

Community Cooking

Handout „ToNoWaste“
Workshop against Food Waste



In Cooperation with



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What is the „ToNoWaste“ Project?

From 2022 to 2026, Caritas Community & Neighbourhood Work is part of the EU-funded project „ToNoWaste,“ which brings together 21 institutions from 7 EU countries. Together with partners from science and practice, we identify reasons for food waste and develop strategies to prevent and reduce food waste. The goal of the project is to promote awareness of the value of food and support stakeholders such as farmers, supply chain companies, consumers, and policymakers in making sustainable decisions.

For more information, visit:
<https://tonowaste.eu/>

Avoidable food waste vs. unavoidable food waste

- **Avoidable Food Waste:** Edible food that was thrown away, including packaged or unpackaged food and leftovers from households and restaurants.
- **Unavoidable Food Waste:** Waste generated during food preparation, such as cores, peels, fish bones, or bones. Note: Some peels (e.g., cucumber), stems (e.g., broccoli), and greens (e.g., carrot tops) are considered unavoidable waste but can actually be eaten (Scherhauser et al., 2016).

Facts & Figures about Food Waste

Globally, 1/3 of produced and still edible food ends up in the trash, causing 8-10% of the world's greenhouse gas emissions (Gaupp et al., 2019). In Austria, about one million tons of food are wasted annually. The distribution is as follows:

- **58% in private households:** Mostly small amounts, such as stale bread or expired products. Average loss: €800 per household annually
- 19% in gastronomy & out-of-home consumption: Includes hotels, inns, and communal catering. Value of wasted food: approximately €320 million.
- 14% in processing: Especially baked goods are often wasted due to production errors.
- 9% in supermarkets & wholesale: Mainly unsold goods.
- Agriculture: Not detailed, but estimated at 10%.

Which Foods are Wasted in Austrian Households?

- 28% are bread, sweets, and baked goods: Often not eaten in time.
- 27% are fruits and vegetables: They spoil quickly.
- 23% are animal products like milk, eggs, cheese, meat, sausage, and fish: They are sensitive and usually have a short shelf life.
- 22% are dry goods like pasta and rice and beverages: Often bought in too large quantities and not fully consumed (Klotz, 2022).

Grocery Shopping

You can take steps before and while grocery shopping to prevent food waste in your household. You'll find tips in the attached documents.

Shelf Life & Storage of Food

Extended Shelf Life: Proper storage keeps many foods edible even after their bestbefore date. You can tell they are still good if they look, smell, and taste as expected. This does not apply to the use-by date found on raw meat and fish. More information is in the attached materials. Even if fruits and vegetables become overripe or wilted or have brown spots, they can still be used, as shown in our recipe collection. Similarly, there are many uses for stale bread, such as breadcrumbs or salad croutons.

Storage in and out of the Refrigerator

- Optimal Storage: Perishable foods like meat and dairy products should always be kept in the fridge, ideally in the coldest part (middle shelf), at a temperature of 2-4°C.
- The vegetable drawer in the lower part of the fridge is designed for storing vegetables and fruits, offering a slightly higher temperature of about 10°C and higher humidity to keep produce fresh longer.
- Not all foods need to be refrigerated. Bread and pastries should be stored in a paper bag or bread box. Cold-sensitive fruits and vegetables, like tropical fruits, should not be refrigerated.
- Stickers for optimal fruit and vegetable storage are included (Umweltberatung, n.d.).

Food Preservation

Leftovers can be preserved using various methods such as freezing, canning, pickling, drying, or vacuum packing. When freezing, it is important not to refreeze thawed food and to eat it as soon as possible. Recipes for preservation and tips for freezing fruits and vegetables are included in the attached materials

References

- Gaupp, F., Franke, J. K., Knott, A., Prieß, A.-K., & Siebert, S. (2019). WWF-Bericht: Halbierung der Lebensmittelverschwendung bis 2030. World Wildlife Fund.
- Klotz, M. (2022). Vom (Über-)Lebensmittel zum Wegwerfprodukt. Land schafft Leben. [Link: https://www.landschaftleben.at/lebensmittelverschwendung](https://www.landschaftleben.at/lebensmittelverschwendung)
- Scherhauser, S., Hrad, M., Unger, N., Obersteiner, G. (2016): Datenlage zu Lebensmittelabfallmengen in Österreich. ABF-BOKU, Wien.
- Umweltberatung, s.a. Lebensmittel richtig lagern. [Link: https://www.umweltberatung.at/lebensmittel-richtig-lagern](https://www.umweltberatung.at/lebensmittel-richtig-lagern)

Roadmap to food waste prevention when grocery shopping



1. Meal planning

Plan ahead which meals you want to cook, for example, for the upcoming week, and buy accordingly.



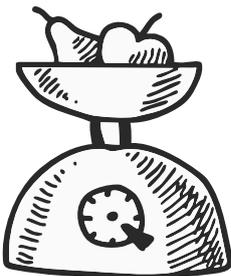
2. Check what you have at home before shopping

Before going shopping, check what groceries you already have at home. This helps avoid buying duplicates.



3. Create a shopping list

Make a shopping list and stick to it while shopping. This helps avoid unnecessary purchases and ensures you only buy what you really need.



4. Buy the right portion sizes

Make sure not to buy more than you can actually consume. Purchase foods preferably unpackaged or in small packages to ensure you only buy the amount you need.



5. Pay attention to shelf life & use your senses

Check the expiration date and ripeness of foods while shopping, and choose longer-lasting products when shopping for supplies. Keep in mind that many foods remain edible even after the expiration date and trust your senses: taste, smell, and look to see if the food is still good.

Recipes against Food waste



Community Cooking... this means bringing people together through cooking!

In our community kitchen in Kulturhaus Brotfabrik in the heart of the Viennese district Favoriten, everyone is welcome – neighbours and friends, old and young, enthusiastic cooks and enthusiastic eaters.

We facilitate culinary encounters for people of diverse backgrounds and impart knowledge about healthy eating.

These recipes were created as part of the EU project ToNoWaste.

More information about the project is available at <https://tonowaste.eu/>



Cold Beetroot Soup

For 4 people

15 min



Preparation

1. Hard-boil the eggs in a pot of hot water for about 8 minutes.
2. Peel and dice the pre-cooked beetroots. Also, dice the cucumber into small cubes. Cut the spring onions into thin rings. Finely chop the dill. Peel and chop the red onion.
3. Mix yogurt and water with cucumber, beetroots, dill, and spring onions. Refine with sour cream and season with salt, pepper, and vinegar.
4. Chill the soup for at least 30 minutes. Peel and quarter the eggs and serve the soup garnished with egg quarters and dill sprigs.

Ingredients for 4 people

- | | |
|--------|------------------------|
| 2 | beetroots, pre-cooked |
| 400 ml | greek Yoghurt |
| 100 ml | cold Water |
| 1 | cucumber |
| 1 | bunch of dill |
| 1 | red onion |
| 2 | spring onions |
| 3 | tbsp. sour cream |
| 2 | eggs |
| 1 | tbsp. red wine vinegar |
| | salt & pepper to taste |

TIPS AGAINST FOOD WASTE

- **Overripe vegetables:** Cucumbers and beetroots are also good for the soup when they are already too soft to use otherwise. Cut away brown spots.
- **Variations:** Instead of or in addition to cucumber and beetroots, tomatoes, boiled potatoes, boiled carrots, or peas also fit well in the soup. Instead of or in addition to dill, herbs like mint, chives, or parsley can be used. Instead of red onions, white onions or shallots can also be used.
- **Storage:** Stored in the refrigerator in an airtight container, the soup will keep for about 3-4 days.



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Panzanella – Italian Bread Salad

For 4 people

20 min & 20 min chilling time



Preparation

1. Preheat the oven to 180°C. Tear the bread into large pieces and place on a baking sheet. Bake for 10-15 minutes until the cubes are golden brown. Then let them cool.
2. Dice the tomatoes, bell peppers, and cucumber into evenly sized pieces. Slice the onion thinly, roughly chop the basil, and combine everything in a large bowl. Add the roasted bread cubes and mix well.
3. For the dressing, combine olive oil, vinegar, salt, and pepper. Pour over the salad and mix thoroughly to ensure all ingredients are coated.
4. Before serving, let the salad sit in the refrigerator for about 20 minutes to allow the flavours to meld.

Ingredients for 4 people

- | | |
|---|---|
| 1 | large ciabatta bread or white bread of choice from the previous day |
| 4 | ripe tomatoes |
| 1 | small red onion |
| 2 | red Bell Peppers |
| 1 | cucumber |
| 1 | handfull of fresh basil |
| 4 | tbsp Olive oil |
| 2 | tbsp red wine vinegar |
| | salt & pepper to taste |

TIPS AGAINST FOOD WASTE

- **Leftover Use:** Traditionally, for Panzanella stale bread is used, which becomes crispy again when toasted in the oven.
- **Variations:** The vegetables in Panzanella can be varied or omitted as desired. For a fruity Panzanella, you can add peaches and watermelon. For an autumnal Panzanella, use roasted pumpkin or root vegetables. In the spring, Panzanella can be made with asparagus, peas, radishes, and mint.
- **Storage:** Panzanella stays fresh in the refrigerator in an airtight container for about 3-4 days.





Pasta with Avocado-Pesto

For 4 people

20 min



Preparation

1. Bring a large pot of salted water to a boil and cook the orecchiette according to the package instructions until al dente.
2. Peel and pit the avocados and wash the basil. Place avocado, basil, garlic, almonds, and lemon juice in a blender. Gradually add olive oil until a creamy pesto forms. Add a bit of water if needed. Season with salt and pepper.
3. Once the pasta is cooked, drain and return to the pot. Add the avocado pesto and mix well. Divide the pasta onto plates and garnish with additional basil leaves if desired.

Ingredients for 4 people

500 g	Orecchiette or pasta of choice
2	Ripe avocados
2	Handfulls of fresh basil leaves
2	Garlic cloves, chopped
100 g	Peeled almonds
2 EL	Lemon juice
60 ml	Olive Oil
	Salt and pepper

TIPS AGAINST FOOD WASTE

- **Overripe Vegetables:** Avocados that are too soft to use otherwise are great for this pesto. Cut away any brown spots.
- **Variations:** Instead of avocados and basil, you can also use spinach, arugula, parsley, or other herbs for the pesto. Almonds can be substituted with other nuts, such as walnuts, cashews, or pine nuts.
- **Leftover Use:** Freeze the pesto or store it in an airtight container in the refrigerator for 2-3 days. Leftovers can also be used as a spread for bread, in salads, or as a dip for vegetable sticks.



Roasted Vegetables with Halloumi

For 4 people

35 min



Preparation

1. Preheat the oven to 200°C. Cut the pre-cooked potatoes into bite-sized pieces. Core the bell peppers and cut them into thick strips. Peel and quarter the onion. Slice the halloumi. Pluck the herbs.
2. Place all the prepared ingredients along with the cherry tomatoes on a baking sheet. Drizzle with olive oil, season with salt and pepper, and mix well. Put the baking sheet in the preheated oven and roast the vegetables for about 25 minutes.
3. Stir occasionally to ensure even cooking. Before serving, garnish with fresh herbs.

Ingredients for 4 people

- 500 g pre-cooked potatoes (e.g., leftovers from the previous day)
- 2 red bell peppers
- 250 g cherry tomatoes
- 1 onion
- 250 g halloumi
- 2-3 tbsp olive Oil

salt & pepper to taste
a handful of fresh or dried herbs, such as oregano, rosemary, or thyme

TIPS AGAINST FOOD WASTE

- **Leftover Use:** Pre-cooked potatoes from the previous day are perfect for this recipe and help reduce food waste. Vegetables that are no longer crisp are also great for roasting.
- **Variations:** Depending on the season, you can use other vegetables such as zucchini, pumpkin, eggplant, broccoli, cauliflower, green asparagus, or mushrooms. Root vegetables like carrots or parsnips should be pre-cooked for a similar cooking time. Instead of halloumi, you can use smoked tofu.
- **Storage:** Stored in an airtight container in the refrigerator, the roasted vegetables will keep for about 3-4 days. They can also be frozen.





Apple-Pear-Crumble

For 4 people

50 min



Preparation

1. Preheat the oven to 180°C.
2. Peel, core, and cut the apples and pears into small pieces. Place the fruit in an ovenproof dish and sprinkle with 2 tbsp of sugar.
3. In a bowl, mix flour, rolled oats, sugar, cinnamon, and a pinch of salt. Cut the butter into small pieces and add it to the flour mixture, working it into a crumbly texture.
4. Sprinkle the crumble mixture over the fruit. Bake the crumble for about 30-40 minutes until the top is golden brown. Let it cool slightly before serving.

Ingredients for 4 people

- | | |
|---------|---------------------------------------|
| 4 | apples |
| 2 | pears |
| 100 g | sugar + 2 tbsp. for the fruit |
| 100 g | flour |
| 100 g | rolled oat |
| 100 g | butter |
| 1 Prise | salt |
| 1 Tsp | tsp cinnamon or other spices to taste |

TIPS AGAINST FOOD WASTE

- **Overripe Fruit:** Overripe fruit is perfect for a crumble because of its sweetness. Cut away any brown spots if necessary.
- **Variations:** A crumble can be made with various fruits depending on the season. Berries, peaches, apricots, figs, plums, and rhubarb are also great choices. You can combine different fruits as well.
- **Storage:** Crumble keeps in the refrigerator for 3-4 days and can be reheated as needed.



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Green Smoothie

For 4 people

5 min



Preparation

1. Squeeze the oranges. Add the juice and pulp of the oranges, along with the bananas and baby spinach, to a blender or use an immersion blender to blend until the smoothie is creamy. Add water as needed to achieve the desired consistency

Ingredients for 4 people

3-4 oranges
2 frozen bananas, cut into pieces
1 thumb-sized piece of ginger
3 handfuls of baby spinach,
water as needed for desired consistency

TIPS AGAINST FOOD WASTE

- **Overripe fruits and vegetables:** Bananas that are not used in time can be cut into pieces and frozen, making them perfect for smoothies. Fresh bananas can also be used. Overripe fruit adds natural sweetness to the smoothie, eliminating the need for additional sugar. Cut away any brown spots if necessary. Wilted or frozen leafy greens also work well in the smoothie.
- **Variations:** You can use mandarins or grapefruits instead of oranges. Other leafy greens like kale or lettuce can be used instead of baby spinach.
- **Storage:** The smoothie will keep in the refrigerator for 1-2 days and can be frozen in a freezer bag. Thaw in the refrigerator or at room temperature as needed and stir well before enjoying.



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Fruity Smoothie

For 4 people

5 min



Preparation

1. Cut the mango into pieces and add it to a blender with the bananas, yogurt, and lime juice. Alternatively, use an immersion blender to blend until the smoothie is creamy. Add water as needed to achieve the desired consistency.

Ingredients for 4 people

- | | |
|--------|-----------------------------------|
| 1 | piece of mango, peeled and pitted |
| 2 | frozen bananas, cut into pieces |
| 500 g | natural yogurt |
| 1 tbsp | lime juice |

TIPS AGAINST FOOD WASTE

- **Overripe fruits:** Bananas that are not used in time can be cut into pieces and frozen, making them perfect for smoothies. Fresh bananas can also be used. Overripe fruit adds natural sweetness to the smoothie, eliminating the need for additional sugar. Cut away any brown spots if necessary. Wilted or frozen leafy greens also work well in the smoothie.
- **Variations:** Instead of mango, you can use pineapple or papaya, or replace it with two handfuls of berries of your choice. The smoothie can be made vegan by using vegan yogurt of your choice.
- **Storage:** The smoothie will keep in the refrigerator for 1-2 days and can be frozen in a freezer bag. Thaw in the refrigerator or at room temperature as needed and stir well before enjoying.



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Pickled Carrots

For a 250 ml jar

10 min



Preparation

1. Slice the carrots into thin slices or strips and place them in a jar. In a pot, combine vinegar, water, sugar, salt, and spices. Bring to a boil, stirring until the sugar is fully dissolved. Pour the vinegar mixture over the carrots in the jar, ensuring the carrots are completely covered
2. Seal the jar tightly and let it cool. Allow the pickled carrots to marinate in the refrigerator for a few days before consuming.

Ingredients for 4 people

150 g	carrots
150 ml	white wine vinegar
75 ml	water
30 g	sugar
1/2 TL	salt
	spices to taste (e.g., mustard seeds, black peppercorns, bay leaf, fresh ginger)

TIPS AGAINST FOOD WASTE

- **Overripe vegetables:** Overripe carrots are excellent for pickling. If the vegetables are soft or have brown spots, you can cut those away before use.
- **Variations:** Many other vegetables can be pickled instead of carrots, such as cucumbers, bell peppers, onions, asparagus, or cauliflower.
- **Storage:** It's important that the carrots remain fully submerged in liquid to ensure optimal preservation. To sterilize jars, place them clean and without lids on a baking sheet and heat them at 120 °C for 15 minutes.



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Sauerkraut

For a 1 L jar

5 min



Preparation

1. Finely slice the cabbage and mix with salt. Pack tightly into a container, pressing down firmly. Weigh the cabbage down and cover.
2. Let it ferment at room temperature for 1-2 weeks. After the fermentation period, taste the sauerkraut. Once it reaches the desired flavor, transfer it to clean jars or containers and store in the refrigerator.

Ingredients for 4 people

- 1 head of cabbage (approx. 1.5-2 kg)
 - 1-2 tbsp coarse sea salt
- Optional: carrots, apples, or spices to taste

TIPS AGAINST FOOD WASTE

- **Overripe vegetables:** If vegetables and fruits are too ripe to eat raw, making sauerkraut is a great way to preserve them while retaining their flavor and nutrients.
- **Variations:** In addition to cabbage, various vegetables can be added, such as carrots, radish, apples, and onions.
- **Storage:** It is important to keep the sauerkraut submerged in its own juice to ensure optimal preservation. To sterilize jars, place them clean and without lids on a baking sheet and heat them at 120 °C for 15 minutes



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Peach Compote

For a 500 ml jar

15 min



Preparation

1. Wash, peel, pit, and cut the peaches into pieces. Place the prepared fruit in a saucepan. Add sugar, lemon juice and zest, and vanilla. Bring to a gentle boil over medium heat, then reduce the heat.
2. Let it simmer for about 10 minutes until the fruit is soft and the sugar has completely dissolved, stirring occasionally.
3. Remove from heat and let it cool.

Ingredients for 4 people

500 g peaches
50-100 g sugar (depending on the sweetness of the fruit and personal taste)

1 lemon, juice and zest
30 g sugar
1/2 TL salt

A pinch of vanilla or other spices to taste

TIPS AGAINST FOOD WASTE

- **Overripe fruits:** Compote is a great way to use fruit that is no longer fresh enough to be eaten raw. Cut away any brown spots if necessary.
- **Variations:** Instead of peaches, you can also use nectarines, apricots, plums, apples, pears, or various berries. You can also combine different types of fruit. The compote can be pureed into a fine sauce after cooling.
- **Storage:** Transfer the compote into sterilized, airtight jars. This way, it can be stored in the refrigerator for several weeks.



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Ajvar

For 3-4 400 ml jars

120 min



Preparation

1. Wash and dry the peppers and eggplant. Peel the carrots and cook until soft.
2. Preheat oven to broiler mode at 220–240°C. Place the peppers and eggplant in a baking sheet and roast for 15–20 minutes, until the skin turns black. Turn occasionally.
3. Let the roasted vegetables cool in a covered container. Then peel the peppers, deseed them, and finely chop or puree the vegetables.
4. Heat oil in a pan, add the vegetables, and simmer over medium heat, stirring constantly. Add the vinegar, sugar, and salt, and season to taste. Simmer for 45–60 minutes.
5. 10 minutes before the end of the cooking time, stir in the mustard and garlic.
6. Sterilize the jars, fill with ajvar, and seal tightly. Place in an oven preheated to 100°C and heat for 30 minutes. Turn off the oven and let the jars cool overnight.

Ingredients for 4 people

1 kg	paprika
500 g	eggplants
300 g	carrots
150 ml	plant oil
100 ml	vinegar
2 tbsp	sugar
2 tbsp	mustard
4	garlic cloves
	Salt to taste

TIPS AGAINST FOOD WASTE

- **Overripe vegetables:** Overripe peppers and eggplants are often softer and have a more intense flavor, which is ideal for ajvar. Trim any brown spots if necessary.
- **Variations:** In addition to peppers and eggplant, zucchini, tomatoes, or red onions can also be used.
- **Storage:** Ajvar can be stored in sterilized, airtight jars in the refrigerator for several weeks. To sterilize jars, place them clean and uncovered on a baking sheet and heat at 120°C for 15 minutes.

Storage guide for fruits and vegetables

This storage guide shows where and how various fruits and vegetables are best stored.

Wash fruits and vegetables only before use.

The following fruits and vegetables produce ethylene. It causes other varieties to ripen faster and should be stored separately:

Fruit: Apples, pears, peaches, apricots, watermelons, bananas, plums

Vegetables: Broccoli, mushrooms, cauliflower, leeks, spinach, peppers, potatoes, avocados

Refrigerator



If possible, store fruit and vegetables separately in the fruit and vegetable drawer at the bottom of the refrigerator.

Always store cut and peeled fruit and vegetables in the refrigerator.

If ripe fruit (except bananas) and vegetables stored on the kitchen counter are not consumed immediately, store them in the refrigerator.

Freezer



Any fruit and vegetable can be frozen. Freeze bananas without the peel.



If fruits and vegetables contain a lot of water, such as lettuce, cucumbers, and tomatoes, their texture will change when defrosted.

However, they are still perfect for smoothies, juices, sauces, and soups.

Cut fruits and vegetables into pieces before freezing and place them in airtight containers.

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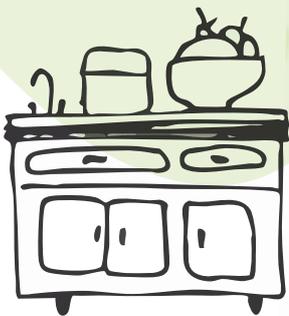
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Kitchen counter



Keep fruits and vegetables away from sunlight, heat, and moisture.

Store fruits (except bananas) and vegetables in the refrigerator as soon as they are ripe.

Pantry



Store fruits and vegetables in a cool, dark place.

Store potatoes separately, if possible.