



The concept of zero waste

Created during virtual mobility in Turkey



Here is where you add your talking points.



We will talk about 5 Rs



We will talk about recipes from leftover food



Food loss

- Food loss and waste is food that is not eaten. The causes of food waste or loss are numerous and occur throughout the food system, during production, processing, distribution, retail and consumption. Overall, about one third of the world's food is thrown away.



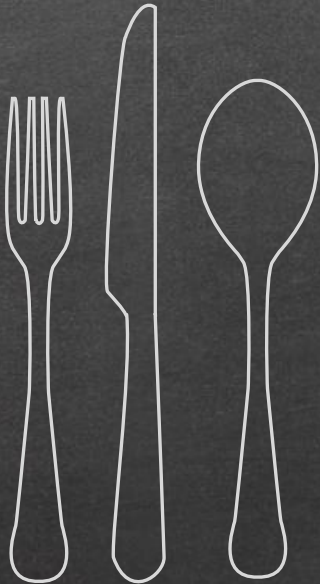
The conception of 5 Rs

- Refuse what you don't need (single-use plastic, plastic grocery bags, non biodegradable trash bags, plastic razors, coffee cups etc.)
- Reduce what you do need (stop buying new clothes, cut back on how often you do buying secondhand or repurposing things
- Recycle only that which can't be eliminated by the former three
- Rot what' laundry, don't always upgrade for the latest smartpone)
- Reuse by eithers left



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On the next slides we will present some recipes with leftovers and some other ingredients



Prženice with jam

Ingredients

- 3 eggs
- Oil
- Old bread (leftover bread)
- Salt
- Milk

Process

- First you need to mix eggs and add a little bit of salt and a bit of milk
- Heat the pan and put some oil in it
- Cut the bread into slices
- Dip the bread in eggs and put it in to a pan
- Fry it for a few minutes on the each side
- Serve it with jam that you previously made

ENJOY

menu



Jam made of leftover fruit

Ingredients:

- Fruit deviating in appearance
- Little bit of water

Process

- Wash and peel the fruit
- Cut it into small pieces
- Put it in a cooking pot
- Add a bit of water
- Stir until the fruit boils into a smooth mixture



Velvet Soup

Ingredients

- Pumpkins
- Potatoes
- Spinach
- broth

Process

Boil the beaten zucchini, the mashed potatoes and the mithered spinach with the broth we made and then mash them with the hand mixer and make the most delicious and nutritious soup.

ENJOY

menu



Chicken pie made of leftovers

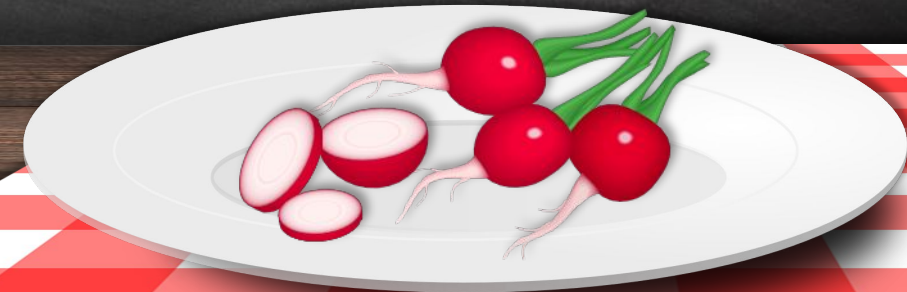
Ingredients:

- Flour 1 cup
- A little bit of chicken
- Leftovers of colored peppers
- Leftovers of feta, other cheese
- 1 egg
- 1/2 glass of milk
- 1tsp olive oil

Process

- Prepare the phyllo dough with flour, water, vinegar, salt, and oil
- Mix all the ingredients
- "Open" 2 phyllo
- Put the ingredients inside
- Bake

You could also add leftovers of
bacon or ham



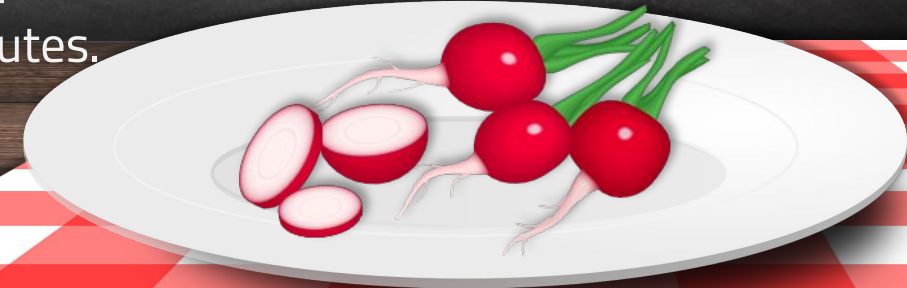
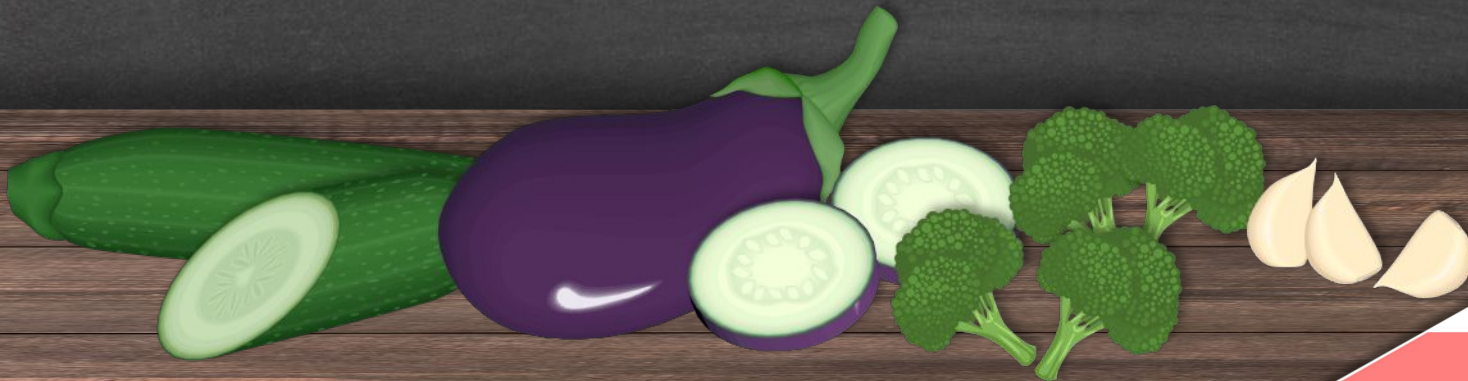
Mixed Sauce from Soft Vegetables and Fruits

Ingredients:

- 3 red bell peppers
- 5 tomatoes
- Salt, an onion, 2 cloves of garlic
- Half tea glass of olive oil
- Soft vegetables remained at home

Process

- Chop the vegetables into cubes. Pour olive oil into a hot pan and fry the onions for 2-3 minutes.
- Add pepper , garlic and saute the mixture for about 10 minutes.
- Grate or peel the tomatoes and put them in a blender.
- Add the tomatoes to the mixture in the pan and cook for another 5 minutes.



Tips not to Waste at Home

Buy as much as you eat and need

Feed animals with leftovers

Water the flowers with the same water that you wash vegetables

Smash the stale bread and use in soups



Do you have leftovers of bread?

Make meatballs

Make breadcrumbs

Make croutons

Make toasts

Make souffle

Make pudding

Make cinnamon rolls



TIPS FOR ZERO WASTE IN THE KITCHEN

Shop based to a shopping list

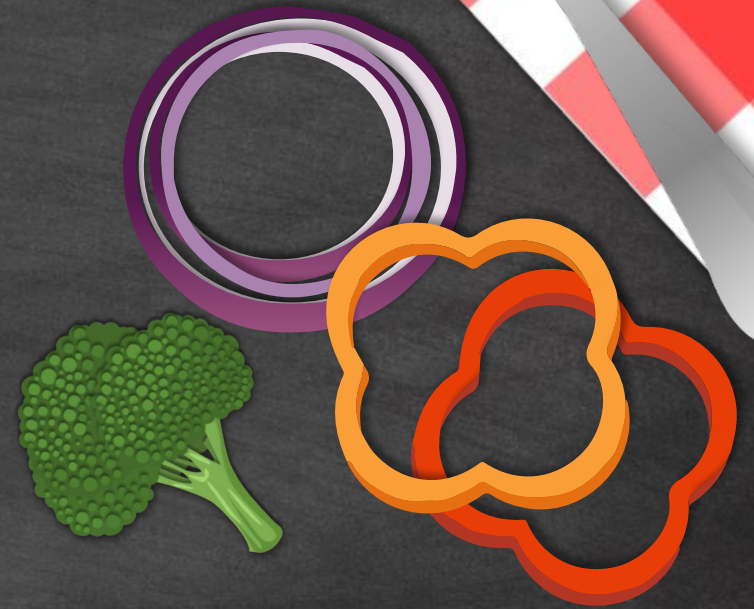
Use the FIFO system (first in -first out) while storing

Reuse food scraps for another dish or decoration of your dishes

Compost food scraps



*Thank you for
your attention*



- Aleksandra S. Nadja B. Sara Efthimis S. Ayşegül Gizem