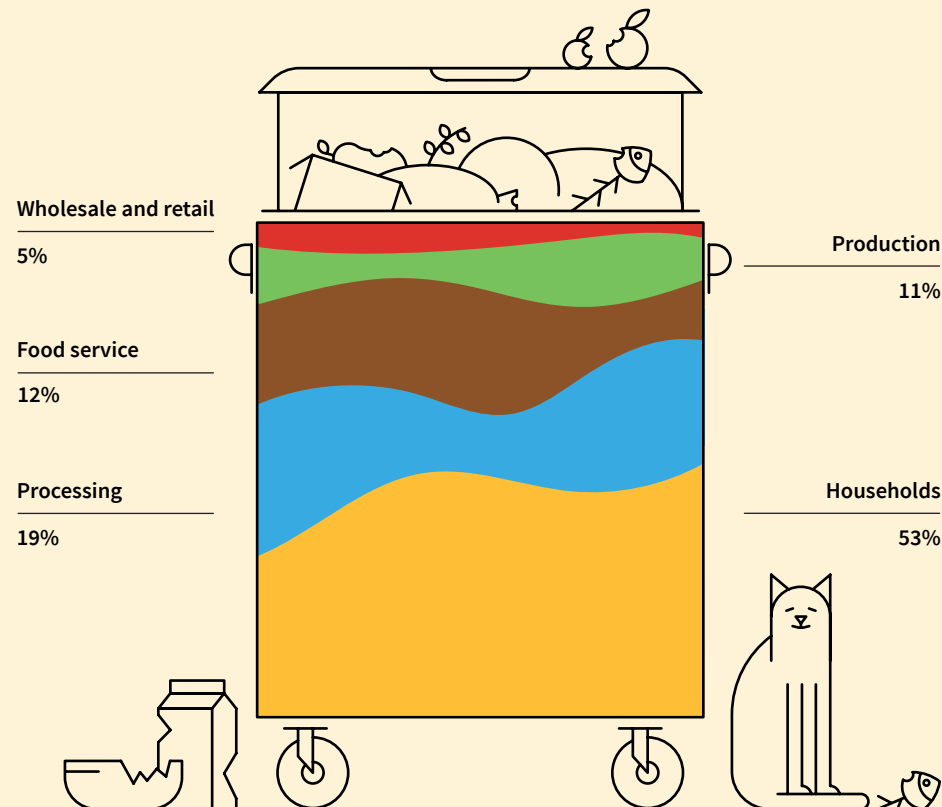
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MORE FOOD is WASTED

from homes than from restaurants or supermarkets. So each of us and we all together can make a difference. It's all about small, easy changes you can make in your daily food routine.

Here you can see who the biggest food wasters are: ¹

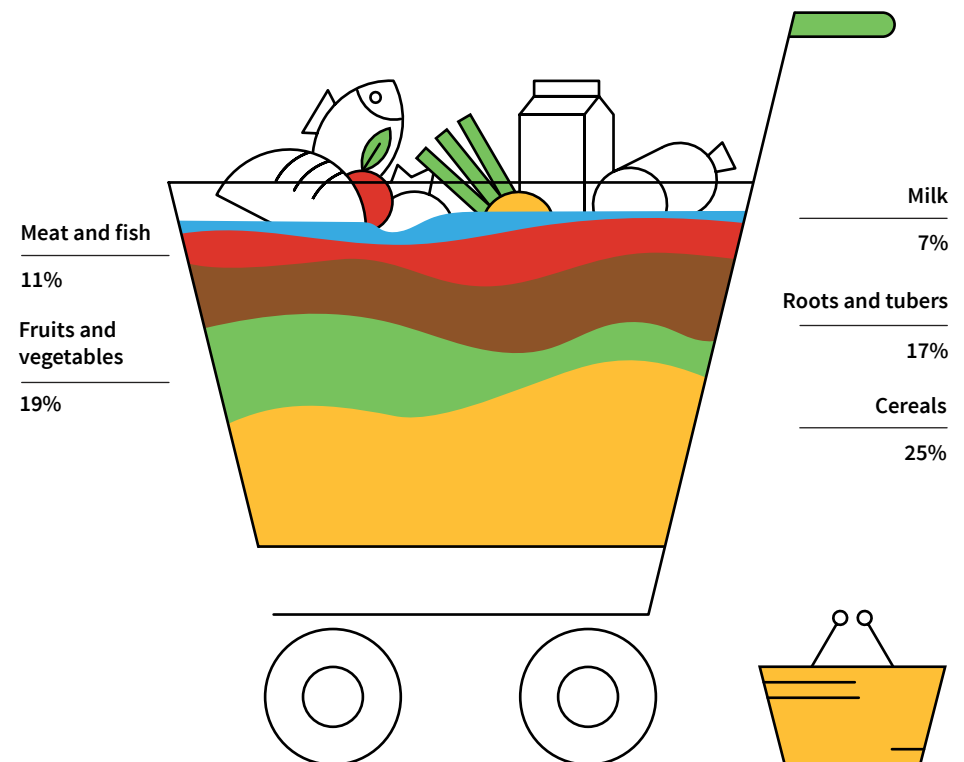


Food waste in European Union

¹FUSIONS, 2016.

This is A BASKET OF FOODS

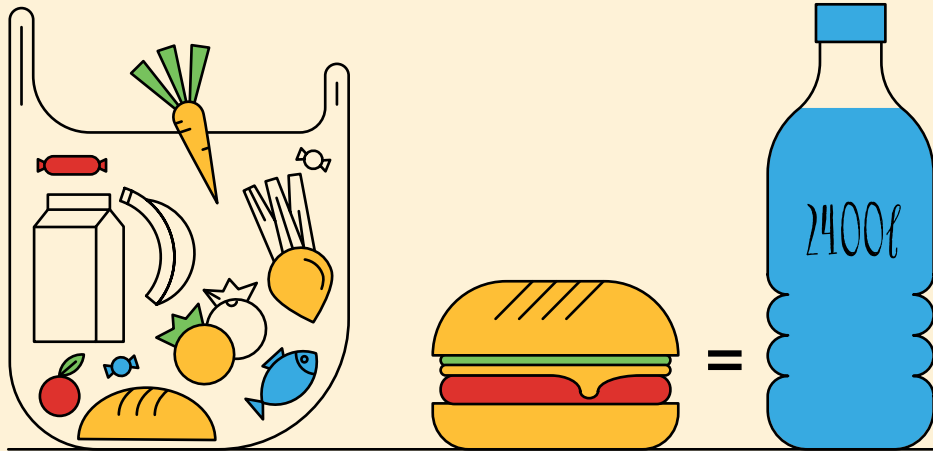
that consumers in Europe tend **to waste most often**. The percentage shows how much of the produced amount of a food is wasted:²



²FAO, 2011.

WHAT'S THE PROBLEM

with food that goes **uneaten?**



The world produces **enough food** to nourish every man, woman and child on the planet. Yet nearly one-third of all food produced each year is wasted/lost, while over 840 million people in the world do not have enough to eat.

Food waste = wasted **water**: A tiny hamburger, for example, takes 2400 litres of water to produce! Increasing amounts of our food come from countries where water is scarce, some already face severe water shortage.



To grow food that is wasted, **pesticides and other chemicals** are used. Pesticides threaten **bees, birds** and other wildlife.



Thrown-out food releases the gas methane, which is linked to **climate change**. Some consequences of climate change include: the extinction of plants and animals, more extreme weather, rising seas, and migration of people.

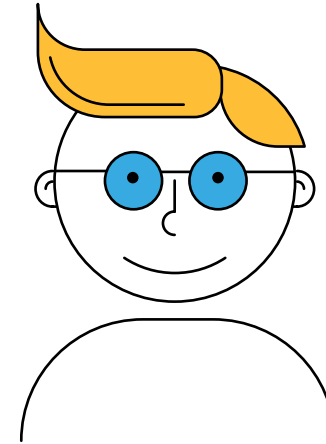


Some countries cut down **tropical forests** to produce palm oil that is used for so many foods that then go uneaten (wasted), while orangutans and many other animals are left without natural homes.



PLANNING HELPS AVOID

over-buying and manage your food stock. In fact, this is one of the most effective ways **to save you money!**



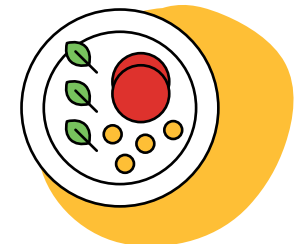
Before making your **shopping list:**



1 check your fridge and cupboard



2 think about what you're going to cook



3 think about portioning (see the last page of this Notebook)

Also, buy **loose products** instead of pre-packed ones: that way you'll buy the exact amount you need, avoiding over-buying.

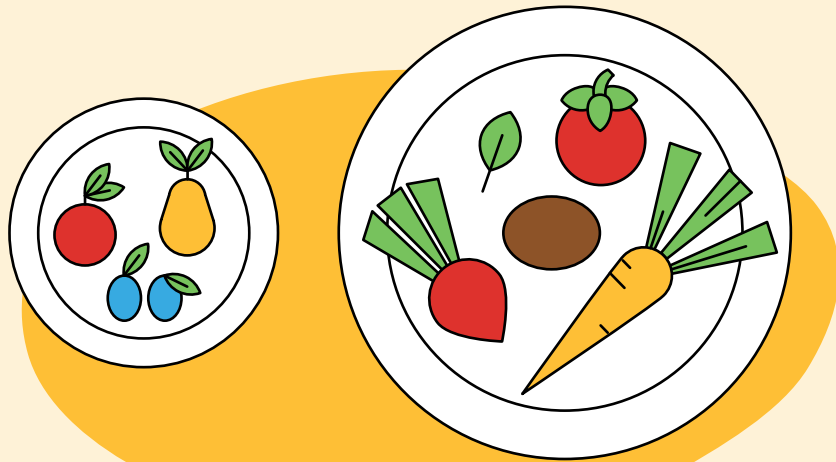


To avoid cooking too much food, always cook 30% less than you usually do, it will target just the right amount of food for your guests.³

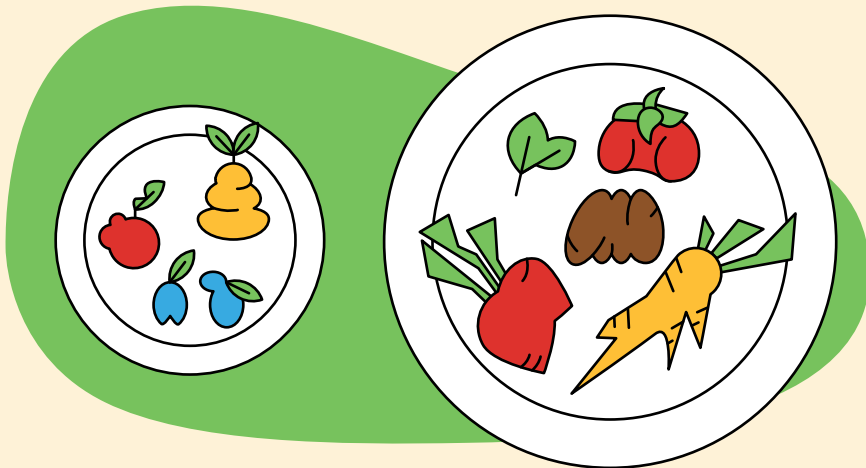
³J. Bloom, 2011.

TONNES OF FRUITS & VEGGIES

are thrown away just because they are not “**good looking**”, in spite of the fact that they are as good as their regularly-shaped fellows. They don’t even reach the shops!



vs.



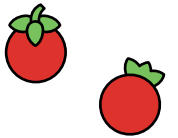
DO YOU KNOW WHICH

of these need **to be refrigerated** and which don't?

- | | | | |
|---------------------------------|----------------------------------|-----------------------------------|------------------------------------|
| <input type="checkbox"/> Onions | <input type="checkbox"/> Eggs | <input type="checkbox"/> Basil | <input type="checkbox"/> Eggplants |
| <input type="checkbox"/> Milk | <input type="checkbox"/> Bananas | <input type="checkbox"/> Potatoes | |
| <input type="checkbox"/> Meat | <input type="checkbox"/> Carrots | <input type="checkbox"/> Tomatoes | |

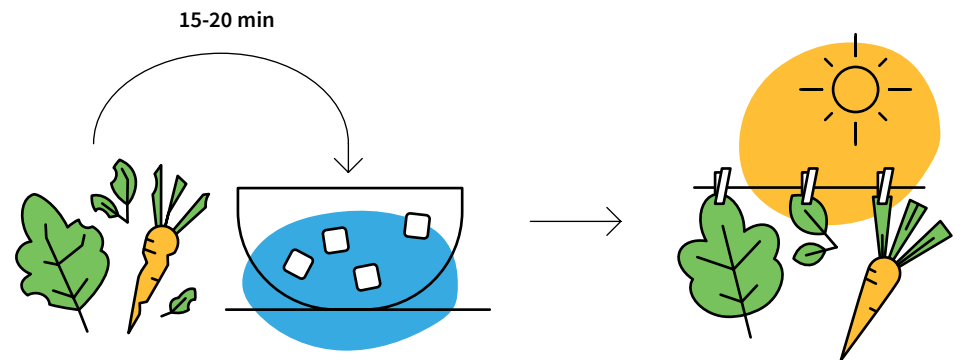


See the correct answer on the last page of this Notebook.



How to revive wilted vegetables:

Lettuce, fresh herbs, carrots (and many more) are easy to revive:



1 leave your veggies in a bowl of cold water with some ice for 15–20 minutes;

2 dry them and enjoy them firm and fresh again!



A Danish survey shows that if the plate size is reduced by just 9%, the food waste can be reduced by over 25%.⁴

⁴P. G. Hansen, 2013.



Foods to be used up before the **“Use by”** date:

- Fresh meat
- Fresh fish
- Milk
- Yogurt
- Cheese

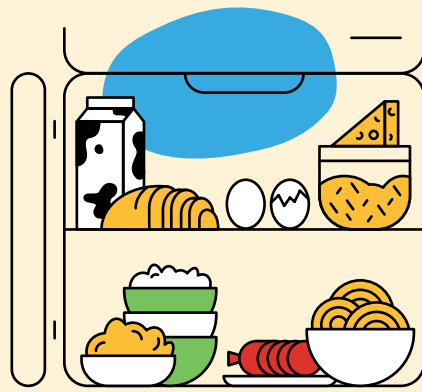


Safe to consume after the **“Best before”** date:

- Rice
- Chocolate
- Oil
- Coffee
- Flour

Sometimes you just know you won't consume that food soon — so freeze it before its **“Use by”** date:

- Eggs – be sure to remove them from their shells first
- Milk
- Cheese – it's best to grate it first
- Bread – slice the whole loaf



Leftover food that keeps well if frozen:

- Mashed potatoes
- Cooked rice
- Cooked meat
- Cooked pasta



If you pre-chop apples and avocados, use little lemon or lime juice to keep them looking fresh longer.

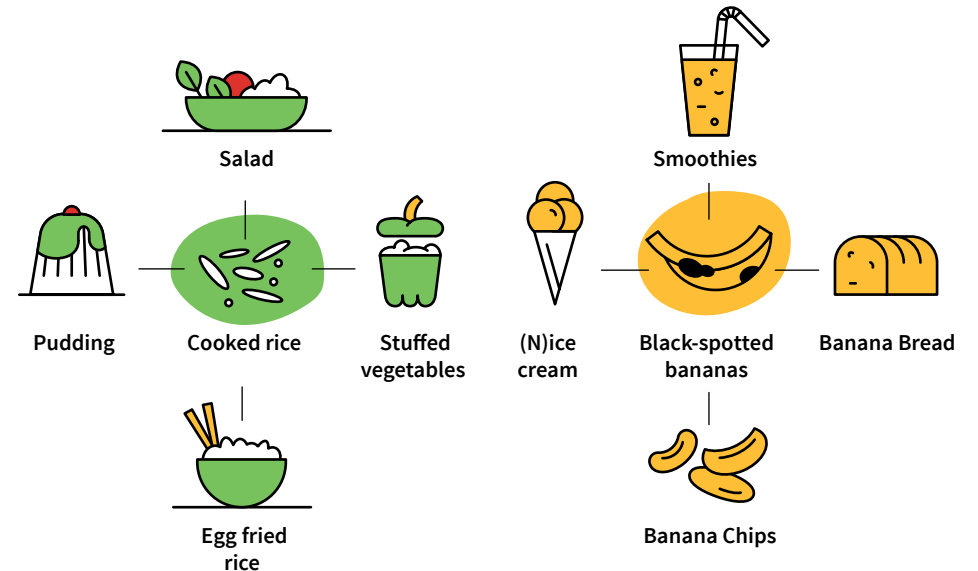
LEFTOVERS CAN BE RE-USED

in many, many ways, **reducing need to buy new food**. Show love to your leftovers by re-inventing them as part of your daily diet. You can be just as creative and inventive with leftover ingredients as with the freshly bought ones.

Those **overripe bananas** may look not perfect, but they are perfect for many dishes, just use your imagination!

Just re-
use it:

Black-spotted bananas are perfectly good to eat. And you can make banana (n)ice cream out of them, adding nothing: you freeze them, blend them, and your banana (n)ice cream is ready.





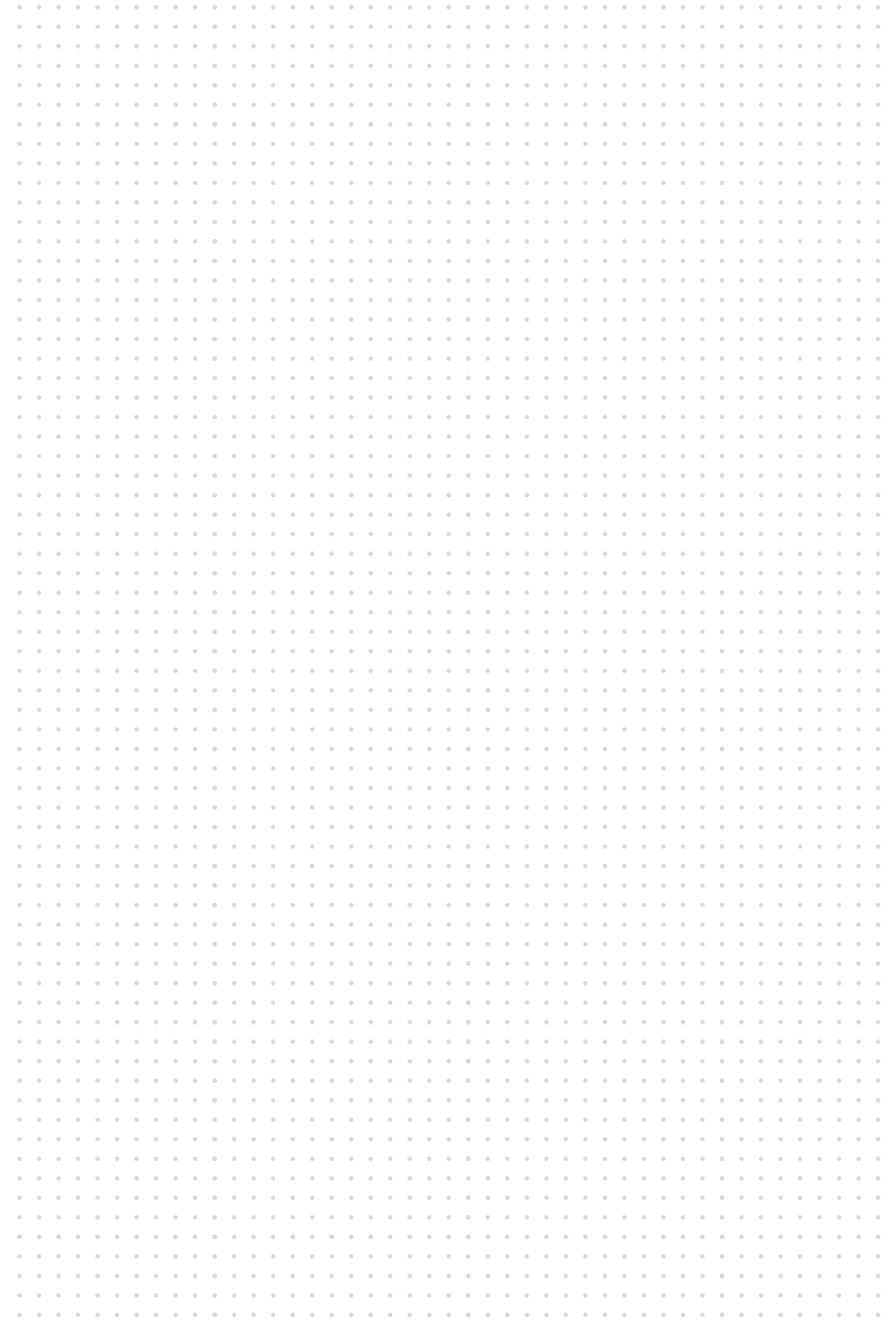
Easy step: Making a shopping list (and sticking to it) helps reduce food waste, accounting for a 4 kg reduction in waste per person per year.⁵

⁵M. Segers, 2012.

Save money by keeping a **Food Waste Diary**. Place your Food Waste Diary in the kitchen or near the dinner table. Warning: results may shock you.




Day/Date	Type of food waste thrown out	How much? Quantity or weight	Why not eaten?
Example	Pasta Bread Milk Strawberries	Large handful 2 slices 1 litre 1/2 of the packet	Cooked too much Mouldy Past use by date Mouldy






Shopping List, along with meal planning, saves you time & money, helps avoid poor last-minute food choices, and makes shopping fun!

	 Meal plan for a week	 Shopping list
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



25% of the world's fresh water supply is used to grow food that is never eaten.⁶

⁶ K.D. Hall, J. Guo, M. Dore, C.C. Chow, 2009.



Don't store potatoes and onions together, as gases from the onions can hasten sprouting in potatoes.



Useful flavour combos for your Leftover Cooking Days: did you know olives pair well with oranges? Apples pair well with onions. Banana pairs well with curry! Strawberry pairs well with tomato! And beets pair very well with chocolate!

Correct answer:

● Milk, meat, eggs & carrots are happy in the fridge

● Basil, potatoes, tomatoes, bananas, onions & eggplants hate cold















Cool trick: while shopping, take a basket, not that huge trolley, if you want to spend less.

We often overestimate

how much food **we really need to cook**. Accurate portioning is a key part of reducing waste. Portion control doesn't mean cooking less, it just means cooking an amount that you will actually eat.

Measured in
tablespoons



Product	Kid (4-10 years)	Adult
 Rice (uncooked)	x2  35-55 gr	x4  60-90 gr
 Pasta (i.e. penne) (uncooked)	x5  45-60 gr	x8  75 gr
 Buckwheat (uncooked)	x3  45-60 gr	x4  75 gr
 Couscous (uncooked)	x4  40-60 gr	x6  100 gr



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