



ReS-Food



Co-funded by  
the European Union

# RES-FOOD-REDUCING FOOD WASTE AND RESCUING SURPLUS FOOD

## 2022-1-RS01-KA220-VET-00008846



## Foreword

### FOREWORD BY RES-FOOD PARTNERS

Dear ReS-Fooders,

You are reading the 3rd Newsletter of our ReS-Food project. There has been so much going on since our last Newsletter! We have created **amazing teaching materials** that you will be able to access soon and have created lots of useful **teaching videos** for you!

Since one of our mission is **awareness rising** about the importance of food waste reduction, in the current issue of our newsletter, we are presenting you **useful methods, tricks and tips for reducing the amount of wasted food.**

Thank you for being with us!

The ReS-Food project partners

## Inside:

Foreword • P1

ReS-Food Training  
Courses • P2

Fun ideas from the  
Training Material • P3 - P5

How to...? • P6-P7

Related projects-  
ECOTOURS • P8



# FIND OUT ABOUT OUR RES-FOOD TRAINING COURSES

## TRAINING COURSES FOR HUMANITARIAN ORGANIZATIONS

For the Humanitarian Organizations the available course is specifically crafted for professionals and volunteers of these organizations, who are committed to reducing food waste through the rescue and redistribution of surplus food. The course is divided into **four modules**, each designed to provide knowledge and skills for food collection and distribution. The **total course duration is 12 hours** (3 hours per module). **Upon successful completion of all modules within six weeks, participants will receive a certificate of proficiency in reducing food waste and aiding humanity.**

## MODULS AND TOPICS

### Humanitarian Organizations

- 1) Food Surplus
- 2) Food Safety
- 3) Community of Donors
- 4) Best Practices

### Supermarkets and HoReCa

- 1) Food Surplus
- 2) Food Waste Prevention
- 3) Regenerative Food Supply
- 4) Supermarkets / HoReCa from theory to practice

## TRAINING COURSES FOR HORECA AND SUPERMARKETS

This course is designed for individuals working in supermarkets, hotels, restaurants or cafes, who want to improve their skills and knowledge in sustainable practices and food waste reduction. Modules 1 to 3 are relevant to both Supermarkets and Ho.Re.Ca sectors and provide valuable insights. Module 4 is specific to each sector, with Module 4a tailored for supermarket professionals and Module 4b for those in the Ho.Re.Ca sector. Participants can opt to complete both Module 4 variants to expand their knowledge, resulting in a total course duration of 15 hours.

**Dedicated learners who successfully pass all modules within a 6-week period will receive a certificate of completion, recognizing their professional development.**

**ONCE YOU HAVE COMPLETED THE COURSE AND EXAM, YOU WILL BE ELIGIBLE TO APPLY FOR THE RES-FOOD CERTIFICATE.**



# DID YOU KNOW?

## FRESHLY DELIVERED FROM OUR TRAINING MATERIAL POT!

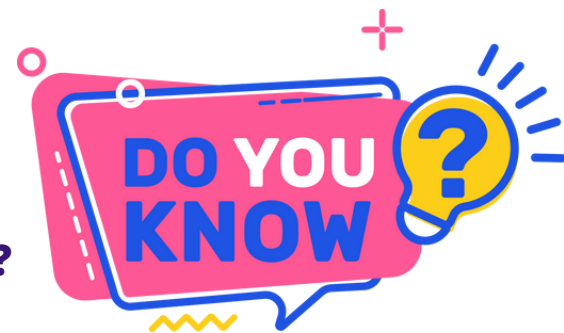
*Food is lost and wasted at every stage of the production and supply chain of global food systems.*

*Statistics show that households are responsible for the largest part of food waste, which is over one third of all food wasted. For this reason, we are here to **raise awareness of the importance of decreasing the amount of food waste among customers.***

*From our **Training Course**, that has just been developed and will be soon made available online, we are here presenting **two useful methods for reducing the quantities of wasted food.** The first method can be applied by simply **knowing the difference between different dates on the labeling**, whereas the other one focuses on **embracing ugly food**, and not refusing it only for "cosmetic " reasons.*



**"Use by" vs "Best Before" - do you know the difference?**



### Use by/expiration date

It is used on perishable food and it is the date until which the food can be safely consumed. After the "use by" date, the food is unsafe for consumption and shouldn't be used for eating. In addition to "use by" date, a description of the food storage conditions must be provided.

### Best before

It is the date until which the food retains its properties if stored appropriately. After the expiration of the "best before" date, the food is still good and safe for consumption for some time. At this stage, some properties of the food may change: it begins to lose its aroma, its texture changes, etc., but it is still safe to use. Of course you should smell and taste the food before eating.

# DID YOU KNOW?

FRESHLY DELIVERED FROM OUR TRAINING MATERIAL POT!

## Food Labelling



### „USE BY“

the date is the so-called "safety date" and is established for foods that are perishable from a microbiological point of view



### "BEST BEFORE"

the date is not an indicator of food safety, it is the so-called "quality date", which indicates the date until which the food retains its qualitative properties when properly stored.



### EXPIRY DATE "USE BY"

food becomes unsafe for consumption and it **MUST NOT** be donated or consumed



### EXPIRY DATE "BEST BEFORE"

food may be donated and consumed after the expiration date, (provided they are safe), but there is a possibility of somewhat diminished quality (reduced crispness of cookies, etc.)



## SAVE THE "UGLY" FOOD CAMPAIGNS

**Ugly food = a product that does not meet market standards in terms of appearance.**

*Harvested foods must meet cosmetic standards regarding color, shape, and size after they are prepared and packaged, otherwise they are thrown away, even though they are still edible.*



By challenging traditional beauty standards imposed on fruits and vegetables, this initiative encourages consumers, retailers, and farmers to recognize the value of imperfect produce that may otherwise go to waste.

Why is it good?

Through innovative marketing and educational efforts, the campaign highlights the environmental, social, and economic impacts of wastage.

Here's what you can do to save "ugly" food and reduce food waste:

- "Look, smell and taste" food to check if it is still edible;
- Donate food you won't eat;
- Buy food from initiatives selling ugly vegetables and fruits.

5 ways to use less-fresh bananas ;)



1. You can make BANANA BREAD out of them
2. or create an amazing BANANA ICE-CREAM!
3. You can use it for pretty BANANA PANCAKES!
4. And what about a refreshing BANANA SMOOTHIE...?
5. Finally you can prepare some BANANA CREAM to bake BANANA CAKE!



# how to...!

## HOW TO STORE OUR FOOD IN THE REFRIGERATOR?



If you would like to save food it is important to know how to properly store your food to prevent it from ending up in the trashbin. For this, it is essential to store the perishables in an appropriate way. Here are some tips how to store your food in the refrigerator to ensure the maximum longevity of your food products!

*1. top shelf: cooked food and healthy snacks*

*2. middle shelf: cheese, eggs and cured meats*

*3. lower shelf: raw meats, poultry and fish (to prevent it from dripping and contaminating food on lower shelves)*

*4. crisper drawer: fruits and vegetables (best preserved if kept separately)*

*5. door: preserved food like jam, marmalade, pickled vegetables etc.; condiments, beverages*



### Storing food

- avoid piling up food in the refrigerator and pantry - what we do not see, we often forget to use. In addition, overcrowded refrigerators are less cold and air circulation is difficult, so food can spoil faster
- arrange groceries you have just bought in the back of the refrigerator or shelf, and transfer products that have been in the refrigerator for some time to the front
- you can freeze leftover food you have prepared
- if you need small amounts of food every day, you can, for example, freeze slices of bread or milk for coffee in ice cube trays!



# how to...?

## Use the leftovers



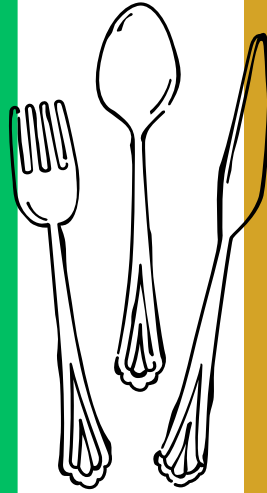
## Receipe

from [Jamie Oliver](#)

### Brussels Sprouts Caesar-style Salad from leftovers



- do not serve too much food
- use leftover cooked food the next day for lunch or dinner or take it to work and eat it for lunch
- look for recipes for preparing food from leftover cooked dishes, stale bread or fruits and vegetables that are no longer fresh
- learn food preservation techniques; by pickling and fermenting, you can extend the shelf life of food, and at the same time prepare a great food storage for winter months



### Ingredients

- 50 g Parmesan cheese , plus extra to serve
- 1 lemon
- 3 tablespoons Greek-style yoghurt
- 1 small handful of soft herbs , such as basil, flat-leaf parsley, dill
- ½ teaspoon Worcestershire sauce
- extra virgin olive oil
- 3 anchovies in oil , (optional)
- 500 g Brussels sprouts
- 2 thick slices of stale bread
- 1 clove of garlic
- olive oil

1. Finely grate most of the Parmesan into a blender with the zest of half the lemon. Squeeze in the juice of the whole lemon, then add the yoghurt, herbs, Worcestershire sauce, 2 tablespoons of extra virgin olive oil and the anchovies (if using). Blitz until smooth, then pour into a large serving dish.
2. Trim and halve half of the sprouts through the root. Place in a large dry frying pan, cut-side down, and char until brown and blistered.
3. Finely slice the remaining sprouts then pile on top of the sauce. Tip the charred Brussels over the top and put the empty pan back on the heat.
4. Slice the bread into 1cm chunks, tip into the pan and toast. Make a well in the centre, peel and grate the garlic into the pan, and then drizzle with olive oil. Give the pan a shake.
5. Grate over the remaining Parmesan, shake the pan, add another drizzle of extra virgin olive oil, then return to the heat, until the cheese is melted.
6. Tip the crunchy cheesy croutons onto the salad and then give everything a really good toss until it's coated in the lovely dressing. Speed peel over shavings of Parmesan and serve.



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**TO THE ATTENTION OF**

**SUPERMARKETS, OWNERS AND**

**MANAGERS OF HOTELS, CAFÉS AND**

**RESTAURANTS, WHO WOULD LIKE TO**

**EXPAND THEIR NETWORK, KNOWLEDGE**

**AND WANT TO BE GREENER AND MORE**

**SUSTAINABLE!**



## Related projects

We know how much you are devoted to empowering local communities and to sustainability so here is a project focusing on both: the EcoTours!

The project ECOTOURS enhances the capacity of tourism's SMEs and community tourism's ecosystems to promote circular tourism and to uptake environmental principles, practices and standards in their businesses.

## JOIN US!



Through transnational cooperation, peer learning and capacity building, the ECOTOURS will engage key actors and local communities in Europe in cohesive and collaborative strategies and actions to build-up a support system to tourism SMEs, with a focus on how circular economy principles and standards apply to tourism services and businesses. The project targets local communities in Italy, Greece, France, Hungary, Spain, Cyprus, including a natural & cultural heritage of international significance, that are currently facing common socio-economic challenges due to the impact of the current COVID-19 pandemic.

### Objectives of the ECOUTOURS

Increase the capacity of tourism's SMEs and community ecosystems in EU to incorporate and promote sustainable strategies and practices on circular tourism

Boost the transition process of tourism's SMEs by increasing their capacity to uptake sustainable and circular principles and standards

Engage key actors and local communities in Europe in cohesive and collaborative strategies and actions to build-up a support system to tourism SMEs

Increase sustainability, competitiveness and economic regeneration of rural destinations in Europe through circular tourism





**ReS-Food**

**Join the community of ReS-Fooders  
and don't miss out the updates:**



<https://www.res-food.eu/>



<https://www.facebook.com/resfood.project>



<https://www.linkedin.com/company/res-food/>



[https://www.instagram.com/resfood\\_project/](https://www.instagram.com/resfood_project/)

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