

STOP
FOOD
WASTE



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SIMPLE
STEPS,
BIG
IMPACT



TIPS FOR REDUCING
FOOD WASTE AT
HOME

DEVELOPED UNDER THE PROJECT " GREEN AND SUSTAINABLE FOOD EDUCATORS "

CONTENT

Tips on how to properly store different types of food

How to properly organize your fridge

Clever Ways to Use Food Scraps

The goal of these materials is to promote green skills for a more sustainable food system, responsible consumption, and the circular economy.



DEVELOPED UNDER THE PROJECT
" GREEN AND SUSTAINABLE FOOD EDUCATORS "
2025

Explore the Project platform today to access comprehensive guides and innovative micro-lessons designed for the Green and Sustainable Food Educator.





TIPS ON HOW
TO PROPERLY
STORE
DIFFERENT
TYPES OF FOOD

APPROXIMATELY 30 PERCENT OF ALL FOOD WASTE OCCURS IN HOMES

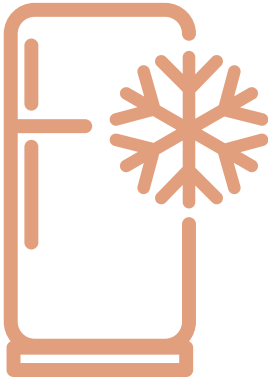


One cause of food waste
is incorrect storage
temperatures

We buy more food from the store than we can use. Even unopened packages are thrown away based on the date.

There are leftovers on plates, and yesterday's ready made food is left in the fridge when we feel like eating something else on the next day.

Food can also spoil
chemically

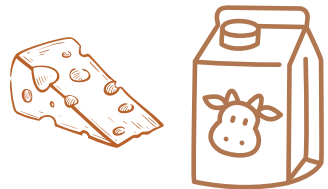


The reason why food is stored in the refrigerator is to prevent or slow down not only the growth of microbes, but also chemical spoilage

For example, potatoes become watery in the cold



Milk sours as a result of lactic acid fermentation



Jams, juices, bread and fruit go moldy



Fats go rancid or rancid when unsaturated fatty acids oxidize. Butter gets rancid when it is too warm, cheese gets moldy

Food spoils most often when microbes grow in them: foods rich in protein such as meat or eggs rot.



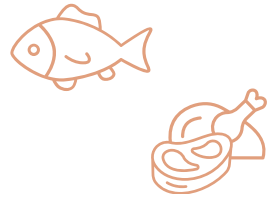
THE FREEZER -18 C DEGREES

THE REFRIGERATOR TEMPERATURE
SHOULD BE BETWEEN
+2 C AND +6 C DEGREES



Fresh fish, vacuum-packed cold-smoked and brine-salted fish, fresh whole meat and minced meat should be stored at a

maximum
of +3 C
degrees



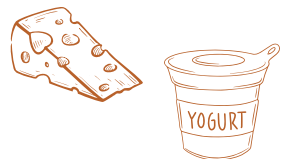
maximum
of +6 C
degrees



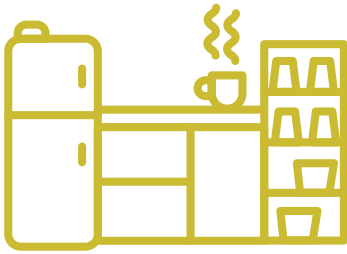
Milk, margarine, and foods and ready meals packaged in a protective gas

Fresh juice, pasteurized yogurt, and many cheeses

below of
+8 C
degrees



The expiry date or best before date of a finished product purchased from a store is only valid when the food has been stored at the storage temperature specified by the manufacturer at all times
and
the cold chain has not been broken.



Fresh meat, fish or shellfish purchased from the fresh food counter should be prepared on the day of purchase, even if it can be kept sufficiently cold.

Many foods, such as vegetables and cooking oil, should store in a cool cupboard or a cool pantry but in most homes the only options to store vegetables and cooking oil are refrigerator or room temperature.

For example, cooking oil can be stored in either, but it should not be next to the stove or in the light.

SMART STORAGE



SMART STORAGE



ROOT VEGETABLES: KEEP IT COOL AND DARK

Root vegetables like carrots, potatoes, beets, and parsnips last longest when stored in a cool, dry, and dark place – ideally a cellar or a pantry.

If stored in the fridge, they may become soft or sprout prematurely.

Keep them in a breathable bag (like paper or jute) to allow air circulation while preventing moisture build-up.

LEAFY GREENS: STAY FRESH WITH A DAMP CLOTH

Delicate greens like lettuce, spinach, and kale can wilt quickly if exposed to dry air.

To preserve them, loosely wrap the leaves in a damp tea towel or paper towel, then place them in a container or open plastic bag in the vegetable drawer of your fridge.

This keeps them hydrated without becoming soggy.



SMART STORAGE

BERRIES: HANDLE WITH CARE

Berries are fragile and prone to mould. Do not wash them until just before use, as excess moisture speeds up spoilage. Store them in a breathable container, like a paper-lined box with small air holes. A vinegar rinse (1 part vinegar to 3 parts water) before storing can also help extend their life.

FRESH HERBS: TREAT THEM LIKE FLOWERS

Soft herbs like parsley, coriander, and basil last longer if stored like a bouquet. Trim the stems and place them upright in a glass of water, cover loosely with a plastic bag, and store in the fridge. Change the water every few days. Woody herbs like rosemary and thyme can be wrapped in a damp towel and kept in the fridge drawer.

KEEP RIPENING FRUITS APART

Some fruits, like apples, bananas, avocados, and tomatoes, produce ethylene gas, which speeds up the ripening (and rotting) of nearby fruits and vegetables. Keep these items separate from more sensitive produce like leafy greens or berries.

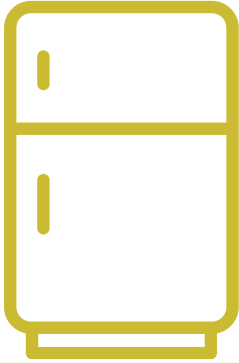
HOW TO PROPERLY ORGANIZE YOUR FRIDGE



WHY ORGANIZE YOUR FRIDGE?

ACCORDING TO STUDIES,
AN ORGANIZED REFRIGERATOR CAN
REDUCE FOOD WASTE BY UP TO 20%

AN ORGANIZED FRIDGE ASSISTS YOU
CLEARLY SEE WHAT YOU HAVE,
WHAT IS ABOUT TO EXPIRE, AND
WHAT SHOULD BE USED FIRST



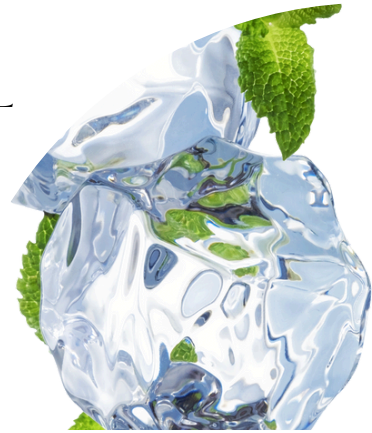
CLEANING THE FRIDGE AND OTHER PREPARATIONS

EMPTY THE REFRIGERATOR
THOROUGHLY AND CLEAN ALL
SHELVES, DRAWERS, AND DOORS
WITH MILD SOAPY WATER

CHECK OUT THE BEST-BEFORE DATES AND
THROW OUT ANY EXPIRED OR OFF-GONE
FOOD

AFTER CLEANING, SET YOUR
REFRIGERATOR TO AN OPTIMAL
TEMPERATURE, USUALLY

around
3-4 C
degrees



LEFTOVER FOOD

PORTION CONTROL IS KEY

between +6
and +60 C
degrees

FOOD THAT COOLS AT ROOM
TEMPERATURE
STAYS IN THE DANGER ZONE

IN ORDER TO REHEAT
FOOD,
IT MUST BE COOLED
QUICKLY
IN THE REFRIGERATOR OR
FREEZER

at the right
temperature
can be stored for
3-4 days



FREEZE FOOD
IN SMALL, USABLE PORTIONS
SO YOU DON'T HAVE TO THAW MORE



FREEZING





SMART, EVERYDAY STRATEGY TO SAVE MONEY, REDUCE WASTE AND ALWAYS HAVE SOMETHING DELICIOUS ON HAND

Freeze food in small, usable portions

Use containers or freezer bags and press out any excess air to prevent freezer burn

Flatten bags of soups or sauces to save space - they stack nicely!

It is a good idea to mark the freezing date on the boxes

Check the contents of the freezer from time to time

Use the food in order of age



DIFFERENT FOODS
CAN BE FROZEN
FOR
DIFFERENT
PERIODS OF TIME

FISH FILLETS CAN BE
STORED AT -18 DEGREES

2-3
months

BREAD

2-3
months

MINCED MEAT AND COOKED MEALS 3 months

FRUITS AND VEGETABLES

8-12
months

CHICKEN IN PIECES 9 months

BEEF

16-12
months

CHEESE

1-2
months





WHAT TO FREEZE



GRATED CHEESE

Freeze in small portions, so you can defrost only what you need

LEFTOVER BREAD

Slice before freezing so you can remove just a few pieces at a time. Great for toast, French toast, or breadcrumbs.


RIPE BANANAS

Peel and freeze whole for smoothies or baking (banana bread!). Slice before freezing for easier use.



FRESH HERBS

Chop herbs like parsley, dill, or basil and freeze them in ice cube trays with water or olive oil. Perfect for tossing into soups or sauces later.



COOKED MEALS

Leftover vegetables, stews, soups, and sauces are excellent freezer candidates. Let them cool completely before freezing.





FERMENTING TO
ADD FLAVOR
AND SHELF LIFE

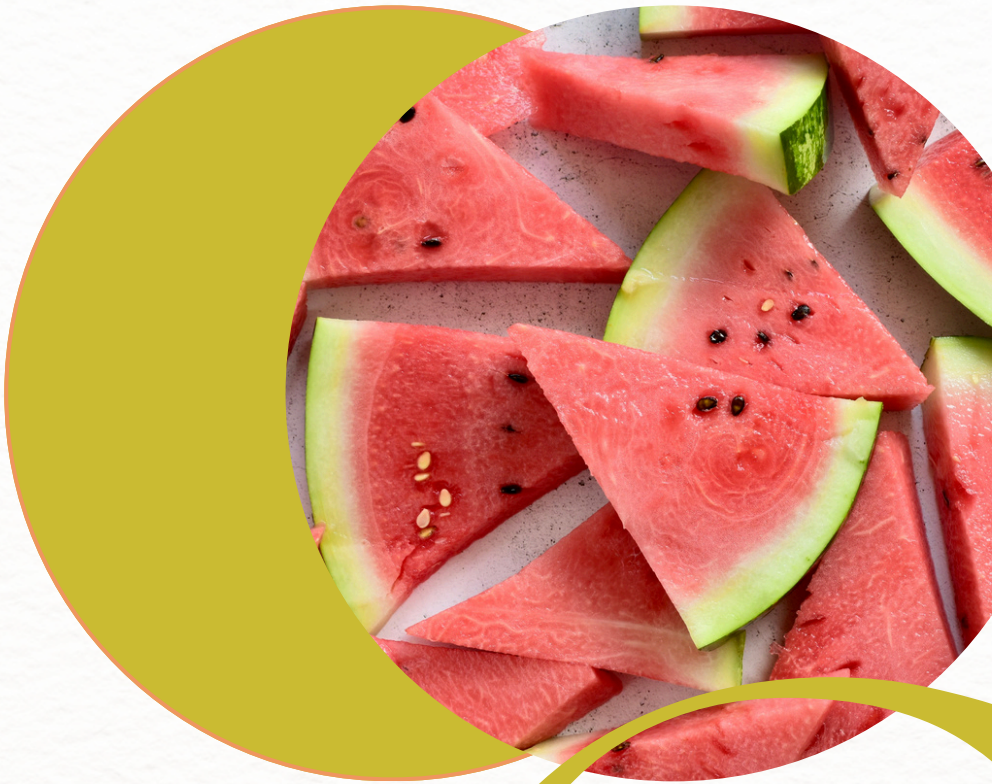


FERMENTATION NOT ONLY PREVENTS FOOD FROM BEING WASTED BUT ALSO ENHANCES FLAVOR AND NUTRITION



Fermented foods can last weeks
or even months.

- Cabbage → Turn into sauerkraut using just salt and a clean jar
- Carrots and radishes → Can be fermented into tangy pickles with brine
- Overripe fruit → Use in homemade fruit vinegar or fermented jams



CLEVER
WAYS TO USE
FOOD SCRAPS



FOR COOKING AND FOOD PREP

VEGETABLE BROTH

Save onion peels, carrot tops, celery ends, mushroom stems, garlic skins, herb stems, etc. Boil them into a rich, homemade broth.

CROUTONS OR BREADCRUMBS

Stale bread? Make croutons, breadcrumbs, or even bread pudding.

I. CITRUS ZEST SUGAR/SALT

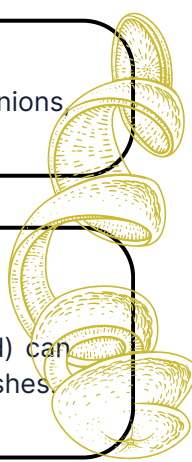
Dry lemon, lime, or orange peels. Grind and mix with sugar (for baking) or salt (for seasoning).

PICKLE BRINE REUSE

Reuse leftover brine to pickle other veggies like onions, carrots, or jalapeños.

BANANA PEEL "PULLED PORK"

Sounds wild, but banana peels (cleaned and shredded) can be sautéed with spices to mimic pulled pork in vegan dishes.





FOR COOKING AND FOOD PREP

HARD CHEESE RINDS (LIKE PARMESAN)

Toss cheese rinds into soups, stews, or pasta sauce while they cook. They melt slowly and infuse dishes with rich umami flavour. Just remove them before serving.

GRAPE STEMS OR APPLE CORES FOR VINEGAR

Ferment leftover fruit scraps (grape stems, apple cores, peach peels) with sugar and water to make your own fruit vinegar. Use in dressings, marinades, or cleaning.

POTATO PEELS FOR CHIPS

Instead of discarding potato peels, toss them in olive oil and spices, and bake them in the oven until crispy. A tasty, zero-waste snack.

GARLIC AND ONION TOPS FOR OIL INFUSION

The green tops of sprouting garlic or onions can be blended with oil and salt to create a flavorful infusion — perfect as a finishing oil for vegetables or bread.





FOR COOKING AND FOOD PREP

OVERRIPE FRUIT FOR FRUIT LEATHER

Blend overripe fruit with a splash of lemon juice, spread thin on baking paper, and dry it in the oven or dehydrator. Roll into fruit leather — a healthy, portable snack.

WATERMELON RIND PICKLES

The thick white rind of watermelon can be peeled, chopped, and pickled with vinegar, sugar, and spices — a tangy, crunchy snack that's popular in several cuisines.

CORN COBS FOR CORN STOCK

After eating corn on the cob, don't toss the cobs — simmer them with water, garlic, and herbs for a surprisingly sweet and flavorful corn broth. Great for soups or risottos.

NUT SHELL INFUSIONS

Shells from peanuts or walnuts (raw, unsalted) can be simmered with water to make a mild, nutty-flavored infusion, which some cultures use in broths or for soaking grains.



FOR GARDEN AND COMPOST



COMPOST

The classic. Fruit/veg scraps, coffee grounds, eggshells—all great for composting.

COFFEE GROUNDS FOR PLANTS

The thick white rind of watermelon can be peeled, chopped, and pickled with vinegar, sugar, and spices — a tangy, crunchy snack that's popular in several cuisines.

EGGSHELL FERTILIZER

Crush them and mix into soil for a calcium boost.

REGROW VEGGIES FROM SCRAPS

Regrow green onions, celery, lettuce, or even potatoes from kitchen scraps on your windowsill.



HOUSEHOLD HACKS

CUCUMBER ENDS FOR FACIAL TONER

Save cucumber ends and peels, soak them in water with a splash of apple cider vinegar, and refrigerate. It makes a refreshing, natural facial toner with hydrating and soothing properties



CITRUS VINEGAR CLEANER

Soak citrus peels in vinegar for 2 weeks = all-natural cleaner.



POTPOURRI OR SIMMER POTS

Simmer citrus peels, apple cores, cinnamon sticks for a cozy house scent.

ONION SKIN DYE

Boil for a natural fabric or Easter egg dye

PROJECT PARTNERS



RASEKO



CONTACT US

Euro-Idea Fundacja Społeczno-Kulturalna
Kraków (Poland)
+48 795071528
euroidea.fsk@gmail.com
greaseproject.netsons.org



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