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# ECO-CUISINE RECIPE BOOKLET



## Eco-cuisine

Cooking for a sustainable future





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# KNJIŽICA RECEPTOV ECO-CUISINE



## Eco-cuisine

Cooking for a sustainable future



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# INTRODUCTION

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The EcoCuisine project booklet will serve as a guide and will be a valuable resource not only for those adults participating in the project, but also for any other interested even though they haven't attended any of the workshops. The Booklet will offer comprehensive information and guidance on sustainable cooking practices learned during the EcoCuisine workshops. The guide has been developed using materials gathered during the workshops, including photographs, videos, and participant feedback.

The primary purpose of this guide is to equip participants with the knowledge and instructions needed to adopt sustainable cooking methods and raise awareness about food waste. It will be readily accessible through the project's and partners' website, facilitating easy dissemination among project partners, educational institutions, associations, and foundations engaged in promoting sustainable cooking practices.

# UVOD

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Knjižica projekta EcoCuisine bo služila kot vodnik in dragocen vir ne le za odrasle, ki sodelujejo v projektu, temveč tudi za vse druge zainteresirane, tudi če se niso udeležili nobene delavnice. Knjižica bo ponujala celovite informacije in smernice o trajnostnih kuharskih praksah, ki so se jih naučili na delavnicah EcoCuisine. Vodnik je bil razvit z uporabo gradiv, zbranih na delavnicah, vključno s fotografijami, videoposnetki in povratnimi informacijami udeležencev.

Glavni namen tega priročnika je udeležencem zagotoviti znanje in navodila, potrebna za uvedbo trajnostnih metod kuhanja in ozaveščanje o zavrženi hrani. Dostopen bo na spletni strani projekta in partnerjev, kar bo omogočilo enostavno razširjanje informacij med projektnimi partnerji, izobraževalnimi ustanovami, združenji in fundacijami, ki se ukvarjajo s spodbujanjem trajnostnih praks kuhanja.

# CH 1. INTRODUCTION TO ZERO WASTE COOKING

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## Learning Objectives

By the end of this module, learners will be able to:

1. Define food waste and identify its environmental, economic, and social impacts.
2. Recognise the role of households in the global food waste issue.
3. Describe the personal and community benefits of reducing household food waste.

The loss of food is one of today's most critical issues, with severe environmental, economic, and social implications. From farm to plate, nearly a third of the world's produced food is lost or wasted, wasting not only food but also resources used in its production. This booklet is designed to help families make a difference in their households. By combining knowledge, practical tools, innovative cooking methods, and tested preservation techniques, it provides a step-by-step solution to reducing food waste in everyday life. From being aware of the problem to learning how to plan meals, store foods appropriately, reuse leftovers, and experiment with preservation processes, readers will find out that small changes in the kitchen can make a big difference.



# POGLAVJE 1. UVOD V KUHANJE BREZ ODPADKOV

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Učni cilji Do konca tega modula bodo učenci znali:  
Definirajte pojem odpadne hrane in opredelite njegove okoljske, ekonomske in družbene vplive.  
Prepoznajte vlogo gospodinjestev pri svetovnem problemu zavržene hrane.  
Opišite osebne in skupnostne koristi zmanjševanja količine odpadne hrane v gospodinjstvih.



Izguba hrane je eden najpomembnejših problemov današnjega časa z resnimi okoljskimi, gospodarskimi in socialnimi posledicami. Od kmetije do krožnika se skoraj tretjina svetovne pridelane hrane izgubi ali zavrže, pri čemer se ne zapravlja le hrana, temveč tudi viri, uporabljeni pri njeni proizvodnji. Ta knjižica je zasnovana tako, da družinam pomaga spremeniti življenje v svojih gospodinjstvih. Z združevanjem znanja, praktičnih orodij, inovativnih metod kuhanja in preizkušenih tehnik konzerviranja ponuja postopno rešitev za zmanjšanje količine odpadne hrane v vsakdanjem življenju. Od zavedanja problema do učenja načrtovanja obrokov, ustreznega shranjevanja hrane, ponovne uporabe ostankov hrane in eksperimentiranja s postopki konzerviranja bodo bralci ugotovili, da lahko že majhne spremembe v kuhinji naredijo veliko razliko.

# SECTION 1: WHAT IS FOOD WASTE AND WHY IS IT PROBLEMATIC?

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**Food waste** refers to food intended for human consumption that is wasted or lost. This includes not only food that consumers don't finish at restaurants or throw out at home but also raw materials and produce lost during farming, harvesting, transportation, and storage. Essentially, food waste can occur anywhere throughout the entire supply chain, from farm to fork. While food loss and food waste are often discussed interchangeably, these terms encompass distinct issues within the food system.

**Food loss** happens when edible food is discarded or removed from the supply chain before it reaches stores. This includes losses during harvesting, processing, or transportation, and the food is not repurposed (e.g., for animal feed or planting). (Food and Agriculture Organization [FAO], n.d.)

- Example: A truck carrying tomatoes to a factory overturns, and the damaged produce is thrown away instead of being used for animal feed.

(Food and Agriculture Organization [FAO], n.d.)

Food waste occurs when food is thrown out by shops, restaurants, or consumers. It typically involves food that was safe and ready to eat but was discarded due to overproduction, spoilage, or simply being unwanted.

- Example: A person cooks too much pasta at home, stores the leftovers in the fridge, forgets about them, and eventually throws them out when they spoil.

# 1. POGLAVJE: KAJ SO ŽIVILSKI ODPADKI IN ZAKAJ SO PROBLEMATIČNI?

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Zavržena hrana se nanaša na hrano, namenjeno za prehrano ljudi, ki se zavrže ali izgubi. To ne vključuje le hrane, ki je potrošniki ne pojedjo v restavracijah ali zavržejo doma, temveč tudi surovine in pridelke, ki se izgubijo med kmetovanjem, žetvijo, prevozom in skladiščenjem. V bistvu se lahko zavržena hrana pojavi kjer koli v celotni dobavni verigi, od kmetije do vilic.

Čeprav se izguba hrane in odpadna hrana pogosto uporabljata kot sopomenki, ta izraza zajemata različna vprašanja znotraj prehranskega sistema.

Do izgube hrane pride, ko se užitna hrana zavrže ali odstrani iz dobavne verige, preden doseže trgovine. To vključuje izgube med žetvijo, predelavo ali prevozom, če se hrana ne uporabi za novo uporabo (npr. za živalsko krmo ali sajenje). (Organizacija Združenih narodov za prehrano in kmetijstvo [FAO], n.d.)

Primer: Tovornjak, ki prevažata paradižnik v tovarno, se prevrne, poškodovani pridelek pa se zavrže, namesto da bi se uporabil za živalsko krmo. (Organizacija Združenih narodov za prehrano in kmetijstvo [FAO], n.d.)

Do odpadne hrane pride, ko trgovine, restavracije ali potrošniki zavržejo hrano. Običajno gre za hrano, ki je bila varna in pripravljena za uživanje, vendar je bila zavržena zaradi prekomerne proizvodnje, kvarjenja ali preprosto nezaželene.

Primer: Oseba doma skuha preveč testenin, ostanke shrani v hladilniku, pozabi nanje in jih sčasoma zavrže, ko se pokvarijo.

# SECTION 2: WHAT CAUSES FOOD LOSS & WASTE?

Food loss and waste are caused by a wide range of issues, from technological challenges to consumer behaviors. (World Resources Institute, n.d.) The most common issues are summarized below:



# 2. DEL: KAJ POVZROČA IZGUBO HRANE IN ODPADKE?

Izgubo hrane in odpadke hrane povzročata širok spekter težav, od tehnoloških izzivov do vedenja potrošnikov. (Svetovni inštitut za vire, n.d.) Najpogostejše težave so povzete spodaj:



# SECTION 3: FOOD WASTE STATISTICS

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## Global Estimates



Approximately one-third of all food produced globally by weight is lost or wasted between farm and fork. This amounts to more than 1 billion tonnes (United Nations Environment Programme [UNEP], 2021) or is equivalent to 19% of the food available to consumers at the retail, food service, and household levels. Additionally, 13% of food is lost in the supply chain, from post-harvest up to retail. (United Nations Environment Programme [UNEP], 2024)

Food waste alone generates up to 10% of global greenhouse gas emissions—almost five times the total emissions compared to the aviation sector. (UNEP, 2024)

Latest estimates from 2022 suggest that around 1.05 billion tonnes of food waste were generated globally, with the breakdown as follows:

- 60% came from households (631 million tonnes)
- 28% from food service (290 million tonnes)
- 12% from retail (131 million tonnes). (UNEP, 2024)

On average, each person wasted 79 kg of food per year. This is equal to 1.3 meals every day for everyone in the world impacted by hunger. (UNEP, 2024) Levels of food waste are similar in high, upper-middle, and lower-middle income countries, with observed average levels of household food waste differing by just 7 kg per capita per year. (UNEP, 2024)

# ODDELEK 3: STATISTIKA ODPADNE HRANE

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## Globalne ocene



Približno tretjina vse hrane, proizvedene po vsem svetu, po teži se izgubi ali zavrže med kmetijo in vilicami. To znaša več kot milijardo ton (Program Združenih narodov za okolje [UNEP], 2021) ali je enakovredno 19 % hrane, ki je potrošnikom na voljo v maloprodaji, gostinskih storitvah in gospodinjstvih. Poleg tega se 13 % hrane izgubi v dobavni verigi, od obdobja po žetvi do maloprodaje. (Program Združenih narodov za okolje [UNEP], 2024) Samo odpadna hrana ustvari do 10 % svetovnih emisij toplogrednih plinov – skoraj petkrat več od skupnih emisij v primerjavi z letalskim sektorjem. (UNEP, 2024) Najnovejše ocene iz leta 2022 kažejo, da je bilo po vsem svetu ustvarjenih približno 1,05 milijarde ton odpadne hrane, razčlenitev pa je naslednja:

60 % je prišlo iz gospodinjstev (631 milijonov ton)

28 % iz gostinskih storitev (290 milijonov ton)

12 % iz maloprodaje (131 milijonov ton). (UNEP, 2024)

V povprečju vsak človek zavrže 79 kg hrane na leto. To je enako 1,3 obrokom na dan za vse ljudi na svetu, ki jih je prizadela lakota. (UNEP, 2024) Ravni odpadne hrane so podobne v državah z visokim, višjim srednjim in nižjim srednjim dohodkom, pri čemer se povprečne ravni odpadne hrane v gospodinjstvih razlikujejo le za 7 kg na prebivalca na leto. (UNEP, 2024)

# SECTION 3: FOOD WASTE STATISTICS

## EU Estimates



In 2021, more than 58 million tonnes of food waste were generated in the EU. This is equal to:

- 131 kg per person
- 132 billion euros
- 252,000,000 tonnes of CO<sub>2</sub>. (European Commission, 2023)

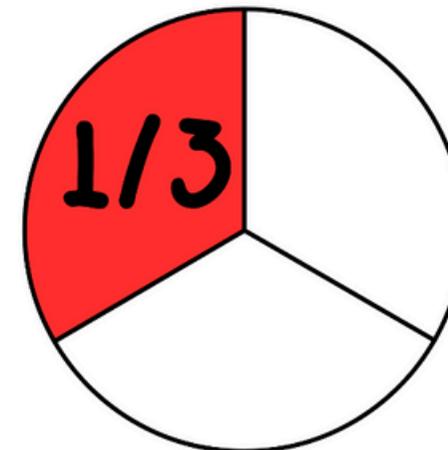
Around 10% of food made available to EU consumers (at retail, food services, and households) may be wasted. At the same time, more than 42 million people cannot afford a quality meal (including meat, fish, chicken, or vegetarian equivalent) every second day. (European Commission, 2023)

EVERY YEAR

1.3 BILLION TONES OF

**FOOD**  
*is lost or wasted*

which is equivalent to



of all food produced for human consumption

# ODDELEK 3: STATISTIKA ODPADNE HRANE

Ocene EU



Leta 2021 je bilo v EU ustvarjenih več kot 58 milijonov ton živilskih odpadkov. To je enako:

131 kg na osebo

132 milijard evrov

252.000.000 ton CO<sub>2</sub>. (Evropska komisija, 2023)

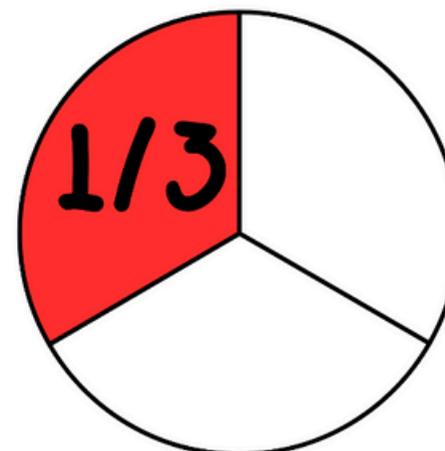
Približno 10 % hrane, ki je na voljo potrošnikom v EU (v trgovini na drobno, gostinskih storitvah in gospodinjstvih), se lahko zavrže. Hkrati si več kot 42 milijonov ljudi ne more privoščiti kakovostnega obroka (vključno z mesom, ribami, piščancem ali vegetarijanskim ekvivalentom) vsak drugi dan. (Evropska komisija, 2023)

EVERY YEAR

1.3 BILLION TONES OF

**FOOD**  
*is lost or wasted*

which is equivalent to



of all food produced for human consumption

# SECTION 4: THE ROLE OF HOUSEHOLDS IN THE FOOD WASTE ISSUE

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Households waste the most food across all economic sectors, accounting for more than 31 million tonnes. This is almost twice the amount compared to the sectors of primary production and manufacture of food products and beverages. (Eurostat, 2023)

According to Eurostat (2024), households are the biggest contributors to food waste in the EU, accounting for over half (54%) of the total—equivalent to around 72 kg of food wasted per person. The remaining 46% comes from earlier stages in the food supply chain:

- 19% is generated during the manufacturing of food and drinks (about 25 kg per person).
- 11% from restaurants and food services (15 kg per person).
- 8% from retail and food distribution (11 kg per person).
- 8% from primary production (10 kg per person).

At the household level, over-purchasing and improper storage are primary causes. Consumers often buy more food than they need, influenced by promotions and bulk discounts, which leads to spoilage and disposal of unused food. Furthermore, inadequate knowledge about proper storage techniques exacerbates the problem, causing perishable items to go bad prematurely.

*If you want to reduce your household food waste, you will find many strategies, tips, and tasty recipes in the following chapters of this book!*

# ODDELEK 4: VLOGA GOSPODINJSTEV PRI VPRAŠANJU ODPADNE HRANE

Gospodinjstva zavržejo največ hrane v vseh gospodarskih sektorjih, in sicer več kot 31 milijonov ton. To je skoraj dvakrat več kot v sektorjih primarne proizvodnje ter proizvodnje živil in pijač. (Eurostat, 2023) Po podatkih Eurostata (2024) gospodinjstva največ prispevajo k odpadni hrani v EU, saj predstavljajo več kot polovico (54 %) vseh odpadkov – kar ustreza približno 72 kg zavržene hrane na osebo. Preostalih 46 % izvira iz prejšnjih faz v verigi preskrbe s hrano:

19 % nastane med proizvodnjo hrane in pijače (približno 25 kg na osebo).

11 % iz restavracij in gostinskih storitev (15 kg na osebo).

8 % iz maloprodaje in distribucije hrane (11 kg na osebo).

8 % iz primarne proizvodnje (10 kg na osebo).

Na ravni gospodinjstev sta glavna vzroka prekomerno nakupovanje in nepravilno shranjevanje. Potrošniki pogosto kupijo več hrane, kot jo potrebujejo, pod vplivom promocij in popustov na veliko, kar vodi do kvarjenja in zavrženja neporabljene hrane. Poleg tega nezadostno poznavanje pravih tehnik shranjevanja še poslabša težavo, saj povzroči prezgodnje kvarjenje pokvarljivih živil.

*Če želite zmanjšati količino odpadne hrane v gospodinjstvu, boste v naslednjih poglavjih te knjige našli številne strategije, nasvete in okusne recepte!*

# SECTION 5: FOOD WASTE IMPACT

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The sheer scale of food loss and waste harms not only human health and nutrition but also economies and the environment. Wasted food takes a major financial toll, costing the global economy more than \$1 trillion every year. It also fuels climate change, accounting for approximately 8%–10% of global greenhouse gas emissions.

Therefore, food waste is a major global challenge with wide-reaching environmental, economic, and ethical implications. In the European Union, as mentioned before, the issue is especially critical at the household level, with households generating over half of the total food waste. Among EU Member States, Cyprus, Belgium, and Denmark have the highest levels of food waste per capital, while Slovenia, Croatia, and Sweden report the lowest. (Eurostat, 2023)

Methodology disclaimer: Because data collection methods, reporting standards, and measurement scopes differ across European countries, direct comparisons of food waste statistics can be misleading. These figures are better understood as indicative trends rather than exact, directly comparable numbers. In some cases, countries with more extensive data collection appear to generate more waste, when in fact they may simply have greater insights

# ODDELEK 5: VPLIV ODPADNE HRANE

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Že sam obseg izgube hrane in odpadkov ne škoduje le zdravju ljudi in prehrani, temveč tudi gospodarstvu in okolju. Zavržena hrana terja veliko finančno škodo, ki svetovno gospodarstvo vsako leto stane več kot 1 bilijon dolarjev. Prav tako spodbuja podnebne spremembe, saj predstavlja približno 8–10 % svetovnih emisij toplogrednih plinov.

Zato je odpadna hrana velik svetovni izziv z obsežnimi okoljskimi, gospodarskimi in etičnimi posledicami. V Evropski uniji je to vprašanje, kot smo že omenili, še posebej pomembno na ravni gospodinjstev, saj gospodinjstva ustvarijo več kot polovico vseh odpadnih živil. Med državami članicami EU imajo Ciper, Belgija in Danska najvišje ravni odpadne hrane na prebivalca, medtem ko Slovenija, Hrvaška in Švedska poročajo o najnižjih. (Eurostat, 2023) Izjava o metodologiji: Ker se metode zbiranja podatkov, standardi poročanja in obsegi merjenja med evropskimi državami razlikujejo, so lahko neposredne primerjave statističnih podatkov o odpadnih živilih zavajajoče. Te številke je bolje razumeti kot okvirne trende in ne kot natančne, neposredno primerljive številke. V nekaterih primerih se zdi, da države z obsežnejšim zbiranjem podatkov ustvarijo več odpadkov, čeprav imajo v resnici morda preprosto boljši vpogled.

# SECTION 6: ENVIRONMENTAL IMPACT

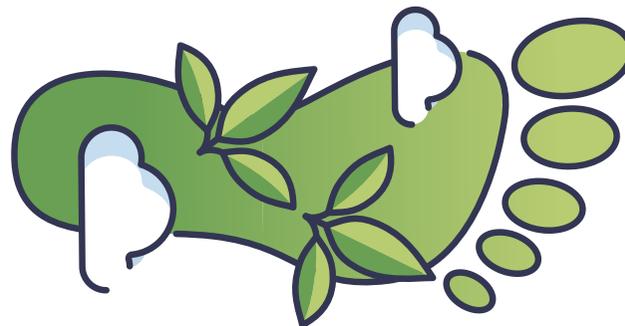
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Food waste is a key driver of environmental degradation. Decomposing food in landfills produces methane, a potent greenhouse gas that significantly contributes to climate change. It is estimated that globally, food waste contributes to approximately 10% of global greenhouse gas (GHG) emissions—almost five times more than the emissions from the aviation sector. This makes food waste not only a byproduct of unsustainable practices but also a significant contributor to climate change. (UNEP, 2024)

In the EU food system, food waste is responsible for:

- 16% of total CO<sub>2</sub> emissions, intensifying global warming and climate instability.
- 12% of water use, straining freshwater supplies that are already under pressure in many regions.
- 16% of land use, leading to habitat destruction, soil degradation, and loss of biodiversity.
- 15% of marine eutrophication, which occurs when excess nutrients from wasted food disrupt aquatic ecosystems, causing harmful algal blooms and dead zones in water bodies.

These statistics highlight that wasting food is not simply about throwing away leftovers—it represents the misuse of critical natural resources used throughout the entire food production and supply chain.



# ODDELEK 6: VPLIV NA OKOLJE

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Odpadna hrana je ključni dejavnik degradacije okolja. Razpadajoča hrana na odlagališčih proizvaja metan, močan toplogredni plin, ki pomembno prispeva k podnebnim spremembam. Ocenjuje se, da odpadna hrana na svetovni ravni prispeva k približno 10 % svetovnih emisij toplogrednih plinov (TGP) – skoraj petkrat več kot emisije iz letalskega sektorja. Zaradi tega odpadna hrana ni le stranski produkt netrajnostnih praks, temveč tudi pomembno prispeva k podnebnim spremembam. (UNEP, 2024) V prehranskem sistemu EU je odpadna hrana odgovorna za:

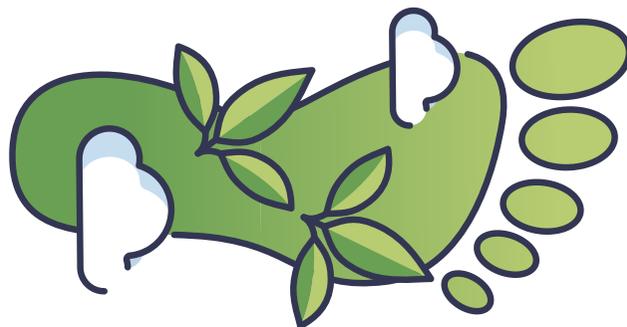
16 % vseh emisij CO<sub>2</sub>, kar stopnjuje globalno segrevanje in podnebno nestabilnost.

12 % porabe vode, kar obremenjuje zaloge sladke vode, ki so v mnogih regijah že tako ali tako pod pritiskom.

16 % rabe zemljišč, kar vodi v uničevanje habitatov, degradacijo tal in izgubo biotske raznovrstnosti.

15 % morske eutrofikacije, ki nastane, ko presežek hranil iz zavržene hrane moti vodne ekosisteme, kar povzroča škodljivo cvetenje alg in mrtve cone v vodnih telesih.

Ta statistika poudarja, da pri zapravljanju hrane ne gre zgolj za metanje ostankov hrane, temveč za zlorabo kritičnih naravnih virov, ki se uporabljajo v celotni verigi proizvodnje in dobave hrane.



# SECTION 7: MOST WASTED PRODUCTS

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The most wasted product groups (in terms of mass) in the EU were fruit (27%), vegetables (20%), and cereals (13%). (Sanyé-Mengual & Sala, 2023)

Different foods have different environmental impacts. For example, the volume of meat and dairy that is wasted and lost is not very high compared to foods such as cereals and vegetables. However, meat and dairy require much more resources to produce, so wasting them still has a significant impact on climate change. It is estimated that meat and dairy contribute to less than 20% of food waste generated in mass, but for more than 50% of the environmental impacts of food waste in the EU. (Sanyé-Mengual & Sala, 2023)

## Economic and Ethical Costs

Beyond environmental harm, food waste also carries significant economic costs. Wasted food means wasted money—for consumers, producers, and retailers alike. It also means lost labor, energy, transportation, packaging materials, and the resources used to grow and process that food, including water and land. In this sense, food waste undermines economic efficiency at every stage of the food system.

Ethically, the issue is deeply troubling: millions of tonnes of edible food are discarded every year while millions of people across the globe still suffer from hunger and food insecurity. Reducing food waste is therefore not only a sustainability goal but also a matter of social justice.



# ODDELEK 7: NAJBOLJ ZAVRŽENI IZDELKI

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Najbolj zavržene skupine izdelkov (glede na maso) v EU so bile sadje (27 %), zelenjava (20 %) in žita (13 %). (Sanyé-Mengual & Sala, 2023) Različna živila imajo različne vplive na okolje. Na primer, količina mesa in mlečnih izdelkov, ki se zavrže in izgubi, ni zelo velika v primerjavi z živili, kot sta žita in zelenjava. Vendar pa meso in mlečni izdelki za proizvodnjo zahtevajo veliko več virov, zato njihovo zavrženje še vedno pomembno vpliva na podnebne spremembe. Ocenjuje se, da meso in mlečni izdelki prispevajo k manj kot 20 % nastale količine odpadne hrane v masi, vendar k več kot 50 % okoljskih vplivov odpadne hrane v EU. (Sanyé-Mengual & Sala, 2023) Ekonomski in etični stroški Poleg okoljske škode imajo odpadki hrane tudi znatne gospodarske stroške. Zavržena hrana pomeni zapravljen denar – tako za potrošnike, proizvajalce kot za trgovce na drobno. Pomeni tudi izgubo dela, energije, prevoza, embalažnih materialov in virov, uporabljenih za gojenje in predelavo te hrane, vključno z vodo in zemljo. V tem smislu odpadna hrana spodkopava ekonomsko učinkovitost na vseh stopnjah prehranskega sistema. Z etičnega vidika je to vprašanje zelo zaskrbljujoče: vsako leto se zavržejo milijoni ton užitne hrane, medtem ko milijoni ljudi po vsem svetu še vedno trpijo zaradi lakote in pomanjkanja hrane. Zmanjšanje količine odpadne hrane zato ni le cilj trajnosti, temveč tudi vprašanje socialne pravičnosti.



# SECTION 8: BENEFITS OF REDUCING FOOD WASTE

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The UN's Sustainable Development Goals (United Nations, n.d.) include a call to halve food waste and reduce food losses by 2030 for good reason. Minimizing food waste is one of the most effective and immediate actions we can take to address multiple global challenges—from environmental degradation to food insecurity. In the EU, food waste is responsible for approximately 16% of the environmental impact of the entire food system. Tackling this issue is not only a moral imperative but also a key strategy for climate change mitigation. (Sanyé-Mengual & Sala, 2023)

By cutting down on food loss and waste, we contribute directly to the achievement of the Sustainable Development Goals (SDGs), especially SDG 2 (Zero Hunger) and SDG 13 (Climate Action).

## 1. Combat Climate Change

Food waste contributes significantly to greenhouse gas emissions, accounting for around 16% of total emissions from the EU's food system. Reducing waste helps lower methane emissions from landfills, decreases energy use in food production, and lessens deforestation and water pollution—all of which are essential in fighting climate change.

## 2. Strengthen Food Security and Fight Hunger

Preventing surplus food from going to waste allows for the recovery and redistribution of nutritious food to people in need. This not only helps reduce hunger and malnutrition but also supports social equity and community resilience—particularly during crises such as inflation, conflict, or natural disasters.

# ODDELEK 8: PREDNOSTI ZMANJŠEVANJA KOLIČINE ODPADNE HRANE

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Cilji trajnostnega razvoja ZN (Združeni narodi, n.d.) vključujejo poziv k prepolovljenju količine zavržene hrane in zmanjšanju izgub hrane do leta 2030 z dobrim razlogom. Zmanjšanje količine zavržene hrane je eden najučinkovitejših in najhitrejših ukrepov, ki jih lahko sprejmemo za reševanje številnih globalnih izzivov – od degradacije okolja do negotove preskrbe s hrano. V EU je zavržena hrana odgovorna za približno 16 % vpliva celotnega prehranskega sistema na okolje. Reševanje tega vprašanja ni le moralni imperativ, temveč tudi ključna strategija za blažitev podnebnih sprememb. (Sanyé-Mengual & Sala, 2023) Z zmanjševanjem izgube hrane in zavržene hrane neposredno prispevamo k doseganju ciljev trajnostnega razvoja, zlasti cilja 2 (nič lakote) in cilja 13 (podnebni ukrepi).

1. Boj proti podnebnim spremembam Zavržena hrana pomembno prispeva k emisijam toplogrednih plinov, saj predstavlja približno 16 % vseh emisij iz prehranskega sistema EU. Zmanjšanje količine odpadkov pomaga zmanjšati emisije metana z odlagališč, zmanjša porabo energije pri proizvodnji hrane ter zmanjša krčenje gozdov in onesnaževanje vode – vse to je bistvenega pomena v boju proti podnebnim spremembam.
2. Okrepiti prehransko varnost in se boriti proti lakoti Preprečevanje zavržkov presežne hrane omogoča predelavo in prerazporeditev hranljive hrane ljudem v stiski. To ne le pomaga zmanjšati lakoto in podhranjenost, temveč tudi podpira socialno enakost in odpornost skupnosti – zlasti med krizami, kot so inflacija, konflikti ali naravne nesreče.

### 3. Save Money Across the Entire Food Chain

Reducing waste brings economic savings for all stakeholders:

- Farmers benefit from improved planning and reduced crop loss.
- Food businesses reduce disposal costs and increase operational efficiency.
- Households save money by buying and wasting less—on average, EU households waste food worth hundreds of euros annually.

Reducing food waste is not just about what's left on the plate—it's about rethinking how we value food, ensuring it serves its purpose of nourishing people without harming the planet. It is a win-win solution for our environment, economy, and society. (European Commission, n.d.)



3. Prihranite denar v celotni prehranski verigi Zmanjšanje odpadkov prinaša ekonomske prihranke za vse deležnike: Kmetje imajo koristi od izboljšanega načrtovanja in manjše izgube pridelka. Živilska podjetja zmanjšujejo stroške odstranjevanja in povečujejo operativno učinkovitost. Gospodinjstva prihranijo denar z manjšim nakupovanjem in manj zavrženimi živili – gospodinjstva v EU v povprečju letno zavržejo hrano v vrednosti več sto evrov. Zmanjševanje količine odpadne hrane ni le stvar tega, kar ostane na krožniku – gre za ponovni razmislek o tem, kako cenimo hrano, in za to, da ta služi svojemu namenu, da hrani ljudi, ne da bi pri tem škodovala planetu. To je rešitev, v kateri vsi pridobijo za naše okolje, gospodarstvo in družbo. (Evropska komisija, n.d.)



# CHAPTER 2: TOOLS, TIPS, AND TRICKS TO REDUCE HOUSEHOLD FOOD WASTE

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## INTRODUCTION: TAKING ACTION AGAINST HOUSEHOLD FOOD WASTE – A PRACTICAL TOOLKIT

Now knowing that food waste is a serious, global problem, this chapter moves beyond the "why" and focuses on the "how." Titled "Tools, Tips, and Tricks to Reduce Household Food Waste," this chapter provides practical, actionable strategies you can use in your daily life to cut down on the food you throw away in your household. After engaging with this chapter, you will be able to identify exactly what food you're wasting and why, thanks to a simple tracking method. You'll then learn to create effective meal plans that reduce waste, save you money, and make cooking easier. You will also discover how to properly store food to keep it fresh for longer, and finally, you'll master the art of preparing just the right amount of food to avoid unwanted leftovers.

This chapter presents a comprehensive toolkit designed to help you tackle every part of the food waste problem at home. It begins with Food Waste Identification to help you pinpoint what and why food is being discarded. Next, you'll use the Weekly Planner to master proactive meal planning, ensuring every ingredient has a purpose. The Storage Cheat Sheet will then show you how to optimize freshness and extend the life of your food. Finally, you'll learn about Food Portioning, which offers guidelines to cook and serve just the right amount, minimizing uneaten leftovers.

By using these four essential tools, you can transform your kitchen habits, become more aware of your consumption, and make a real difference in the fight against food waste. This is your practical path toward a more sustainable and efficient home.

# POGLAVJE 2: ORODJA, NASVETI IN TRIKI ZA ZMANJŠANJE KOLIČINE ODPADNE HRANE V GOSPODINJSTVIH

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UVOD: UKREPANJE PROTI ODPADNI HRANI V GOSPODINJSTVIH – PRAKTIČNI KOMPLET ORODIJ

Ker zdaj vemo, da so odpadki hrane resen, globalni problem, to poglavje presega vprašanje »zakaj« in se osredotoča na vprašanje »kako«. Poglavje z naslovom »Orodja, nasveti in triki za zmanjšanje količine odpadkov hrane v gospodinjstvih« ponuja praktične in uporabne strategije, ki jih lahko uporabite v vsakdanjem življenju, da zmanjšate količino hrane, ki jo zavržete v gospodinjstvu.

Po branju tega poglavja boste s preprosto metodo sledenja lahko natančno ugotovili, katero hrano zavržete in zakaj. Nato se boste naučili ustvariti učinkovite načrte obrokov, ki bodo zmanjšali količino odpadkov, prihranili denar in olajšali kuhanje. Odkrili boste tudi, kako pravilno shranjevati hrano, da bo dlje časa ostala sveža, in končno boste obvladali umetnost priprave ravno pravšnje količine hrane, da se izognete neželenim ostankom.

To poglavje predstavlja obsežen nabor orodij, zasnovanih za pomoč pri reševanju vseh vidikov problema zavržene hrane doma. Začne se z identifikacijo zavržene hrane, ki vam pomaga natančno določiti, katera hrana se zavrže in zakaj se zavrže. Nato boste s tedenskim načrtovalcem obvladali proaktivno načrtovanje obrokov in zagotovili, da ima vsaka sestavina svoj namen. V preglednici shranjevanja boste našli navodila za optimizacijo svežine in podaljšanje življenjske dobe hrane. Na koncu se boste seznanili s porcijo hrane, ki ponuja smernice za kuhanje in serviranje prave količine ter zmanjšanje nepojedenih ostankov.

Z uporabo teh štirih bistvenih orodij lahko spremenite svoje kuhinjske navade, postanete bolj ozaveščeni o svoji porabi in resnično prispevate k boju proti zavrženi hrani. To je vaša praktična pot do bolj trajnostnega in učinkovitega doma.

# TOOL 1: FOOD WASTE IDENTIFICATION – UNDERSTANDING HOUSEHOLD HABITS

---

To effectively reduce food waste, the initial critical step is to understand what is being wasted and, more importantly, why. Without this insight, efforts to minimize waste can be misdirected or ineffective. This Food Waste Identification tool is designed to pinpoint the specific types of food waste occurring and identify the underlying reasons. By systematically tracking waste, valuable data is gained, empowering informed changes.

How to Use This Tool:

This tool comprises two key sections:

- **Why Did the Food Go to Waste?** This section features common reasons for food waste, such as "Kids didn't like the food," "Served too much on the plate," "Cooked too much, but not enough to save," "Food was expired," "The food went bad," and "Packed lunch wasn't eaten." For one week, a dedicated sheet should be used to tally the occurrences for each reason. By marking each instance, patterns will emerge, revealing the primary culprits behind household food waste.
- **What Was Wasted?** This section provides a table to track specific food types over the course of the week. Categories include "Fruit & Veg," "Bread," "Pasta, rice, grains," "Meat, fish, eggs," "Dairy," and "Cooked meals." By noting what was wasted each day, a clear picture will develop regarding which food categories are most problematic.

By consistently utilizing this Food Waste Identification tool for a week, invaluable insights into a household's unique food consumption and waste patterns will be gained. This data will then serve as the foundation for implementing targeted strategies from the other tools in this module, leading to more effective and sustainable reductions in food waste.

# ORODJE 1: IDENTIFIKACIJA ODPADNE HRANE – RAZUMEVANJE GOSPODINJSKIH NAVAD

---

Za učinkovito zmanjšanje količine odpadne hrane je prvi ključni korak razumevanje, kaj se zapravlja in, kar je še pomembneje, zakaj. Brez tega vpogleda so lahko prizadevanja za zmanjšanje količine odpadne hrane napačno usmerjena ali neučinkovita. To orodje za prepoznavanje količine odpadne hrane je zasnovano tako, da natančno določi specifične vrste nastale količine odpadne hrane in ugotovi temeljne vzroke za to. S sistematičnim sledenjem količine odpadne hrane se pridobijo dragoceni podatki, ki omogočajo informirane spremembe.

Kako uporabljati to orodje:

To orodje je sestavljeno iz dveh ključnih delov:

**Zakaj je hrana šla v odpad? V tem razdelku so predstavljeni pogosti razlogi za odpadno hrano, kot so »Otrokom hrana ni bila všeč«, »Postregli so preveč na krožniku«, »Skuhali so preveč, vendar ne dovolj, da bi prihranili«, »Hrana je imela pretečen rok trajanja«, »Hrana se je pokvarila« in »Masilo iz pakiranja ni bilo pojedeno«. En teden je treba uporabljati poseben list za beleženje primerov za vsak razlog. Z označevanjem vsakega primera se bodo pojavili vzorci, ki bodo razkrili glavne krivce za odpadno hrano v gospodinjstvih.**

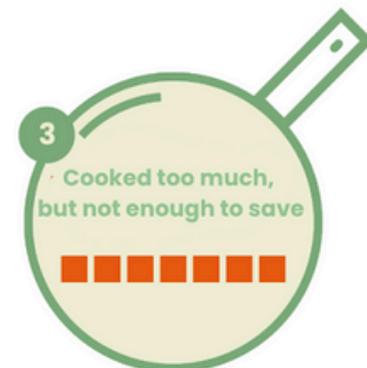
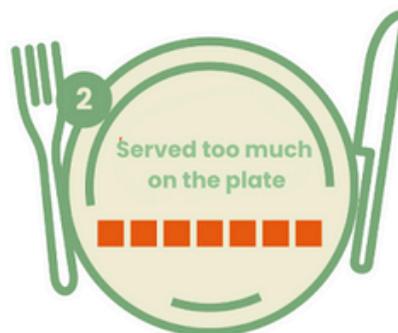
**Kaj je bilo zavrženo? Ta razdelek ponuja tabelo za spremljanje določenih vrst hrane v teku tedna. Kategorije vključujejo »Sadje in zelenjava«, »Kruh«, »Testenine, riž, žita«, »Meso, ribe, jajca«, »Mlečni izdelki« in »Kuhani obroki«. Z beleženjem, kaj je bilo zavrženo vsak dan, si boste ustvarili jasno sliko o tem, katere kategorije hrane so najbolj problematične.**

- Z dosledno uporabo tega orodja za prepoznavanje odpadne hrane en teden boste pridobili neprecenljive vpogleda v edinstvene vzorce porabe hrane in odpadkov v gospodinjstvu. Ti podatki bodo nato služili kot osnova za izvajanje ciljno usmerjenih strategij iz drugih orodij v tem modulu, kar bo vodilo do učinkovitejšega in trajnostnega zmanjšanja količine odpadne hrane.

# FOOD WASTE IDENTIFICATION

## WHY DID THE FOOD GO TO WASTE?

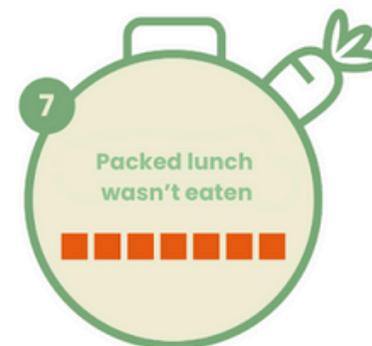
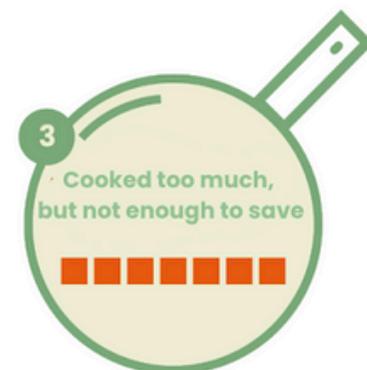
1 sheet per week



# FOOD WASTE IDENTIFICATION

## WHY DID THE FOOD GO TO WASTE?

1 sheet per week



# WHAT WAS WASTED?

Keep track of what is wasted



Food type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit & Veg							
Bread							
Pasta, rice, grains							
Meat, fish, eggs						7	
Dairy							
Cooked meals							

# WHAT WAS WASTED?

Keep track of what is wasted



Food type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit & Veg							
Bread							
Pasta, rice, grains							
Meat, fish, eggs						7	
Dairy							
Cooked meals							

# TOOL 2: WEEKLY PLANNER – THE POWER OF PROACTIVE MEAL PLANNING

---

Once the sources of food waste are identified, the next crucial step in minimizing it is proactive meal planning. Meal planning extends beyond simply deciding what to eat; it is a strategic approach that directly addresses many common causes of food waste, such as impulse purchases, forgotten ingredients, and excessive leftovers. By planning meals, you gain assurance that every item purchased has a purpose, reducing the likelihood of food spoilage before consumption. This Weekly Planner serves as a framework for developing effective meal planning habits.

How to Approach Meal Planning with This Tool:

To maximize the benefits of this Weekly Planner, consider these key steps and reminders:

- "Shop" the Fridge & Pantry First: Before compiling a shopping list or deciding on new meals, always begin by reviewing existing inventory. This practice helps utilize current ingredients and prevents duplicates or forgotten items from expiring.
- Consider the Week's Schedule: Tailor meal choices to your weekly commitments. Plan quick and easy meals for busy evenings, and reserve more elaborate recipes for days with more available time, such as weekends. This thoughtful approach prevents food from being wasted due to insufficient preparation time.
- Prioritize Perishables: When planning, give priority to ingredients with a shorter shelf life. Build meals around these items to ensure their consumption while fresh.
- Cook for the Future: When preparing a freezer-friendly meal, consider scaling up the recipe. Cooking larger batches and freezing portions for future meals is an excellent method to save time and prevent food waste.
- Include a "Throw It All In" Day: Designate a day, often towards the end of the week, for a "throw it all in" cooking session. This could manifest as a stir-fry, frittata, soup, or casserole – anything that allows for the utilization of various leftovers and small quantities of ingredients from the refrigerator before they spoil.

# ORODJE 2: TEDENSKI NAČRTOVALEC – MOČ PROAKTIVNEGA NAČRTOVANJA OBROKOV

---

Ko so viri odpadne hrane identificirani, je naslednji ključni korak pri njihovem zmanjševanju proaktivno načrtovanje obrokov. Načrtovanje obrokov presega zgolj odločanje o tem, kaj jesti; gre za strateški pristop, ki neposredno obravnava številne pogoste vzroke za odpadno hrano, kot so impulzivni nakupi, pozabljene sestavine in prekomerni ostanki hrane. Z načrtovanjem obrokov pridobite zagotovilo, da ima vsak kupljeni izdelek svoj namen, kar zmanjša verjetnost kvarjenja hrane pred zaužitjem. Ta tedenski načrtovalec služi kot okvir za razvoj učinkovitih navad načrtovanja obrokov.

Kako se lotiti načrtovanja obrokov s tem orodjem:

Da bi kar najbolje izkoristili prednosti tega tedenskega načrtovalca, upoštevajte te ključne korake in opomnike:

Najprej »nakupujte« v hladilniku in shrambi: Preden sestavite nakupovalni seznam ali se odločite za nove obroke, vedno začnite s pregledom obstoječih zalog. Ta praksa pomaga izkoristiti trenutne sestavine in preprečuje, da bi podvojeni ali pozabljeni izdelki potekli.

Upoštevajte tedenski urnik: Prilagodite izbiro obrokov svojim tedenskim obveznostim. Načrtujte hitre in enostavne obroke za natrpane večere, bolj dovršene recepte pa prihranite za dneve, ko imate več časa, na primer ob koncih tedna. Ta premišljen pristop preprečuje, da bi se hrana zavrnila zaradi premajhnega časa za pripravo.

- Dajte prednost pokvarljivim živilom: Pri načrtovanju dajte prednost sestavinam s krajšim rokom trajanja. Obroke sestavite okoli teh živil, da zagotovite njihovo uživanje, dokler so sveža.
- Kuhajte za prihodnost: Pri pripravi obroka, ki ga lahko zamrznete, razmislite o povečanju recepta. Kuhanje večjih količin in zamrzovanje porcij za prihodnje obroke je odličen način za prihranek časa in preprečevanje odpadkov hrane.
- Vključite dan, ko boste vse pojedli: Določite si dan, pogosto proti koncu tedna, za kuhanje, ko boste vse pojedli. To se lahko kaže kot hitro cvrtje, fritaja, juha ali enolončnica – karkoli, kar omogoča uporabo različnih ostankov hrane in majhnih količin sestavin iz hladilnika, preden se pokvari.

# WEEKLY *planner*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

REMINDER

"Shop" Your Fridge & Pantry First, then make a shopping list

Prioritize Perishables

If you cook freezer friendly food, scale up and cook for the future as well

Include a day of 'throw it all in cooking.' It will help you clean out the fridge from any leftovers

# WEEKLY *planner*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

REMINDER

"Shop" Your Fridge & Pantry First, then make a shopping list

Prioritize Perishables

If you cook freezer friendly food, scale up and cook for the future as well

Include a day of 'throw it all in cooking.' It will help you clean out the fridge from any leftovers

# TOOL 3: THE STORAGE CHEAT SHEET – MASTERING FOOD FRESHNESS

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With a clearer understanding of food waste patterns and a strategic meal plan in place, the next vital tool assists in preserving ingredients. This Storage Cheat Sheet is an essential guide to extending the life of fresh ingredients, ensuring they remain delicious and nutritious for as long as possible. Frequently, food spoilage occurs not because an item is inherently old, but because it has not been stored in its ideal environment. This tool provides 10 clear rules for longer shelf life, demystifying common storage dilemmas and offering practical solutions.

By following these guidelines, you can learn optimal conditions for various produce items, manage factors like ethylene gas and moisture, and gain clarity on when to refrigerate or keep items at room temperature. To further enhance proper food storage, this cheat sheet includes a QR code that directs to an external online tool. This valuable resource allows you to look up virtually any ingredient and receive specific instructions on how to store it properly for maximum freshness. Ultimately, this cheat sheet, coupled with the online tool, empowers a significant reduction in unnecessary waste by keeping food fresher, for longer, and maximizing the value of every purchase.

# ORODJE 3: GOLJUFIV LIST ZA SHRANJEVANJE – OBVLADOVANJE SVEŽINE HRANE

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Z jasnejšim razumevanjem vzorcev zavržene hrane in strateškim načrtom obrokov je naslednje ključno orodje v pomoč pri ohranjanju sestavin. Ta preglednica shranjevanja je bistven vodnik za podaljšanje obstojnosti svežih sestavin, s katerim zagotovite, da ostanejo okusne in hranljive čim dlje. Pogosto se hrana pokvari ne zato, ker je izdelek sam po sebi star, temveč zato, ker ni bil shranjen v idealnem okolju. To orodje ponuja 10 jasnih pravil za daljši rok uporabnosti, demistificira pogoste dileme shranjevanja in ponuja praktične rešitve.

Z upoštevanjem teh smernic se lahko naučite optimalnih pogojev za različne pridelke, obvladujete dejavnike, kot sta etilen in vlaga, ter dobite jasnost o tem, kdaj jih je treba shraniti v hladilniku ali pri sobni temperaturi. Za dodatno izboljšanje pravilnega shranjevanja hrane ta preglednica vključuje kodo QR, ki usmerja do zunanje spletne orodja. Ta dragocen vir vam omogoča, da poiščete praktično katero koli sestavino in prejmete natančna navodila o tem, kako jo pravilno shraniti za maksimalno svežino. Konec koncev ta preglednica v kombinaciji s spletnim orodjem omogoča znatno zmanjšanje nepotrebnih odpadkov, saj hrana ostane dlje časa sveža in poveča vrednost vsakega nakupa.

# TOOL 4: FOOD PORTIONING – A GUIDE TO COOKING THE RIGHT AMOUNT

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After you've identified what you're wasting, planned your meals, and learned to store food properly, the final key to preventing food waste is mastering portion sizing. One of the most common reasons food is thrown away at home is simply cooking or serving too much. This Food Portioning guide offers practical advice for making just the right amount of food for your household, which will help you minimize uneaten leftovers. By learning to accurately estimate portions, you can be confident that the food you prepare will be eaten, not discarded.

How to Use This Tool:

This tool offers a clear guide to appropriate portion sizes per person for various food categories.

- Detailed Portion Guidelines: Specific quantities for different food types are provided, including appetizers, meats, fish and shellfish, sides, starches, and desserts.
- Online Tool for Precision: For even greater precision and flexibility, the tool includes a QR code linking to an online food portion calculator. This digital resource can assist in adjusting quantities based on the number of servings and specific recipe needs.
- A Guide, Not a Rule: It is important to remember that these are average guidelines. As the guide states, "One knows their guests best, so estimate more food if guests are more hungry than usual – or the opposite." A general "rule of thumb" is that a meal should consist of 600–800 g of food per person.

By using this Food Portioning guide and its online tool, you can significantly cut down on the edible food that gets thrown away because of over-serving or over-cooking.

# ORODJE 4: PORCIONIRANJE HRANE – VODNIK ZA KUHANJE PRAVE KOLIČINE

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Ko ugotovite, kaj zavržete, načrtujete obroke in se naučite pravilno shranjevati hrano, je zadnji ključ do preprečevanja zavržka hrane obvladovanje velikosti porcij. Eden najpogostejših razlogov, zakaj se hrana zavrže doma, je preprosto kuhanje ali serviranje preveč. Ta vodnik za porcioniranje hrane ponuja praktične nasvete za pripravo prave količine hrane za vaše gospodinjstvo, kar vam bo pomagalo zmanjšati nepojedene ostanke. Če se naučite natančno ocenjevati porcije, ste lahko prepričani, da bo hrana, ki jo pripravite, pojedena in ne zavržena.

Kako uporabljati to orodje:

To orodje ponuja jasen vodnik o ustreznih velikostih porcij na osebo za različne kategorije živil.

Podrobna navodila za porcije: Navedene so specifične količine za različne vrste hrane, vključno s predjedmi, mesom, ribami in školjkami, prilogami, škrobnimi jedmi in sladicami.

Spletno orodje za natančnost: Za še večjo natančnost in prilagodljivost orodje vključuje QR kodo, ki povezuje s spletnim kalkulatorjem porcij hrane. Ta digitalni vir lahko pomaga pri prilagajanju količin glede na število porcij in posebne potrebe recepta.

- Vodnik, ne pravilo: Pomembno si je zapomniti, da so to povprečne smernice. Kot piše v vodniku: »Človek najbolje pozna svoje goste, zato ocenite več hrane, če so gostje bolj lačni kot običajno – ali obratno.« Splošno »pravilo« je, da naj bi obrok vseboval 600–800 g hrane na osebo.
- Z uporabo tega vodnika za porcioniranje hrane in njegovega spletnega orodja lahko znatno zmanjšate količino užitne hrane, ki jo zavržemo zaradi pretiranega serviranja ali prekuhanja.



# STORAGE CHEAT SHEET

## 10 RULES FOR LONGER SHELF LIFE

### 1. KNOW YOUR ZONES

- Fridge Crispers: Most produce (use humidity controls).
- Counter: Ripening fruit (bananas, avocados), tomatoes.
- Cool, Dark, Dry: Potatoes, onions, garlic, winter squash.

### 2. MANAGE ETHYLENE GAS

- Keep high-ethylene fruits (apples, bananas, avocados, peaches, tomatoes) separate from sensitive produce (greens, broccoli, carrots, potatoes).
- This prevents the gas from producers causing faster spoilage in sensitive items.

### 3. MANAGE MOISTURE

- Remove tops from root veggies (apples, bananas, avocados, celery (in fridge bag)).
- Use damp towels for carrots/celery (in fridge bag).
- Use dry towels for leafy greens (in fridge bag).
- Wash berries, grapes, mushrooms just before use (prevents mold).

### 4. HANDLE GENTLY

- Mushrooms: Use paper bags (allows breathing).
- Asparagus: Store upright in water (fridge).
- Soft Fruit (berries, peaches): Avoid deep piles (prevents bruising).

### 5. FREEZE SMART

- Best for long-term storage.
- Blanch most veggies first (quick boil -> ice bath).
- Freeze berries flat on a tray before bagging.
- Freeze liquids in ice cube trays

### 6. RIPEN FIRST, CHILL LATER

- Ripen on counter: Avocados, stone fruit, melons, pears, tomatoes.
- Refrigerate after ripe (except tomatoes) to slow aging.

### 7. KEEP OUT OF FRIDGE

- Potatoes (affects taste/texture).
- Onions, Garlic (sprout/soften).
- Whole Winter Squash.
- Whole Tomatoes (damages texture/flavor).

### 8. HERB CARE

- Soft Herbs (parsley, cilantro): Stems in water, covered (fridge).
- Hardy Herbs (rosemary, thyme): Wrap in damp paper towel, bagged (fridge).

### 9. CHECK & TOSS SPOILAGE

- inspect stored produce regularly.
- Remove moldy/rotting items immediately to prevent spread.

### 10. WASH JUST BEFORE USE

- Washing early removes protection & adds moisture.
- Rinse right before preparing or eating.

### ONLINE TOOL



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# FOOD PORTIONING

A GUIDE TO COOKING THE RIGHT AMOUNT OF FOOD

All items are listed per person

## APPETIZERS



Starter: 150-250 g  
Soup: 2,5-3 dl

## SIDES

Vegetables: 150 g  
Salad: 125 g  
Sauce: 1 dl



## STARCH

Potatoes, unpeeled: 250 g  
Pasta, dried: 75-100 g  
Pasta, fresh: 125-150 g  
Noodles: 75-100 g  
Rice: 70 g (1 dl)  
Couscous: 75 g



## FISH AND SHELLFISH

Fish Fillets: 170-200 g  
Fish Steaks: 150-200 g  
Shrimp: 200 g  
Clams, Oysters, and Mussels (in shell): 450 g or 12-18 pieces



## MEATS

Meat, bone-in: 250 g  
Meat, boneless, for roasting: 150 g  
Meat, boneless, for stews: 100 g  
Minced meat: 100 g  
Sausages: 150 g  
Spareribs: 750 g



## DESSERTS

Dessert: 150-250 g  
Cheese: 50 g



## A GUIDE FOR THE GUIDE

This is an **average!**

You know your guests best, so **estimate** more food if your guests are more hungry than usual - or the opposite.

Rule of thumb: a meal should consist of **600-800 g** of food per person.

## FOOD PORTION CALCULATOR

Online tool



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# STORAGE CHEAT SHEET

## 10 RULES FOR LONGER SHELF LIFE

### 1. KNOW YOUR ZONES

- Fridge Crispers: Most produce (use humidity controls).
- Counter: Ripening fruit (bananas, avocados), tomatoes.
- Cool, Dark, Dry: Potatoes, onions, garlic, winter squash.

### 2. MANAGE ETHYLENE GAS

- Keep high-ethylene fruits (apples, bananas, avocados, peaches, tomatoes) separate from sensitive produce (greens, broccoli, carrots, potatoes).
- This prevents the gas from producers causing faster spoilage in sensitive items.

### 3. MANAGE MOISTURE

- Remove tops from root veggies
- Use damp towels for carrots/celery (in fridge bag).
- Use dry towels for leafy greens (in fridge bag).
- Wash berries, grapes, mushrooms just before use (prevents mold).

### 4. HANDLE GENTLY

- Mushrooms: Use paper bags (allows breathing).
- Asparagus: Store upright in water (fridge).
- Soft Fruit (berries, peaches): Avoid deep piles (prevents bruising).

### 5. FREEZE SMART

- Best for long-term storage.
- Blanch most veggies first (quick boil -> ice bath).
- Freeze berries flat on a tray before bagging.
- Freeze liquids in ice cube trays

### 6. RIPEN FIRST, CHILL LATER

- Ripen on counter: Avocados, stone fruit, melons, pears, tomatoes.
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# CONCLUSION: CULTIVATING A SUSTAINABLE FUTURE, ONE HOUSEHOLD AT A TIME

---

You've now completed a journey through the practical side of reducing food waste. By using the Food Waste Identification tool, you've gained crucial insights into your household's unique patterns of waste. With the Weekly Planner, you've harnessed the power of foresight in meal preparation. The Storage Cheat Sheet gave you the knowledge to keep ingredients fresh for longer, and the Food Portioning guide showed you how to serve just the right amount, so nothing goes to waste.

Each of these tools, when consistently applied, represents a powerful step towards minimizing your environmental footprint and maximizing the value of your food. The journey to reduce food waste is ongoing, and every conscious decision, regardless of its perceived scale, contributes to a larger collective impact.



**CONCLUSION**

# ZAKLJUČEK: GOJENJE TRAJNOSTNE PRIHODNOSTI, ENO GOSPODINJSTVO NAENKRAT

---

Zaključili ste pot skozi praktično plat zmanjševanja količine odpadne hrane. Z uporabo orodja za prepoznavanje odpadne hrane ste pridobili ključne vpogleds v edinstvene vzorce odpadkov v vašem gospodinjstvu. S tedenskim načrtovalcem ste izkoristili moč predvidevanja pri pripravi obrokov. Goljufiv list za shranjevanje vam je dal znanje, kako ohraniti sestavine sveže dlje časa, vodnik za porcioniranje hrane pa vam je pokazal, kako postreči ravno pravo količino, da nič ne bo zavrženo.

- Vsako od teh orodij, če se dosledno uporabljajo, predstavlja močan korak k zmanjšanju vašega okoljskega odtisa in povečanju vrednosti vaše hrane. Pot do zmanjšanja količine odpadne hrane je v teku in vsaka zavestna odločitev, ne glede na njen zaznani obseg, prispeva k večjemu skupnemu učinku.

**CONCLUSION**

# CHAPTER 3: COOK TO AVOID FOOD WASTE: RECIPES AND METHODS

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## INTRODUCTION: CULINARY SOLUTIONS FOR A SUSTAINABLE KITCHEN

This chapter will teach you how to use creative and delicious cooking as a powerful tool against food waste. After reading this section, you'll be able to transform common food waste culprits like stale bread and tired vegetables into exciting new meals. You will also learn to repurpose leftovers into new dishes, turning what's often an afterthought into a strategic part of your meal planning.

### **PRESERVING BREAD: FROM STALE TO STELLAR**

Bread is a staple in many households, yet it's also among the most frequently wasted food items. A forgotten loaf or leftover rolls can quickly become stale, often leading to their disposal. However, stale bread is far from unusable; its drier texture can, in fact, be an asset in various culinary applications. This section introduces creative and delectable recipes that revitalize forgotten bread, transforming it into exciting components for meals and snacks. The aim is to demonstrate how bread can be saved from waste and elevate culinary creations simultaneously.



# POGLAVJE 3: KUHAJTE, DA SE IZOGNETE ZAVRŽENI HRANI: RECEPTI IN METODE

---

## UVOD: KULINARIČNE REŠITVE ZA TRAJNOSTNO KUHINJO

V tem poglavju se boste naučili, kako uporabiti ustvarjalno in okusno kuhanje kot močno orodje proti zavrženi hrani. Po branju tega razdelka boste znali pogoste krivce za zavrženo hrano, kot sta star kruh in utrujena zelenjava, spremeniti v vznemirljive nove obroke. Naučili se boste tudi, kako ostanke hrane ponovno uporabiti v nove jedi in tisto, kar je pogosto poznejša misel, spremeniti v strateški del načrtovanja obrokov.

### KONZERVIRANJE KRUHA: OD STAREGA DO ODLIČNEGA

Kruh je osnovna hrana v mnogih gospodinjstvih, a hkrati tudi med najpogosteje zavrženimi živili. Pozabljen hlebec ali ostanki žemljic lahko hitro postanejo stari, kar pogosto privede do njihovega zavrženja. Vendar star kruh še zdaleč ni neuporaben; njegova bolj suha tekstura je lahko pravzaprav prednost v različnih kulinarčnih aplikacijah. Ta razdelek predstavlja ustvarjalne in okusne recepte, ki oživijo pozabljeni kruh in ga spremenijo v vznemirljive sestavine za obroke in prigrizke. Cilj je pokazati, kako lahko kruh rešimo pred odpadki in hkrati dvignemo kulinarčne kreacije na višjo raven.



# RECIPE 1: RUSTIC PANZANELLA SALAD WITH ROASTED VEGETABLES

---

Panzanella, a classic Italian bread salad, is specifically designed to utilize stale or day-old bread, which readily absorbs vinaigrette without becoming soggy. It offers considerable versatility, allowing for the incorporation of various fresh or leftover vegetables.

Yields: 4 servings Prep time: 15 minutes Cook time: 10–20 minutes

Ingredients:

- 300 grams day-old crusty bread, torn or cut into 2–3 cm cubes
- 3 tablespoons olive oil, plus extra for drizzling
- 1 large tomato (or 200 grams cherry tomatoes), chopped
- 0.5 cucumber, deseeded and chopped
- 0.5 red onion, thinly sliced
- 1.25 deciliters fresh basil leaves, torn
- Optional Additions: 1 bell pepper (any color), chopped; 1.25 deciliters pitted Kalamata olives; 0.6 deciliters capers (for enhanced flavor)
- Optional Roasted Vegetables: 2.5 deciliters pre-roasted vegetables (e.g., zucchini, eggplant, or bell peppers, roasted with a drizzle of olive oil, salt, and pepper until tender)

For the Vinaigrette:

- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 clove garlic, minced (optional)
- 0.5 teaspoon Dijon mustard (optional, for emulsification)
- Salt and freshly ground black pepper to taste

# REČEPT 1: RUSTIKALNA SOLATA PANZANELLA S PEČENO ZELENJAVO

---

Panzanella, klasična italijanska kruhova solata, je posebej zasnovana za uporabo starega ali enodnevnih kruhov, ki zlahka vpijejo preliv, ne da bi se razmočil. Ponuja veliko vsestranskost, saj omogoča vključitev različne sveže ali ostankov zelenjave.

Količina: 4 porcije Čas priprave: 15 minut Čas kuhanja: 10–20 minut Sestavine:

300 gramov en dan starega hrustljavega kruha, natrganega ali narezanega na 2–3 cm velike kocke

3 žlice olivnega olja, plus dodatno za pokapljanje

1 velik paradižnik (ali 200 gramov češnjevih paradižnikov), narezan na kocke

0,5 kumare, brez semen in narezane

0,5 rdeče čebule, tanko narezane

1,25 decilitra svežih listov bazilike, natrganih

Dodatki po želji: 1 sesekljana paprika (poljubne barve); 1,25 decilitra razkoščičenih oliv Kalamata; 0,6 decilitra kaper (za boljši okus)

Pečena zelenjava (po želji): 2,5 decilitra predhodno pečene zelenjave (npr. bučke, jajčevci ali paprike, pečene z olivnim oljem, soljo in poprom, dokler se ne zmehča)

Za vinaigrette:

3 žlice olivnega olja

1 žlica rdečega vinskega kisa

1 strok česna, sesekljan (neobvezno)

0,5 čajne žličke dijonske gorčice (neobvezno, za emulgiranje)

Sol in sveže mlet črni poper po okusu

## Instructions:

- 1.Prepare the Bread Croutons: Preheat the oven to 180°C. Toss the bread cubes with 1-2 tablespoons of olive oil, spreading them evenly on a baking sheet. Bake for 10-15 minutes, or until golden and slightly crispy. Alternatively, toast them in a large pan on the stovetop until crisp. Allow to cool completely.
- 2.Combine Fresh Vegetables: In a large mixing bowl, combine the chopped tomatoes, cucumber, red onion, and fresh basil. If applicable, add the optional bell pepper, olives, and capers.
- 3.Prepare the Vinaigrette: In a small bowl, whisk together the olive oil, red wine vinegar, minced garlic (if included), Dijon mustard (if included), salt, and pepper until well combined and emulsified.
- 4.Assemble the Salad: Add the cooled bread croutons and any optional roasted vegetables to the bowl with the fresh vegetables. Pour the prepared vinaigrette over the salad. Toss gently to combine all ingredients, ensuring the bread begins to absorb the dressing.
- 5.Rest and Serve: For optimal results, allow the salad to rest at room temperature for at least 15-30 minutes before serving. This permits the flavors to meld effectively and the bread to soften slightly while retaining some textural contrast.



Navodila:

Priprava krutonov iz kruha: Pečico segrejte na 180 °C. Kocke kruha premažite z 1–2 žlicama olivnega olja in jih enakomerno razporedite po pekaču. Pecite 10–15 minut oziroma dokler niso zlato rjave in rahlo hrustljave. Lahko pa jih popečete v veliki ponvi na štedilniku, dokler niso hrustljave. Pustite, da se popolnoma ohladijo.

Zmešajte svežo zelenjavo: V veliki skledi zmešajte narezane paradižnike, kumare, rdečo čebulo in svežo baziliko. Po potrebi dodajte še papriko, olive in kapre.

Priprava vinaigrette: V majhni skledi z metlico zmešajte olivno olje, rdeči vinski kis, sesekljan česen (če je vključen), dijonsko gorčico (če je vključena), sol in poper, dokler se dobro ne premeša in emulgira.

Priprava solate: V skledo s svežo zelenjavo dodajte ohlajene kruhove krutone in po želji pečeno zelenjavo. Solato prelijte s pripravljeno vinegreto. Nežno premešajte, da se vse sestavine združijo, pri čemer pazite, da kruh začne vpijati preliv.

Počitek in serviranje: Za optimalne rezultate pustite solato počivati pri sobni temperaturi vsaj 15–30 minut pred serviranjem. To omogoča, da se okusi učinkovito prepojijo in da se kruh nekoliko zmechča, hkrati pa ohrani nekaj teksturnega kontrasta.



# RECIPE 2: GREEN DIP WITH LEFTOVER BREAD

---

This vibrant and flavorful dip offers an excellent method for transforming day-old bread and available fresh greens into a delicious spread or accompaniment.

Yields: 4 servings Prep time: 10 minutes

Ingredients:

- 1 large handful wild garlic (or substitute with baby spinach, kale, or a mix of tender greens)
- 1-2 slices day-old bread (sourdough is recommended for flavor and texture)
- 1 deciliter dairy product (e.g., plain yogurt, skyr, or sour cream)
- 2 tablespoons olive oil (select an oil with a preferred flavor profile)
- 1 clove garlic
- Juice from 0.5 lemon
- Salt and freshly ground black pepper to taste
- Optional: A small amount of grated Parmesan cheese

Instructions:

**Soften Bread (if necessary):** If the day-old bread is particularly dry and hard, briefly soften it by soaking in a small amount of water for 5-10 minutes. Gently squeeze out any excess water before proceeding.

**Prepare Greens:** Thoroughly wash the wild garlic or other greens (spinach, ground elder, etc.) and pat them dry.

**Combine & Process:** Place the wild garlic/spinach, the garlic clove, and the softened (or dry, if not excessively hard) bread into a food processor or mini chopper.

**Add Liquids & Blend:** Add the yogurt (or other dairy product), olive oil, and lemon juice to the food processor. Blend until the mixture achieves a smooth and creamy consistency.

**Season to Taste:** Taste the dip and season with salt and pepper as required. Stir in the optional grated Parmesan cheese if desired.

**Serve:** Serve the green dip immediately with vegetable sticks, potato chips, crispbread, or as a lively accompaniment to a main dish.

# RECEPT 2: ZELENA OMAKA Z OSTANKI KRUHA

---

Ta živahna in okusna omaka ponuja odličen način za pretvorbo enodnevnih kruhov in sveže zelenjave v okusen namaz ali prilogo.

Količina: 4 porcije Čas priprave: 10 minut  
Sestavine:

1 velika pest divjega česna (ali nadomestite z mlado špinačo, ohrovtom ali mešanico nežne zelenjave)

1–2 rezini en dan starega kruha (za okus in teksturo je priporočljivo kislo testo)

1 deciliter mlečnega izdelka (npr. navadnega jogurta, skyrja ali kisle smetane)

2 žlici olivnega olja (izberite olje z želenim okusnim profilom)

1 strok česna

Sok iz 0,5 limone

Sol in sveže mlet črni poper po okusu

Neobvezno: majhna količina naribanega parmezana

Navodila:

Zmehčanje kruha (po potrebi): Če je en dan star kruh še posebej suh in trd, ga na kratko zmehčajte tako, da ga 5–10 minut namočite v majhni količini vode. Preden nadaljujete, nežno ožemite odvečno vodo.

Priprava zelenjave: Divji česen ali drugo zelenjavo (špinačo, mleti bezeg itd.) temeljito operite in osušite.

Združevanje in obdelava: Česen/špinačo, strok česna in zmehčan (ali suh, če ne pretirano trd) kruh dajte v multipraktik ali mini sekljalnik.

Dodajanje tekočin in mešanje: V multipraktik dodajte jogurt (ali drug mlečni izdelek), olivno olje in limonin sok. Mešajte, dokler zmes ne doseže gladke in kremaste konsistence.

Začinite po okusu: Pomako poskusite in po potrebi začinite s soljo in poprom. Po želji vmešajte nariban parmezan.

Postrežba: Zeleno omako postrezite takoj z zelenjavnimi palčkami, krompirjevim čipsom, hrustljivim kruhom ali kot živahno prilogo k glavni jedi.

# RECIPE 3: CLASSIC BREAD AND BUTTER PUDDING

---

A cherished dessert, this recipe utilizes day-old bread to create a comforting and rich pudding, transforming simple ingredients into a delightful treat.

Yields: 4-6 servings Prep time: 15-30 minutes (includes soaking time) Cook time: 35-45 minutes

Ingredients:

- 300–400 grams day-old bread (e.g., white bread, brioche, challah, or croissants)
- 4 large eggs
- 5 deciliters milk (or use half milk/half cream for a richer texture)
- 100 grams sugar
- 1 teaspoon vanilla sugar or 1 teaspoon vanilla extract
- A pinch of salt
- 50 grams butter, melted
- Optional Additions: 1.25 deciliters raisins, chopped chocolate or nuts, a pinch of cinnamon, thinly sliced apples, or citrus zest.



# RECEPT 3: KLASIČNI PUDING IZ KRUHA IN MASLA

Ta priljubljena sladica uporablja en dan star kruh za pripravo tolažilnega in bogatega pudinga, ki preproste sestavine spremeni v okusno poslastico.

Količina: 4–6 porcij Čas priprave: 15–30 minut (vključno s časom namakanja) Čas kuhanja: 35–45 minut

Sestavine:

300–400 gramov en dan starega kruha (npr. belega kruha, brioša, hale ali rogljičkov)

4 velika jajca

- 5 decilitrov mleka (ali uporabite pol mleka/pol smetane za bogatejšo teksturo)

100 gramov sladkorja

1 čajna žlička vanilijevega sladkorja ali 1 čajna žlička vanilijevega ekstrakta

Ščepec soli

50 gramov masla, stopljenega

Dodatki po želji: 1,25 decilitra rozin, sesekljana čokolada ali oreščki, ščepec cimeta, tanko narezana jabolka ali lupinica citrusov.



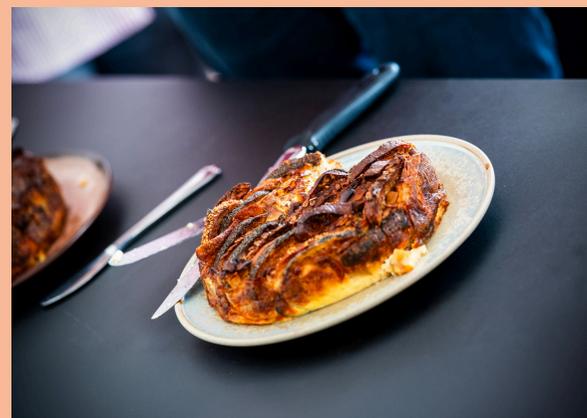
## Instructions:

- Prepare the Baking Dish: Preheat the oven to 180°C. Lightly grease a baking dish (approximately 20x30 cm or similar size).
- Arrange the Bread: Cut the day-old bread into 2x2 cm cubes. Place the bread cubes evenly into the prepared baking dish. If incorporating optional solid additions such as raisins, chocolate, or apples, sprinkle them among the bread cubes.
- Make the Custard: In a mixing bowl, whisk together the eggs, milk, sugar, vanilla (sugar or extract), and salt until well combined. Stir in the melted butter.
- Soak the Bread: Carefully pour the egg mixture over the bread cubes in the baking dish. Gently press down on the bread with the back of a spoon or spatula to ensure all bread pieces are submerged and absorb the liquid. If time permits, allow the bread to soak for 15–30 minutes at room temperature to absorb more custard, which will result in a creamier pudding.
- Bake: Place the baking dish in the preheated oven. Bake for approximately 35–45 minutes, or until the surface is golden brown and the center is set (a knife inserted into the center should emerge clean, or mostly clean, without liquid custard).
- Serve: Serve the Bread and Butter Pudding warm. It is enjoyable on its own, or with accompaniments such as whipped cream, vanilla ice cream, fruit compote, or jam.



## Navodila:

- Priprava pekača: Pečico segrejte na 180 °C. Pekač (približno 20 x 30 cm ali podobne velikosti) rahlo namastite.
- Razporeditev kruha: En dan star kruh narežite na kocke velikosti 2 x 2 cm. Kocke kruha enakomerno razporedite v pripravljen pekač. Če želite dodati trdne dodatke, kot so rozine, čokolada ali jabolka, jih potresite med kocke kruha.
- Priprava kreme: V skledi z metlico stepemo jajca, mleko, sladkor, vanilijo (sladkor ali ekstrakt) in sol, dokler se dobro ne premeša. Vmešamo stopljeno maslo.
- Namakanje kruha: Jajčno mešanico previdno prelijte čez kruhove kocke v pekaču. Z zadnjo stranjo žlice ali lopatice nežno pritisnite na kruh, da zagotovite, da so vsi koščki kruha potopljeni in vpijejo tekočino. Če čas dopušča, pustite kruh namakati 15–30 minut pri sobni temperaturi, da vpije več kreme, zaradi česar bo puding bolj kremast.
- Peka: Pekač postavite v predhodno ogreto pečico. Pecite približno 35–45 minut oziroma dokler površina ni zlato rjava in sredica ni strjena (nož, ki ga zapičimo v sredino, mora iz pečice izstopiti čist ali večinoma čist, brez tekoče kreme).
- Postrežba: Puding iz kruha in masla postrezite topel. Uživate ga lahko samostojno ali s prilogami, kot so stepena smetana, vanilijev sladoled, sadni kompot ali marmelada.



# CHAPTER 3: COOK TO AVOID FOOD WASTE: RECIPES AND METHODS

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## REVITALIZING TIRED PRODUCE: SAVE THE VEGETABLES!

A common occurrence involves once-crisp carrots softening, leafy greens appearing limp, or a collection of vegetable remnants that did not find their way into planned meals. While seemingly "tired," these vegetables frequently retain significant flavor and nutritional value. Discarding them contributes substantially to household food waste. This section provides inspiring concepts and practical recipes designed to rescue slightly past-their-prime vegetables, transforming them into vibrant, delicious dishes. The objective is to illustrate how perceived waste can be converted into wholesome and appealing meals.



# POGLAVJE 3: KUHAJTE, DA SE IZOGNETE ZAVRŽENI HRANI: RECEPTI IN METODE

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## REVITALIZACIJA UTRUJENIH PRIDELKOV: REŠITE ZELENJAVO!

Pogost pojav je, da se nekoč hrustljivo korenje zmehča, listnata zelenjava je videti mlahava ali pa se naberejo ostanki zelenjave, ki niso našli poti v načrtovane obroke. Čeprav se zdi, da je ta zelenjava "utrujena", pogosto ohrani pomemben okus in hranilno vrednost. Njihovo zavrženje znatno prispeva k količini odpadne hrane v gospodinjstvih. Ta razdelek ponuja navdihujoče koncepte in praktične recepte, namenjene reševanju nekoliko zastarele zelenjave in njeni preobrazbi v živahne, okusne jedi. Cilj je ponazoriti, kako se lahko zaznane odpadke spremenijo v zdrave in privlačne obroke.



# RECIPE 1: WILTED VEGETABLE CHIPS

---

Transform tired vegetables into crispy, flavorful chips. This recipe is adaptable to a variety of root vegetables and leafy greens that may be on hand.

Yields: Varies (dependent on vegetable quantity) Prep time: 15 minutes Cook time: 30–50 minutes

Ingredients:

- 2–3 pieces of chosen wilted vegetable (e.g., beetroot, carrot, parsnip, Jerusalem artichoke, parsley root, turnip, kale, lacinato kale – any available in the vegetable drawer)
- 1–2 tablespoons olive oil
- Flake salt or sea salt
- Optional: A small amount of fresh rosemary, thyme, or smoked paprika for additional flavor

Instructions:

1. Preheat Oven: Preheat the oven to 150–160°C (fan/convection setting).
  2. Prepare Vegetables: Wash the vegetables thoroughly. Slice them very thinly – a mandoline slicer is recommended for uniform thickness, which ensures even crisping.
  3. Enhance Crispiness: Place the sliced vegetables in a bowl of cold water for 10 minutes. Afterward, drain them and dry thoroughly with a clean kitchen towel or paper towels. This step is critical for achieving extra crispy chips.
  4. Season and Arrange: Toss the dried vegetable slices with a small amount of olive oil. Spread them in a single layer on a baking sheet lined with parchment paper. Avoid overcrowding the tray.
  5. Bake: Bake for 30–50 minutes, depending on the vegetable type and its thickness. Monitor closely, as baking times can vary; thinner slices may finish sooner. Turning them halfway through cooking may be necessary to ensure even crisping.
  6. Season and Cool: Immediately upon removal from the oven, sprinkle the hot chips with salt and any optional spices.
- Final Crisp: Transfer the chips to a wire rack to cool completely. This facilitates additional crisping as they cool.

# RECEPT 1: ČIPS IZ OVENELE ZELENJAVE

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Utrujeno zelenjavo spremenite v hrustljav in okusen krompirček. Ta recept je primeren za različne korenovke in listnato zelenjavo, ki jih imate morda pri roki.

Izplen: Odvisen od količine zelenjave Čas priprave: 15 minut Čas kuhanja: 30–50 minut

Sestavine:

2–3 kosi izbrane ovenele zelenjave (npr. pesa, korenje, pastinak, jeruzalemska artičoka, peteršiljeva korenina, repa, ohrovt, lisičji ohrovt – poljubna, ki je na voljo v predalu za zelenjavo)

1–2 žlici olivnega olja

Sol v kosmičih ali morska sol

Neobvezno: majhna količina svežega rožmarina, timijana ali dimljene paprike za dodaten okus

Navodila:

Predgretje pečice: Pečico segrejte na 150–160 °C (ventilatorska/konvekcijska nastavitev).

Priprava zelenjave: Zelenjavo temeljito operite. Narežite jo na zelo tanke rezine – za enakomerno debelino rezin priporočamo rezalnik mandoline, ki zagotavlja enakomerno hrustljavost.

Izboljšajte hrustljavost: Narezano zelenjavo za 10 minut postavite v skledo s hladno vodo. Nato jo odcedite in temeljito osušite s čisto kuhinjsko krpo ali papirnatimi brisačami. Ta korak je ključnega pomena za doseganje ekstra hrustljavega krompirčka.

Začinite in razporedite: Rezine posušene zelenjave prelijte z malo olivnega olja. Razporedite jih v eni plasti na pekač, obložen s papirjem za peko. Pazite, da pekača ne napolnite preveč.

Pečenje: Pecite 30–50 minut, odvisno od vrste zelenjave in njene debeline. Pazljivo spremljajte, saj se časi peke lahko razlikujejo; tanjše rezine se lahko prej zapečejo. Morda jih boste morali na polovici pečenja obrniti, da se enakomerno zapečejo.

Začinite in ohladite: Takoj po tem, ko vzamete iz pečice, vroč krompirček potresite s soljo in poljubnimi začimbami.

Končna hrustljavost: Pomfrit preložite na rešetko, da se popolnoma ohladi. To olajša dodatno hrustljavost med ohlajanjem.

# RECIPE 2: "THROW-IT-ALL-IN" VEGETABLE MEDLEY OR SOUP

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This adaptable stew is ideal for utilizing various vegetables and starchy items available, creating a comforting and wholesome meal.

Yields: 4 servings Prep time: 15 minutes Cook time: 30–40 minutes

Ingredients:

- 1 can chickpeas (approx. 240 grams drained weight)
- 500 grams potatoes, scrubbed and halved – or other starchy vegetable such as sweet potato, parsnip, or celeriac
- 5–8 green asparagus (or other green vegetable like broccoli florets, green beans, or peas), cut into smaller pieces
- 1 leek (or 1 onion, 3–4 spring onions), thoroughly washed and thinly sliced
- 2 carrots (or courgettes/zucchini or similar from the refrigerator), washed and sliced
- 2 cloves garlic, finely chopped
- 1 teaspoon Dijon mustard
- 3.5 deciliters vegetable broth
- 1 deciliter cream (heavy cream or single cream)
- Fresh thyme or parsley, for serving
- Olive oil for sautéing
- Salt and freshly ground black pepper to taste
- Optional: A splash of apple cider vinegar for freshness

# RECEPT 2: MEŠANICA ZELENJAVE ALI JUHA "VSE SKUPAJ"

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Ta prilagodljiva enolončnica je idealna za uporabo različne zelenjave in škrobnih izdelkov, kar ustvari slasten in zdrav obrok.

Količina: 4 porcije Čas priprave: 15 minut Čas kuhanja: 30–40 minut Sestavine:

1 pločevinka čičerike (približno 240 gramov odcejene teže)

500 gramov očiščenega in prerezanega na pol krompirja – ali druge škrobne zelenjave, kot so sladki krompir, pastinak ali zelena

5–8 zelenih belušev (ali druge zelene zelenjave, kot so cvetovi brokolija, zeleni fižol ali grah), narezanih na manjše koščke

1 por (ali 1 čebula, 3–4 mlade čebule), temeljito opran in na tanko narezan

2 korenčka (ali bučke/bučke ali podobno iz hladilnika), oprana in narezana

2 stroka česna, drobno sesekljana

1 čajna žlička dijonske gorčice

3,5 decilitra zelenjavne juhe

1 deciliter smetane (goste ali enojne smetane)

- Svež timijan ali peteršilj za serviranje

Olivno olje za praženje

Sol in sveže mlet črni poper po okusu

Neobvezno: kanček jabolčnega kisa za svežino

## Instructions:

1. Prepare Ingredients: Drain and rinse chickpeas. Cut potatoes (or other starchy vegetables) into halves or 2–3 cm pieces. Cut green vegetables into smaller pieces. Thinly slice the leek (or chop onion/spring onions). Wash and slice carrots (or other vegetables). Finely chop garlic.
2. Sauté Aromatics: In a large pot or Dutch oven, heat a drizzle of olive oil over medium heat. Add the leek/onion and carrots. Sauté for 5–7 minutes until softened. Add the chopped garlic and sauté for another 1–2 minutes until fragrant.
3. Add Starchy Vegetables and Liquid: Add the potatoes (or other starchy vegetables) to the pot along with the Dijon mustard and vegetable broth. Bring to a simmer, then reduce heat, cover, and cook for 15–20 minutes, or until the starchy vegetables are nearly tender.
4. Incorporate Remaining Vegetables: Add the chickpeas and green vegetables (asparagus, broccoli, etc.) to the pot. Continue to simmer for 5–10 minutes, or until all vegetables are tender-crisp.
5. Finish the Stew: Stir in the cream and heat through for 2–3 minutes, without boiling. Taste and adjust seasoning with salt and freshly ground black pepper as needed. If desired, add a splash of apple cider vinegar for a brighter flavor.
6. Serve: Ladle the "Throw-It-All-In" Vegetable Medley or Soup into bowls. Garnish with fresh thyme or parsley before serving.



Navodila:

Priprava sestavin: Čičeriko odcedite in sperite. Krompir (ali drugo škrobnato zelenjavo) narežite na polovice ali 2–3 cm velike koščke. Zeleno zelenjavo narežite na manjše koščke. Por na tanko narežite (ali seseklajte čebulo/mlado čebulo). Korenje (ali drugo zelenjavo) operite in narežite. Česen drobno seseklajte.

Praženje aromatičnih sestavin: V velikem loncu ali nizozemskem loncu na srednji temperaturi segrejte malo olivnega olja. Dodajte por/čebulo in korenje. Pražite 5–7 minut, da se zmehča. Dodajte sesekljan česen in pražite še 1–2 minuti, da zadiši.

Dodajte škrobnato zelenjavo in tekočino: Krompir (ali drugo škrobnato zelenjavo) dodajte v lonec skupaj z dijonsko gorčico in zelenjavno juho. Zavrite, nato zmanjšajte ogenj, pokrijte in kuhajte 15–20 minut oziroma dokler škrobnata zelenjava ni skoraj mehka.

- Vmešajte preostalo zelenjavo: V lonec dodajte čičeriko in zeleno zelenjavo (beluše, brokoli itd.). Kuhajte na majhnem ognju 5–10 minut oziroma dokler vsa zelenjava ni mehka in hrustljava.

Zaključite enolončnico: Vmešajte smetano in segrevajte 2–3 minute, ne da bi zavrela. Poskusite in po potrebi začinite s soljo in sveže mletim črnim poprom. Po želji dodajte kanček jabolčnega kisa za bolj živahen okus.

Postrežba: Mešanico zelenjave ali juho "Throw-It-All-In" nalijte v skledе. Pred serviranjem okrasite s svežim timijanom ali peteršiljem.



# RECIPE 3: HEARTY VEGETABLE QUICHE

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This savory quiche presents an excellent means of transforming various wilted vegetables into a delicious and substantial meal. Roasting the vegetables concentrates their flavors and softens their texture, making them an ideal filling alongside tangy feta cheese.

Yields: 6–8 servings Prep time: 20 minutes Cook time: 40–50 minutes

## Ingredients:

- 1 pre-made pie crust (shortcrust or puff pastry), chilled
- 300–400 grams mixed wilted vegetables (e.g., bell peppers, zucchini, eggplant, onions, broccoli florets, asparagus, spinach, kale), cut into bite-sized pieces
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 0.5 teaspoon dried herbs (e.g., oregano, thyme, Herbes de Provence)
- Salt and freshly ground black pepper to taste
- 150 grams crumbled feta cheese
- 4 large eggs
- 2.5 deciliters milk or cream (or a combination)
- Optional: 50 grams grated hard cheese (e.g., Parmesan, Gruyère) for enhanced flavor



# RECEPT 3: IZVRSTEN ZELENJAVNI KIŠ

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Ta slana kiš je odličen način za pretvorbo različne ovene zelenjave v okusen in obilen obrok. Pečenje zelenjave koncentrira njene okuse in zmehča njeno teksturo, zaradi česar je idealen nadev ob pikantnem feta siru.

Izplen: 6–8 porcij Čas priprave: 20 minut Čas kuhanja: 40–50 minut

## Sestavine:

**1 vnaprej pripravljeno testo za pito (krhko ali listnato testo), ohlajeno**

- **300–400 gramov mešane ovene zelenjave (npr. paprike, bučke, jajčevci, čebula, cvetovi brokolija, beluši, špinača, ohrovt), narezane na koščke velikosti grižljaja**

**1 žlica olivnega olja**

**2 stroka česna, sesekljana**

- **0,5 čajne žličke posušenih zelišč (npr. origano, timijan, Herbes de Provence)**

**Sol in sveže mlet črni poper po okusu**

- **150 gramov zdrobljenega feta sira**
- **4 velika jajca**
- **2,5 decilitra mleka ali smetane (ali kombinacije)**

**Neobvezno: 50 gramov naribanega trdega sira (npr. parmezan, Gruyère) za b**



## Instructions:

- 1.Prepare Pie Crust: Preheat the oven to 200°C. Carefully press the pre-made pie crust into a 22–24 cm pie dish. Prick the bottom lightly with a fork. For a crispier crust, blind baking for 10–15 minutes before filling is an option; if undertaken, reduce the oven temperature to 180°C after blind baking.
- 2.Roast Vegetables: In a large bowl, toss the cut wilted vegetables with olive oil, minced garlic, dried herbs, salt, and pepper. Spread them in a single layer on a baking sheet. Roast for 15–20 minutes in the preheated oven, or until tender and slightly caramelized. If using delicate greens such as spinach or kale, add them during the final 5 minutes of roasting, or wilt them briefly in a pan on the stovetop before adding to the quiche.
- 3.Prepare Custard: While the vegetables are roasting, whisk together the eggs, milk or cream, a pinch of salt, and pepper in a medium bowl until well combined. If using the optional grated hard cheese, whisk it into the custard mixture at this point.
- 4.Assemble Quiche: Evenly scatter the roasted vegetables over the bottom of the prepared pie crust. Sprinkle the crumbled feta cheese over the vegetables.
- 5.Pour and Bake: Carefully pour the egg custard mixture over the vegetables and feta in the pie crust.
- 6.Bake the Quiche: Transfer the quiche to the oven. Bake for 30–40 minutes, or until golden brown on top and the center is set (a knife inserted into the center should emerge clean). If the crust edges begin to brown too quickly, they can be loosely covered with aluminum foil.
- 7.Cool and Serve: Allow the quiche to cool on a wire rack for at least 10–15 minutes before slicing and serving. This allows the custard to fully set for easier cutting. It is palatable warm, at room temperature, or even cold.

### **Navodila:**

**Priprava testa za pito:** Pečico segrejte na 200 °C. Pripravljeno testo za pito previdno potisnite v pekač za pito premera 22–24 cm. Dno rahlo prebodite z vilicami. Za bolj hrustljivo testo lahko pred nadevom pečete na slepo 10–15 minut; če se odločite za pečenje na slepo, po pečenju na slepo znižajte temperaturo pečice na 180 °C.

**Pečena zelenjava:** V veliki skledi premešajte narezano ovenelo zelenjavo z olivnim oljem, sesekljanim česnom, posušeni zelišči, soljo in poprom. Razporedite jo v enem sloju na pekač. Pecite 15–20 minut v predhodno ogreti pečici oziroma dokler se ne zmešča in rahlo karamelizira. Če uporabljate nežno zelenjavo, kot sta špinača ali ohrovt, jo dodajte v zadnjih 5 minutah pečenja ali pa jo na kratko ovijte v ponvi na štedilniku, preden jo dodate v kiš.

- **Priprava kreme:** Medtem ko se zelenjava peče, v srednje veliki skledi z metlico stepemo jajca, mleko ali smetano, ščepec soli in popra, dokler se dobro ne premeša. Če po želji uporabimo nariban trdi sir, ga na tej točki vmešamo v kremo.

**Sestavljanje kiša:** Pečeno zelenjavo enakomerno razporedite po dnu pripravljenega testa za pito. Po zelenjavi potresite z nadrobljenim feta sirom.

**Prelivanje in pečenje:** Previdno prelijte mešanico jajčne kreme čez zelenjavo in feto v testu za pito.

**Pecite kiš:** Kiš dajte v pečico. Pecite 30–40 minut oziroma dokler vrh ni zlato rjav in sredina strjena (nož, ki ga zapičite v sredino, mora biti čist). Če robovi skorje prehitro porjavijo, jih lahko rahlo prekrijete z aluminijasto folijo.

- **Ohladite in postrezite:** Pred rezanjem in serviranjem pustite, da se kiš vsaj 10–15 minut ohladi na rešetki. To omogoči, da se krema popolnoma strdi za lažje rezanje. Okusna je topla, pri sobni temperaturi ali celo hladna.

# CHAPTER 3: COOK TO AVOID FOOD WASTE: RECIPES AND METHODS

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## **EMBRACING LEFTOVERS: SMART METHODS AND CREATIVE APPROACHES**

Leftovers are often perceived as an afterthought, occasionally forgotten in the refrigerator until no longer edible. However, mastering the management and repurposing of leftovers represents one of the most significant ways to reduce food waste, conserve resources, and streamline future meal preparation. This section extends beyond mere reheating, advocating for the adoption of smart methods and creative approaches to ensure every cooked component finds a second, or even third, use.

### **Methods and Approaches for Utilizing Leftovers:**

**Proper Storage is Essential:** The fundamental principle of leftover utilization is correct storage immediately after the meal. Employ airtight containers to maintain food freshness, label them with the date, and promptly refrigerate or freeze. This prevents spoilage and preserves quality for subsequent consumption.

**Transform and Reimagine:** Beyond simple reheating, consider how leftover components can be transformed into an entirely new dish. For instance, roasted chicken can become chicken salad or an ingredient for a soup. Cooked rice can be converted into fried rice or a base for a grain bowl. Cooked vegetables can be incorporated into omelets, frittatas, or blended into sauces.

**Planned Overs:** Integrate leftover utilization into initial meal planning. Prepare slightly larger portions of certain components (such as grains, roasted vegetables, or proteins) with the explicit intention of using them in a different meal later in the week. This saves cooking time and provides a predetermined purpose for the "leftovers."

# POGLAVJE 3: KUHAJTE, DA SE IZOGNETE ZAVRŽENI HRANI: RECEPTI IN METODE

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## SPREJEMANJE OSTANKOV: PAMETNE METODE IN USTVARJALNI PRISTOPI

Ostanke hrane pogosto dojemamo kot naknadno misel, občasno pozabljene v hladilniku, dokler niso več užitne. Vendar pa obvladovanje ravnanja z ostanki in njihova ponovna uporaba predstavlja enega najpomembnejših načinov za zmanjšanje količine odpadne hrane, varčevanje z viri in poenostavitev priprave obrokov v prihodnosti. Ta razdelek presega zgolj pogrevanje in se zavzema za uporabo pametnih metod in ustvarjalnih pristopov, s katerimi zagotovimo, da vsaka kuhana sestavina najde drugo ali celo tretjo uporabo.

### **Metode in pristopi za uporabo ostankov:**

Pravilno shranjevanje je bistveno: Temeljno načelo uporabe ostankov hrane je pravilno shranjevanje takoj po obroku. Za ohranjanje svežine hrane uporabljajte nepredušno zaprte posode, označite jih z datumom in jih takoj shranite v hladilnik ali zamrzovalnik. To prepreči kvarjenje in ohrani kakovost za kasnejšo porabo.

Preoblikujte in si zamislite na novo: Poleg preprostega pogrevanja razmislite, kako lahko ostanke sestavin preoblikujete v povsem novo jed. Na primer, pečen piščanec lahko postane piščančja solata ali sestavina za juho. Kuhan riž lahko spremenite v ocvrt riž ali osnovo za skledo z žitom. Kuhano zelenjavo lahko dodate omletam, fritajam ali zmešate v omake.

Načrtovani obroki: V začetno načrtovanje obrokov vključite uporabo ostankov. Pripravite nekoliko večje porcije določenih sestavin (kot so žita, pečena zelenjava ali beljakovine) z izrecnim namenom, da jih boste kasneje v tednu uporabili v drugem obroku. To prihrani čas kuhanja in zagotovi vnaprej določen namen za "ostanke".

The "Leftover Buffet" Night: Designate one evening weekly as a "leftover night." Encourage household members to select and combine from a variety of properly stored leftovers. This minimizes effort and ensures all food is consumed.

Freezing for Future Meals: Many cooked dishes and individual components freeze exceptionally well. If a leftover meal will not be consumed within a few days, portion and freeze it. Clearly label and date all items for easy identification and to ensure consumption within a safe timeframe. Soups, stews, casseroles, and cooked grains are excellent candidates for freezing.

Creative Combinations: Cultivate a mindset of combining various small portions of leftovers into a cohesive new meal. This might involve a "fridge clean-out" stir-fry, a loaded baked potato, or a vibrant pasta dish utilizing a mix of ingredients.

Sauces and Dressings from Scraps: Even small quantities of leftover sauces, gravies, or dressings can be repurposed. They can form the base for a new sauce, a marinade, or a flavorful addition to another dish.

"Večer z ostanki hrane": En večer v tednu določite kot "večer z ostanki hrane". Spodbujajte člane gospodinjstva, da izbirajo in kombinirajo med različnimi pravilno shranjenimi ostanki hrane. To zmanjša trud in zagotovi, da se porabi vsa hrana.

Zamrzovanje za prihodnje obroke: Številne kuhane jedi in posamezne sestavine se izjemno dobro zamrznejo. Če ostankov obroka ne boste porabili v nekaj dneh, ga razdelite na porcije in zamrznite. Vse izdelke jasno označite in datirajte za lažjo identifikacijo in zagotovitev porabe v varnem časovnem okviru. Juhe, enolončnice, enolončnice in kuhana žita so odlični kandidati za zamrzovanje.

Ustvarjalne kombinacije: Gojite miselnost, da različne majhne porcij ostankov hrane združite v celovit nov obrok. To lahko vključuje ocvrto jed za »čiščenje hladilnika«, pečen krompir z dodatki ali živahno testeninsko jed z mešanico sestavin.

Omake in prelive iz ostankov hrane: Tudi majhne količine ostankov omak, sokov ali prelivov se lahko ponovno uporabijo. Lahko služijo kot osnova za novo omako, marinado ali okusen dodatek k drugi jedi.

# CONCLUSION: EMPOWERING THE KITCHEN FOR A WASTE-FREE FUTURE

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This module has explored a transformative approach to food in the kitchen, moving beyond merely understanding waste to its active prevention through culinary ingenuity. From strategies for revitalizing bread and tired vegetables to embracing strategic methods for utilizing leftovers, a range of practical recipes and approaches has been provided.

The true efficacy of this module lies in empowering individuals to perceive ingredients not solely for their initial purpose, but for their comprehensive potential. By applying these techniques, individuals not only conserve resources and enjoy more diverse and flavorful meals but also contribute tangibly to reducing the considerable volume of food destined for landfills. Every meal rescued from waste represents a triumph for financial prudence, culinary satisfaction, and environmental sustainability.



**CONCLUSION**

# ZAKLJUČEK: OPOLNOMOČENJE KUHINJE ZA PRIHODNOST BREZ ODPADKOV

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Ta modul je raziskal transformativen pristop k hrani v kuhinji, ki presega zgolj razumevanje odpadkov in jih s pomočjo kulinarčne iznajdljivosti aktivno preprečuje. Ponujena je vrsta praktičnih receptov in pristopov, od strategij za oživitev kruha in utrujene zelenjave do sprejemanja strateških metod za uporabo ostankov hrane. Resnična učinkovitost tega modula je v tem, da posameznikom omogoča, da sestavine zaznavajo ne le zaradi njihovega prvotnega namena, temveč zaradi njihovega celovitega potenciala. Z uporabo teh tehnik posamezniki ne le varčujejo z viri in uživajo v bolj raznolikih in okusnih obrokih, temveč tudi oprijemljivo prispevajo k zmanjšanju znatne količine hrane, ki konča na odlagališčih. Vsak obrok, rešen iz odpadkov, predstavlja zmagoslavje finančne preudarnosti, kulinarčnega zadovoljstva in okoljske trajnosti.

**CONCLUSION**

# CHAPTER 4: REDUCING FOOD WASTE – NEXT STEPS

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By the end of this chapter, readers will be able to:

- Explain how traditional preservation methods like fermentation and pickling help reduce food waste, including the science behind these processes and their benefits for flavor, nutrition, and sustainability.
- Differentiate between key preservation techniques—such as fermented pickling, vinegar pickling, and upcycling kitchen scraps—and apply safe practices for home use.
- Demonstrate practical ways to minimize food waste at home, including fermenting or pickling produce and repurposing common kitchen by-products into useful products like broths, natural cleaners, and compost.



# POGLAVJE 4: ZMANJŠANJE KOLIČINE ODPADNE HRANE – NASLEDNJI KORAKI

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Do konca tega poglavja bodo bralci znali:

Pojasnite, kako tradicionalne metode konzerviranja, kot sta fermentacija in vlaganje, pomagajo zmanjšati količino odpadne hrane, vključno z znanostjo, ki stoji za temi postopki, in njihovimi koristmi za okus, hranilno vrednost in trajnost. Razlikujte med ključnimi tehnikami konzerviranja – kot so fermentirano vlaganje, vlaganje s kisom in recikliranje kuhinjskih ostankov – in uporabljajte varne postopke za domačo uporabo.

Prikažite praktične načine za zmanjšanje količine odpadne hrane doma, vključno s fermentacijo ali vlaganjem pridelkov in ponovno uporabo običajnih kuhinjskih stranskih proizvodov v uporabne izdelke, kot so jušne osnove, naravna čistila in kompost.



# 1. FERMENTING AND PICKLING – TRADITIONAL METHODS OF PRESERVATION

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Food waste is one of the most pressing environmental, economic, and ethical challenges of our time. According to the Food and Agriculture Organization (FAO), nearly 1.3 billion tons of food are wasted globally each year—about one-third of all food produced. Much of this loss comes from fresh produce that spoils before it can be eaten. This chapter focuses on two powerful, practical solutions: traditional preservation methods and creative upcycling techniques. We'll explore how time-tested practices like fermentation and pickling not only extend the shelf life of fruits and vegetables but also boost flavor, nutrition, and gut health. Alongside these, you'll learn how to turn everyday kitchen scraps into valuable resources—from homemade broths and natural cleaners to compost and skin-care products. By combining these strategies, you'll gain the tools to cut waste, save money, and make your kitchen more sustainable—one jar of sauerkraut and one citrus peel at a time.

Fermentation is a biochemical process in which beneficial microorganisms—such as bacteria, yeast, and molds—break down sugars and starches into simpler compounds like lactic acid, alcohol, or acetic acid under anaerobic (oxygen-free) conditions. These byproducts not only preserve food but also create complex flavors and enhance health benefits.

Types of Fermentation Relevant to Food Preservation:

- **Lactic Acid Fermentation:** Used for vegetables like cabbage (sauerkraut, kimchi), cucumbers, and beets. Carried out by lactic acid bacteria (*Lactobacillus*, *Leuconostoc*).
- **Alcoholic Fermentation:** Yeasts convert sugars into alcohol and carbon dioxide (used in beverages like beer, wine, and kombucha).
- **Acetic Acid Fermentation:** Converts alcohol into acetic acid (basis for vinegar production).

# 1. FERMENTACIJA IN VLAGANJE – TRADICIONALNE METODE KONZERVIRANJA

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Zavržena hrana je eden najbolj perečih okoljskih, gospodarskih in etičnih izzivov našega časa. Po podatkih Organizacije Združenih narodov za prehrano in kmetijstvo (FAO) se vsako leto po vsem svetu zavrže skoraj 1,3 milijarde ton hrane – približno tretjina vse proizvedene hrane. Velik del te izgube izvira iz svežih pridelkov, ki se pokvarijo, še preden jih je mogoče zaužiti. To poglavje se osredotoča na dve učinkoviti, praktični rešitvi: tradicionalne metode konzerviranja in ustvarjalne tehnike recikliranja. Raziskali bomo, kako preizkušene prakse, kot sta fermentacija in vlaganje, ne le podaljšajo rok uporabnosti sadja in zelenjave, temveč tudi izboljšajo okus, hranilno vrednost in zdravje črevesja. Poleg tega se boste naučili, kako vsakodnevne kuhinjske ostanke spremeniti v dragocene vire – od domačih jušnih osnov in naravnih čistil do komposta in izdelkov za nego kože. Z združevanjem teh strategij boste pridobili orodja za zmanjšanje količine odpadkov, prihranek denarja in bolj trajnostno kuhinjo – en kozarec kislega zelja in ena lupina citrusov naenkrat.

Fermentacija je biokemični proces, pri katerem koristni mikroorganizmi – kot so bakterije, kvasovke in plesni – v anaerobnih (brez kisika) pogojih razgradijo sladkorje in škrob v enostavnejše spojine, kot so mlečna kislina, alkohol ali očetna kislina. Ti stranski produkti ne le ohranjajo hrano, temveč tudi ustvarjajo kompleksne okuse in krepijo zdravstvene koristi.

Vrste fermentacije, pomembne za konzerviranje hrane:

Mlečnokislinska fermentacija: Uporablja se za zelenjavo, kot so zelje (kislo zelje, kimči), kumare in pesa. Izvajajo jo mlečnokislinske bakterije (*Lactobacillus*, *Leuconostoc*).

Alkoholna fermentacija: Kvasovke pretvarjajo sladkorje v alkohol in ogljikov dioksid (uporablja se v pijačah, kot so pivo, vino in kombuča).

Fermentacija očetne kisline: Pretvarja alkohol v očetno kislino (osnova za proizvodnjo kisa).

Fermentation offers a range of benefits that make it an excellent method for reducing food waste while enhancing nutrition and flavor. It allows foods to be preserved for months or even years without the need for refrigeration, making it both practical and energy-efficient. Beyond extending shelf life, fermentation enriches the taste of food by developing complex flavors such as umami and tang. It also improves digestibility and increases the bioavailability of essential nutrients. Additionally, fermented foods support gut health through the natural production of probiotics, which promote a healthy microbiome. Finally, fermentation encourages the sustainable use of seasonal or surplus produce, transforming potential waste into valuable, nutrient-rich products.

Pickling on the other hand is a traditional method of preserving food by creating an environment that inhibits the growth of harmful microbes, thereby extending the shelf life of perishable items. There are two primary approaches to pickling. The first is vinegar-based or quick pickling, where foods are immersed in a vinegar solution combined with salt, sugar, and spices. The high acidity of the vinegar prevents the development of harmful microorganisms, and these pickles are typically ready to eat within a few hours or days. The second method is fermented or brine pickling, which uses a saltwater brine to encourage the growth of lactic acid bacteria. Unlike quick pickles, no vinegar is added; instead, the acidity develops naturally through fermentation over one to four weeks, producing a tangy, probiotic-rich product.

Several key ingredients make pickling successful. Salt plays a critical role in drawing out moisture and preventing harmful bacterial growth, while vinegar provides immediate acidity in quick pickling. Water is used to create brine or dilute vinegar solutions, and spices—such as garlic, dill, mustard seeds, and peppercorns—not only enhance flavor but can also offer antimicrobial properties.



Fermentacija ponuja vrsto prednosti, zaradi katerih je odlična metoda za zmanjšanje količine odpadne hrane, hkrati pa izboljša hranilno vrednost in okus. Omogoča shranjevanje živil več mesecev ali celo let brez potrebe po hlajenju, zaradi česar je praktična in energetsko učinkovita. Poleg podaljšanja roka uporabnosti fermentacija obogati okus hrane z razvojem kompleksnih okusov, kot sta umami in tang. Izboljša tudi prebavljivost in poveča biološko uporabnost esencialnih hranil. Poleg tega fermentirana živila podpirajo zdravje črevesja z naravno proizvodnjo probiotikov, ki spodbujajo zdrav mikrobiom. Nenazadnje fermentacija spodbuja trajnostno uporabo sezonskih ali presežnih pridelkov, s čimer se potencialni odpadki pretvorijo v dragocene, s hranili bogate izdelke.

Vlaganje pa je tradicionalna metoda konzerviranja hrane z ustvarjanjem okolja, ki zavira rast škodljivih mikrobov in s tem podaljša rok uporabnosti pokvarljivih živil. Obstajata dva glavna pristopa k vlaganju. Prvi je vlaganje na osnovi kisa ali hitro vlaganje, kjer se živila potopijo v raztopino kisa, pomešano s soljo, sladkorjem in začimbami. Visoka kislost kisa preprečuje razvoj škodljivih mikroorganizmov, te vložene kumarice pa so običajno pripravljene za uživanje v nekaj urah ali dneh. Druga metoda je fermentirano vlaganje ali vlaganje v slanici, pri katerem se slana voda s slanico spodbuja k rasti mlečnokislinskih bakterij. Za razliko od hitrega vlaganja se kis ne dodaja; namesto tega se kislost naravno razvije s fermentacijo v enem do štirih tednih, kar ustvari pikanten, s probiotiki bogat izdelek.

Za uspešno vlaganje je potrebnih več ključnih sestavin. Sol ima ključno vlogo pri odstranjevanju vlage in preprečevanju rasti škodljivih bakterij, kis pa zagotavlja takojšnjo kislost pri hitrem vlaganju. Voda se uporablja za pripravo slanice ali redčenje kisovih raztopin, začimbe – kot so česen, koper, gorčična semena in poper – pa ne le izboljšajo okus, ampak imajo lahko tudi protimikrobne lastnosti.



## 1. Kimchi (Korea)

A spicy, fermented cabbage dish with regional and seasonal variations.

- Main ingredients: Napa cabbage, daikon radish, green onion, garlic, ginger, Korean chili flakes (gochugaru), fish sauce or soy sauce.
- Process:
  - Cabbage is salted to draw out moisture.
  - A spice paste is mixed in.
  - Fermented in jars at room temperature for 2–5 days, then refrigerated.
- Nutritional profile: High in vitamins A, B, and C, fiber, and probiotics.
- Cultural note: Traditionally made in large batches during “kimjang” season in Korea.



## 2. Sauerkraut (Germany, Central/Eastern Europe)

Fermented shredded cabbage.

- Ingredients: Cabbage and salt.
- Process:
  - Salted cabbage is packed tightly into a crock or jar.
  - Brine forms naturally from the cabbage’s moisture.
  - Ferments for 1–4 weeks at room temperature.
- Nutritional benefits: Probiotic-rich, vitamin C, and digestive enzymes.



## 3. Pickled Vegetables (Worldwide)

Commonly pickled items: Cucumbers, carrots, beets, onions, peppers, radishes.

- Quick Pickles:
  - Use vinegar, sugar, and spices.
  - Can be made and eaten the same day.
  - Refrigerated, not shelf-stable unless heat-processed.
- Fermented Pickles:
  - Salt brine and ambient microbes.
  - Develop sourness over 1–3 weeks.
  - Shelf-stable when properly stored in a cool environment.



1. Kimči (Koreja) Pikantna jed iz fermentiranega zelja z regionalnimi in sezonskimi različicami.

Glavne sestavine: kitajsko zelje, redkev daikon, mlada čebula, česen, ingver, korejski čili v kosmičih (gochugaru), ribja omaka ali sojina omaka.

Postopek:

Zelje se soli, da izvleče vlago.

Vmeša se začimbna pasta.

Fermentiramo v kozarcih pri sobni temperaturi 2–5 dni, nato pa v hladilniku.

Hranilna vrednost: Visoka vsebnost vitaminov A, B in C, vlaknin in probiotikov.

Kulturna opomba: Tradicionalno se pripravlja v velikih serijah med sezono »kimjang« v Koreji.



2. Kislo zelje (Nemčija, Srednja/Vzhodna Evropa)

Fermentirano narezano zelje.

Sestavine: zelje in sol.

Postopek:

Soljeno zelje je tesno zapakirano v lonec ali kozarec.

- Slanica se naravno tvori iz vlage zelja.

Fermentira 1–4 tedne pri sobni temperaturi.

Prehranske koristi: Bogato s probiotiki, vitaminom C in prebavnimi encimi.



3. Vložena zelenjava (po vsem svetu) Pogosto vložene jedi: kumare, korenje, pesa, čebula, paprika, redkev.

Hitre kumarice:

Uporabite kis, sladkor in začimbe.

Lahko se pripravi in poje isti dan.

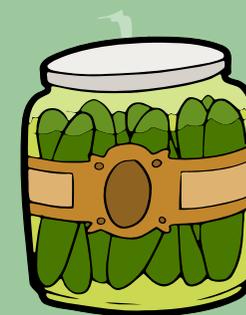
Hlajeno, ni obstojno na policah, razen če je toplotno obdelano.

- Fermentirane kumarice:

Slana slanica in mikrobi v okolju.

- Kislost se razvije v 1–3 tednih.

- Obstojno na skladišču, če je pravilno shranjeno v hladnem okolju.



# SAFETY AND STORAGE TIPS FOR HOME FERMENTATION AND PICKLING

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## Preparation & Equipment:

- Use sterilized glass jars, fermentation crocks, or food-grade plastic containers.
- Clean all surfaces, hands, and produce thoroughly.
- Use non-iodized salt (like kosher or sea salt) to avoid inhibiting fermentation.

## Salinity & pH:

- For fermentation, maintain 2–3% salt by weight of vegetables.
- Ensure vegetables are fully submerged to prevent mold growth.
- For vinegar pickles, use vinegar with at least 5% acidity (e.g., white vinegar, apple cider vinegar).

## Signs of Healthy Fermentation:

- Bubbles and fizzing (natural CO<sub>2</sub> production)
- Tangy or sour aroma
- Cloudy brine (a sign of microbial activity)
- No signs of mold if produce remains submerged

## Red Flags (Discard Immediately):

- Mold growing on vegetables (white kahm yeast on brine is usually harmless)
- Slimy textures or foul, rotten odors
- Pink, blue, black, or green spots

## Storage Guidelines:

- Fermented products: Store in the refrigerator after fermentation; most last 3–6 months.
- Quick pickles: Refrigerate and consume within 2–4 weeks.
- Canned vinegar pickles: If properly processed in a water bath, can be stored at room temperature for up to 1 year.

# NASVETI ZA VARNOST IN SHRANJEVANJE PRI DOMAČI FERMENTACIJI IN VLAGANJU

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## Priprava in oprema:

Uporabite sterilizirane steklene kozarce, fermentacijske lonce ali plastične posode za živila.

Temeljito očistite vse površine, roke in izdelke.

Uporabljajte nejodirano sol (kot je košer ali morska sol), da preprečite zaviranje fermentacije.

## Slanost in pH:

Za fermentacijo vzdržujte 2–3 % soli glede na težo zelenjave.

Prepričajte se, da je zelenjava popolnoma potopljena, da preprečite rast plesni.

Za kisle kumarice uporabite kis z vsaj 5 % kislostjo (npr. beli kis, jabolčni kis).

## Znaki zdrave fermentacije:

Mehurčki in šumenje (naravna proizvodnja CO<sub>2</sub>)

Oster ali kisel vonj

Motna slanica (znak mikrobne aktivnosti)

Ni znakov plesni, če pridelki ostanejo potopljeni

Rdeče zastavice (takoj zavrzite):

Plesen, ki raste na zelenjavi (beli kvas *Kahm* v slanici je običajno neškodljiv)

Sluzaste teksture ali neprijetni, gnili vonji

Rožnate, modre, črne ali zelene pike

## Smernice za shranjevanje:

Fermentirani izdelki: Po fermentaciji hranite v hladilniku; večina zdrži 3–6 mesecev.

Hitre kumarice: Hladite in porabite v 2–4 tednih.

Vložene kumarice v konzervi s kisom: Če jih pravilno obdelamo v vodni kopeli, jih lahko hranimo pri sobni temperaturi do 1 leta.

# ENVIRONMENTAL AND HEALTH IMPACT

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## How Fermenting & Pickling Help the Planet:

- Reduce food waste by preserving fruits and vegetables that might otherwise spoil.
- Cut energy use compared to freezing or refrigeration.
- Promote local and seasonal eating, reducing reliance on imported goods.
- Support biodiversity by encouraging the use of heritage crops and lesser-known vegetables.

## Health Benefits:

- Boost gut microbiota and digestion through probiotics.
- Reduce the need for added preservatives or artificial flavoring.
- Enable better absorption of nutrients like iron and B vitamins.

## Getting Started – A Beginner's Guide

### Basic Equipment:

- Mason jars or fermentation crocks
- Chopsticks or weights to press down vegetables
- Airlock lids or cloth covers (optional but helpful)
- Sharp knife and cutting board

### First-Time Ferment Projects:

- Simple Sauerkraut – cabbage + salt
- Quick Pickled Red Onions – red onion + vinegar + sugar + salt
- Fermented Garlic Carrots – carrot sticks in 2% brine + garlic

### Tips for Success:

- Label your jars with dates and ingredients.
- Taste every few days to learn how flavors develop.
- Keep a fermentation journal to track recipes and results.

# VPLIV NA OKOLJE IN ZDRAVJE

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Kako fermentacija in vlaganje pomagata planetu:

Zmanjšajte količino odpadne hrane s konzerviranjem sadja in zelenjave, ki bi se sicer lahko pokvarila.

Zmanjšajte porabo energije v primerjavi z zamrzovanjem ali hlajenjem.

Spodbujajte lokalno in sezonsko prehranjevanje ter zmanjšajte odvisnost od uvoženega blaga.

Podpirajte biotsko raznovrstnost s spodbujanjem uporabe tradicionalnih poljščin in manj znane zelenjave.

Zdravstvene koristi:

Izboljšajte črevesno mikrobioto in prebavo s probiotiki.

Zmanjšajte potrebo po dodanih konzervansih ali umetnih aromah.

Omogočajo boljšo absorpcijo hranil, kot sta železo in vitamini skupine B.

**Začetek – Vodnik za začetnike**

**Osnovna oprema:**

- **Masonski kozarci ali fermentacijski lonci**
- **Palčke ali uteži za pritiskanje zelenjave**

**Pokrovi za zračne zapore ali prevleke iz blaga (neobvezno, vendar koristno)**

**Oster nož in deska za rezanje**

**Projekti prve fermentacije:**

**Preprosto kislo zelje – zelje + sol**

**Hitro vložena rdeča čebula – rdeča čebula + kis + sladkor + sol**

**Fermentirano korenje s česnom – korenčkove palčke v 2 % slanici + česen**

**Nasveti za uspeh:**

**Kozarce označite z datumi in sestavinami.**

**Vsaki nekaj dni poskusite, da ugotovite, kako se okusi razvijajo.**

**Vodite dnevnik fermentacije, da boste lahko spremljali recepte in rezultate.**

## Further Resources

### Books:

- *The Art of Fermentation* by Sandor Katz
- *Fermented Vegetables* by Kirsten & Christopher Shockey
- *Wild Fermentation* by Sandor Katz

### Websites:

- Cultures for Health
- [Fermenters Club](#)
- [Nourished Kitchen](#)

### YouTube Channels:

- [Pro Home Cooks](#) – practical, beginner-friendly
- [Farmhouse on Boone](#) – traditional food prep
- [Mary's Nest](#) – ancestral kitchen wisdom

## Further Resources

### Books:

- *Umetnost fermentacije, avtor Sandor Katz*
- *Fermentirana zelenjava, avtorja Kirsten in Christopher Shockey*
- *Divja fermentacija Sandorja Katza*

### Spletne strani:

- Kulture za zdravje
- [Klub fermentorjev](#)
- [Negovana kuhinja](#)

### YouTube kanali:

- [Pro Home Cooks - praktični, primerni za začetnike](#)
- [Kmetija na Booneu - tradicionalna priprava hrane](#)
- [Marijino gnezdo - modrost prednikov v kuhinji](#)

# UPCYCLING USED COOKING OIL

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## 3.1 FROM WASTE TO VALUE: BIODIESEL AND CANDLES

The most common way of recycling used cooking oil is converting it into biodiesel—a renewable and biodegradable fuel. This process, known as transesterification, involves a chemical reaction between the oil and an alcohol (usually methanol or ethanol), in the presence of a catalyst such as sodium hydroxide (NaOH) or potassium hydroxide (KOH). Although biodiesel offers an environmentally friendly alternative to fossil fuels, especially in transportation, its production requires hazardous substances and strict quality control to meet fuel standards for motor use. For this reason, it is typically carried out on an industrial or semi-industrial scale, where safety and environmental regulations can be properly followed.

In contrast, recycling used cooking oil into candles is a simple, safe, and creative alternative that can be done at home—even by children with the help of adults. Candle-making does not involve any dangerous chemicals and requires only basic equipment, such as molds, wicks, and essential oils for fragrance.

Beyond their aesthetic and functional value, candles made from waste oil demonstrate in a tangible way how a harmful waste material can be transformed into something beautiful and useful. In fact, making candles at home is arguably the most ecological form of oil recycling, as it eliminates the need for long transportation chains associated with biodiesel production and reduces the overall environmental footprint.

This home-based approach not only raises awareness about sustainable practices but also empowers communities to take part in circular economy solutions—right from their kitchens.

# RECIKLIRANJE RABLJENEGA JEDILNEGA OLJA

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## 3.1 OD ODPADKOV DO VREDNOSTI: BIODIZEL IN SVEČE

Najpogostejši način recikliranja rabljenega jedilnega olja je pretvorba v biodizel – obnovljivo in biorazgradljivo gorivo. Ta postopek, znan kot transesterifikacija, vključuje kemijsko reakcijo med oljem in alkoholom (običajno metanolom ali etanolom) v prisotnosti katalizatorja, kot je natrijev hidroksid (NaOH) ali kalijev hidroksid (KOH). Čeprav biodizel ponuja okolju prijazno alternativo fosilnim gorivom, zlasti v prometu, njegova proizvodnja zahteva nevarne snovi in strog nadzor kakovosti, da se izpolnijo standardi za gorivo za uporabo v motorjih. Zaradi tega se običajno izvaja v industrijskem ali polindustrijskem obsegu, kjer je mogoče ustrezno upoštevati varnostne in okoljske predpise.

V nasprotju s tem je recikliranje rabljenega jedilnega olja v sveče preprosta, varna in ustvarjalna alternativa, ki jo lahko izvedejo doma – tudi otroci s pomočjo odraslih. Izdelava sveč ne vključuje nobenih nevarnih kemikalij in zahteva le osnovno opremo, kot so kalupi, stenji in eterična olja za dišavo.

Poleg estetske in funkcionalne vrednosti sveče iz odpadnega olja na oprijemljiv način prikazujejo, kako se lahko škodljiv odpadni material preoblikuje v nekaj lepega in uporabnega. Pravzaprav je izdelava sveč doma verjetno najbolj ekološka oblika recikliranja olja, saj odpravlja potrebo po dolgih transportnih verigah, povezanih s proizvodnjo biodizla, in zmanjšuje celoten okoljski odtis.

Ta domači pristop ne le ozavešča o trajnostnih praksah, temveč tudi opolnomoča skupnosti, da sodelujejo v rešitvah krožnega gospodarstva – kar iz svojih kuhinj.

# Comparison: Biodiesel vs. Candles from Used Cooking Oil



## BIODIESEL



## CANDLES

 <p><b>Main purpose</b> Fuel for vehicles and machines</p>	 <p><b>Lighting and ambiance</b></p>
 <p><b>Scale of production</b> Industrial or semi-industrial</p>	 <p><b>Domestic or small-scale</b></p>
 <p><b>Key ingredients</b> Used cooking oil, methanol/ethanol, sodium or potassium hydroxide</p>	 <p><b>Low - simple, safe DIY process</b></p>
 <p><b>Use of hazardous materials</b> Yes - methanol (toxic, flammable), strong bases (NaOH, KOH - corrosive)</p>	 <p><b>No hazardous materials</b></p>
 <p><b>Need for equipment</b> Specialized equipment and safety gear</p>	 <p><b>Basic kitchen tools</b></p>
 <p><b>Environmental impact</b> Reduces fossil fuel use, but involves transport and industrial emissions</p>	 <p><b>Extremely low - especially if candles are made and used locally</b></p>
 <p><b>Children-friendly</b> Not suitable</p>	 <p><b>With adult supervision kit (<a href="http://www.oilright.eu">www.oilright.eu</a>)</b></p>

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## BIODIESEL



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# UPCYCLING USED COOKING OIL

## 3.2 HOW TO MAKE CANDLES FROM USED COOKING OIL

There are two common methods for making candles from used cooking oil, but both begin with the same essential step: filtering the oil.

### Step 1: Preparation and Filtering

Before use, it's important to let the used oil sit in a container for at least 24 hours. This natural sedimentation process allows heavier food particles and impurities to settle at the bottom.

Once the oil has rested, gently heat it. Warming the oil helps remove any remaining moisture and reduces its viscosity, making it flow more easily. This significantly improves the speed and effectiveness of filtration.

To filter the oil, simply pour it through a single layer of paper towel (if it's a multi-ply towel, just separate one layer), cheesecloth, a fine mesh strainer, or another filtering tool. This removes small food residues and other particles that could affect the final product.

### Simple Steps Before Candle-Making: Filtering Used Cooking Oil



#### Let the oil rest

Pour the used oil into a container and let it sit for at least 24 hours or allow natural sedimentation.



#### Heat gently

Warm the oil on low heat. This drives out excess water and improves flow for faster filtering.



#### Filter the oil

Pass the oil through a single-layer paper towel, cheesecloth, or fine mesh strainer.



#### Ready to use

The filtered oil should be free of food particles and ready for candle-making.

# RECIKLIRANJE RABLJENEGA JEDILNEGA OLJA

## 3.2 KAKO NAREDITI SVEČE IZ RABLJENEGA JEDILNEGA OLJA

Obstajata dve pogosti metodi za izdelavo sveč iz rabljenega jedilnega olja, vendar se obe začneta z istim bistvenim korakom: filtriranjem olja.

### 1. korak: Priprava in filtriranje

Pred uporabo je pomembno, da rabljeno olje pustite v posodi vsaj 24 ur. Ta naravni proces sedimentacije omogoča, da se težji delci hrane in nečistoče usedejo na dno.

Ko olje počiva, ga nežno segrejte. Segrevanje olja pomaga odstraniti preostalo vlago in zmanjša njegovo viskoznost, zaradi česar lažje teče. To znatno izboljša hitrost in učinkovitost filtracije.

Za filtriranje olja ga preprosto prelijte skozi eno plast papirnate brisače (če gre za večplastno brisačo, ločite samo eno plast), gazo, fino cedilo ali drugo orodje za filtriranje. S tem odstranite majhne ostanke hrane in druge delce, ki bi lahko vplivali na končni izdelek.

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#### Ready to use

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## **Step 2: Candle-Making – Two Simple Methods**

Once the oil is clean and ready, you can proceed with one of the following methods:

### **A. Oil Lamp Candle (No Wax Needed)**

This method is the easiest and requires no wax. These candles burn with a warm, steady flame and are ideal for quick, low-waste use.

#### **Instructions:**

1. Prepare the Wick Holder: If using a jar with a lid, you can poke a small hole in the lid to hold the wick. Alternatively, a small piece of metal (like a bottle cap with a hole) can serve as a floating wick holder.
2. Fill the Jar: Pour water into the jar first, filling it about halfway. Then, carefully pour the filtered used cooking oil on top. The oil will float on the water. This reduces the amount of oil needed and can help if the lamp accidentally tips over.
3. Insert the Wick: Thread your cotton wick through the holder, ensuring enough wick is submerged in the oil to draw it up, and about 0.5 to 1 cm (0.2 to 0.4 inches) extends above the holder.
4. Saturate the Wick: Allow the wick to fully soak in the oil for at least 10-15 minutes before lighting. This prevents the wick itself from burning too quickly.
5. Light and Adjust: Light the exposed end of the wick. Adjust the wick height as needed to control the flame size. A smaller flame will burn longer and produce less smoke.

## 2. korak: Izdelava sveč – dve preprosti metodi

Ko je olje čisto in pripravljeno, lahko nadaljujete z eno od naslednjih metod:

### A. Sveča za oljno svetilko (vosek ni potreben)

Ta metoda je najlažja in ne zahteva voska. Te sveče gorijo s toplim, enakomernim plamenom in so idealne za hitro uporabo z malo odpadkov.

#### Navodila:

1. Pripravite držalo za stenj: Če uporabljate kozarec s pokrovom, lahko vanj naredite majhno luknjo, da boste vanj vstavili stenj. Lahko pa kot plavajoče držalo za stenj služi majhen kos kovine (na primer pokrovček steklenice z luknjo).
2. Napolnite kozarec: Najprej v kozarec nalijte vodo, približno do polovice. Nato na vrh previdno prelijte prefiltrirano rabljeno jedilno olje. Olje bo plavalo na vodi. To zmanjša potrebno količino olja in lahko pomaga, če se svetilka po nesreči prevrne.
3. Vstavite stenj: Skozi držalo napeljite bombažni stenj, pri čemer pazite, da je v olju dovolj stenja, da ga lahko izvlečete, in da sega približno 0,5 do 1 cm nad držalo.
4. Namočite stenj: Preden prižgete, pustite, da se stenj vsaj 10–15 minut popolnoma namaka v olju. To prepreči, da bi sam stenj prehitro zgorel.
5. Prižig in nastavitve: Prižgite izpostavljeni konec stenja. Po potrebi prilagodite višino stenja, da nadzorujete velikost plamena. Manjši plamen bo gorel dlje in proizvajal manj dima.

## **B. Solid Candle (With Wax Blend)**

This version creates more traditional, solid candles:

1. Gently heat a mix of filtered used cooking oil and natural wax (such as soy wax or beeswax). A common ratio is 60–70% wax to 30–40% oil, depending on desired consistency.
2. Stir the mixture until fully melted and blended.
3. Add a few drops of essential oil for fragrance (optional).
4. Pour the hot mixture into a mold or container with a wick in place.
5. Let it cool and harden—this usually takes a few hours.

The result is a stable, eco-friendly candle that burns cleanly and slowly.

For those who prefer a ready-made solution, DIY kits for making solid candles are available on the market. These kits typically include all necessary ingredients: natural wax pre-blended with non-toxic fragrances and dyes, wicks, and wick holders.

One such product is offered under the Oilright brand. More information is available at: [www.oilright.eu/](http://www.oilright.eu/).



## B. Trdna sveča (z mešanico voska)

Ta različica ustvarja bolj tradicionalne, trdne sveče:

Nežno segrejte mešanico filtriranega rabljenega jedilnega olja in naravnega voska (kot je sojin vosek ali čebelji vosek). Običajno razmerje je 60–70 % voska in 30–40 % olja, odvisno od želene gostote.

Mešanico mešajte, dokler se popolnoma ne stopi in premeša.

1. Za dišavo dodajte nekaj kapljic eteričnega olja (neobvezno).
2. Vročo zmes vlijte v kalup ali posodo z nameščenim stenjem.
3. Pustite, da se ohladi in strdi – to običajno traja nekaj ur.
4. Rezultat je stabilna, okolju prijazna sveča, ki gori čisto in počasi.

1. Za tiste, ki imajo raje že pripravljene rešitve, so na trgu na voljo kompleti za izdelavo sveč iz masivnega materiala, ki jih lahko sami naredite. Ti kompleti običajno vključujejo vse potrebne sestavine: naravni vosek, predhodno pomešan z nestrupenimi dišavami in barvili, stenje in držala za stenje.

2. Eden takšnih izdelkov je na voljo pod blagovno znamko Oilright.
3. Več informacij je na voljo na spletni strani: [www.oilright.eu/](http://www.oilright.eu/).



## Safety Precautions for Making and Using Recycled Oil Candles

Whether you're making simple oil lamp candles or solid wax candles from used cooking oil, it's important to follow basic safety guidelines to ensure a safe and enjoyable experience:

- Never leave a burning candle or oil lamp unattended. Always extinguish the flame before leaving the room.
- Place candles on a stable, non-combustible surface, away from flammable materials such as curtains, paper, or clothing.
- Keep candles and hot materials out of reach of children and pets.
- Do not move a lit candle or lamp. Wait until the container has cooled completely.
- Never refill or adjust a candle or oil lamp while it is burning.
- Ensure the area is well-ventilated while the candle or lamp is burning.
- Used cooking oil may emit a slight odor depending on what was cooked in it. Filtering the oil thoroughly before use helps reduce unwanted smells.
- When melting wax or heating oil, use a double boiler or low heat to avoid overheating, which can be a fire hazard.
- Do not overfill containers with hot wax or oil. Leave space at the top to prevent spillage.
- Have a fire extinguisher or other fire-safety materials (like sand or a damp cloth) readily available when working with open flames.



By following these simple precautions, you can safely enjoy making and using eco-friendly candles from waste cooking oil.

## Varnostni ukrepi za izdelavo in uporabo sveč iz recikliranega olja

Ne glede na to, ali izdelujete preproste sveče za oljne svetilke ali sveče iz trdnega voska iz rabljenega jedilnega olja, je pomembno upoštevati osnovna varnostna navodila, da zagotovite varno in prijetno izkušnjo: Nikoli ne puščajte goreče sveče ali oljne svetilke brez nadzora. Vedno ugasnite plamen, preden zapustite sobo.

1. Sveče postavite na stabilno, negorljivo površino, stran od vnetljivih materialov, kot so zavese, papir ali oblačila.
2. Sveče in vroče predmete hranite izven dosega otrok in hišnih ljubljencev.
3. Ne premikajte prižgane sveče ali svetilke. Počakajte, da se posoda popolnoma ohladi.
4. Nikoli ne polnite ali nastavlajte sveče ali oljne svetilke, medtem ko gori.
5. Med gorenjem sveče ali svetilke poskrbite za dobro prezračevanje prostora.
6. Rabljeno jedilno olje lahko oddaja rahel vonj, odvisno od tega, kaj se je v njem kuhalo. Če olje pred uporabo temeljito filtrirate, zmanjšate neželene vonjave.



Pri taljenju voska ali segrevanju olja uporabite dvojni kotel ali nizko temperaturo, da preprečite pregrevanje, ki lahko povzroči nevarnost požara.

1. Posod ne napolnite preveč z vročim voskom ali oljem. Na vrhu pustite prostor, da preprečite razlitje.
2. Pri delu z odprtim ognjem imejte pri roki gasilni aparat ali druge materiale za požarno varnost (kot sta pesek ali vlažna krpa).

Z upoštevanjem teh preprostih varnostnih ukrepov lahko varno uživate v izdelavi in uporabi okolju prijaznih sveč iz odpadnega jedilnega olja.

# UPCYCLING USED COOKING OIL

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## 3.2 FIRE STARTERS

Filtered used cooking oil can be repurposed to create simple but effective fire starters, offering a practical way to extend the utility of a common kitchen "waste" product.

### Homemade Oil Lamps

For a simple DIY oil lamp, you'll need a heat-safe glass jar (like a Mason jar), a cotton wick (you can often use thick cotton string or a strip of cotton fabric), and your filtered used cooking oil.

### Fire Starters

Used cooking oil makes an excellent, long-burning accelerant for fire starters. It helps kindling catch and sustain a flame for longer than paper alone.

#### Instructions:

1. Gather Absorbent Material: Collect dry, absorbent materials like newspaper, cardboard, dryer lint, sawdust, or cotton balls.
2. Saturate with Oil: Drizzle or spray the filtered used cooking oil liberally onto the absorbent material, ensuring it's thoroughly soaked. For dryer lint or sawdust, mix it directly with the oil in a bowl until saturated.
3. Form and Store:
  - For newspaper or cardboard, you can roll or fold it into tight "logs" or "bundles."
  - For lint or sawdust, press the oily mixture into small molds (like egg carton sections) or simply form into small balls.
  - Store these fire starters in a sealed, non-flammable container (e.g., a metal tin or glass jar) to prevent oil leakage and to keep them ready for use.

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## 3.2 VŽIGALNIKI OGNJA

Filtrirano rabljeno jedilno olje se lahko ponovno uporabi za ustvarjanje preprostih, a učinkovitih vžigalnikov ognja, kar ponuja praktičen način za razširitev uporabnosti običajnega kuhinjskega "odpadnega" izdelka.

### Domače oljne svetilke

Za preprosto oljno svetilko, ki jo lahko naredite sami, boste potrebovali toplotno odporen steklen kozarec (kot je kozarec Mason), bombažni stenj (pogosto lahko uporabite debelo bombažno vrvico ali trak bombažne tkanine) in filtrirano rabljeno jedilno olje.

### Vžigalniki ognja

Rabljeno jedilno olje je odlično pospeševalo gorenja za vžigalnike ognja z dolgim gorenjem. Pomaga, da les ujame in vzdržuje plamen dlje kot sam papir.

#### Navodila:

Zberite vpojni material: Zberite suhe, vpojne materiale, kot so časopisni papir, karton, vlakna iz sušilnega stroja, žagovina ali vate.

Namočite z oljem: Prefiltrirano rabljeno jedilno olje obilno pokapajte ali popršite po vpojnem materialu in se prepričajte, da je temeljito prepojen. Za vlakna ali žagovino iz sušilnega stroja ga zmešajte neposredno z oljem v skledi, dokler ni prepojeno.

#### Oblika in trgovina:

Časopis ali karton lahko zvijete ali prepognete v tesne "hlode" ali "snope".

Za vlakna ali žagovino oljnato mešanico stisnite v majhne modelčke (kot so deli kartona za jajca) ali preprosto oblikujte v majhne kroglice.

Te vžigalne naprave shranjujte v zaprti, negorljivi posodi (npr. kovinski pločevinki ali steklenem kozarcu), da preprečite puščanje olja in jih ohranite pripravljene za uporabo.

**To Use:** Place the oily material under your kindling and wood in a fireplace, campfire, or barbecue. Ignite the oily material with a match or lighter. The oil will help it burn slowly and consistently, giving your larger fuel a better chance to ignite.

**Safety for Fire Starters with Used Cooking Oil:**

- **Only use for starting fires in designated and safe areas** (e.g., fireplaces, fire pits, wood stoves).
- **Do not use excessive amounts of oil**, as this can create too large a flame or produce excessive smoke.
- **Ensure good ventilation** when using indoors.
- **Never use in a way that could cause an uncontrolled fire.**
- **Store fire starters in a cool, dry place**, away from direct heat or open flames.
- **Do not use for starting fires in highly enclosed spaces** without proper ventilation, as incomplete combustion can produce harmful byproducts.

You're doing great with building out this comprehensive guide! I'll enhance the "Infused Oils" section with more detail, practical tips, and a stronger emphasis on both culinary and non-culinary applications, while reinforcing safety.

**Uporaba:** Oljni material položite pod drva in drva v kaminu, tabornem ognju ali žaru. Oljni material prižgite z vžigalico ali vžigalnikom. Olje bo pomagalo, da bo gorel počasi in enakomerno, kar bo dalo večjemu gorivu boljšo možnost, da se vžge.

**Varnost pri kurjenju ognja z rabljenim jedilnim oljem:**

Uporabljajte samo za kurjenje ognja na za to določenih in varnih mestih (npr. kamini, kurišča, peči na drva).

Ne uporabljajte prevelikih količin olja, saj lahko to povzroči prevelik plamen ali prekomerno dimljenje.

Pri uporabi v zaprtih prostorih zagotovite dobro prezračevanje.

Nikoli ne uporabljajte na način, ki bi lahko povzročil nenadzorovan požar.

Vžigalne naprave shranjujte na hladnem in suhem mestu, stran od neposredne toplote ali odprtega ognja.

Ne uporabljajte za zažiganje ognja v tesno zaprtih prostorih brez ustreznega prezračevanja, saj lahko nepopolno zgorevanje povzroči škodljive stranske produkte.

**Odlično sestavljate ta obsežen vodnik! Razdelek »Infuzirana olja« bom obogatil s podrobnostmi, praktičnimi nasveti in večjim poudarkom na kulinarični in nekulinarični uporabi, hkrati pa bom okrepil varnost.**

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## 4. INFUSED OILS: AROMATIC AND FUNCTIONAL

Infused oils are a fantastic way to capture and extend the essence of herbs, spices, and citrus, transforming simple oils into aromatic and functional ingredients. They add depth of flavor to your cooking and can also be incorporated into homemade skincare or cleaning products, further minimizing waste from often-discarded kitchen scraps.

### 4.1 Using Herb Stems and Citrus Peels

Rather than tossing out woody herb stems (like rosemary, thyme, or oregano) or fragrant citrus peels, give them a second life by infusing them into oil. This method extracts their volatile compounds, creating oils rich in flavor and aroma.

Suitable Scraps for Infusion:

- Herb Stems: Rosemary, thyme, oregano, marjoram, sage, basil stalks (ensure they are very clean and dry).
- Citrus Peels: Lemon, orange, grapefruit, lime (peel only, avoid the bitter white pith).
- Other Flavorful Scraps (ensure dry): Garlic skins (cleaned), ginger peels, chili stems (for spicy oil).

### Instructions for Warm Infusion (Quick Method):

1. Prepare Scraps: Thoroughly wash and completely dry your herb stems or citrus peels. Moisture is the enemy of infused oils and a significant safety concern (see 4.2). If using peels, make sure there is no white pith attached.
2. Choose Your Oil: Select a neutral-tasting oil that complements your infusion, such as olive oil, sunflower oil, grapeseed oil, or a lighter vegetable oil.
3. Warm Infusion: In a small saucepan, combine your clean, dry scraps with the chosen oil. Use a ratio that allows the scraps to be submerged, typically about 1 part scraps to 2–3 parts oil.

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## 4. INFUZIRANA OLJA: AROMATIČNA IN FUNKCIONALNA

Infuzirana olja so fantastičen način za zajemanje in razširitev bistva zelišč, začimb in citrusov, saj preprosta olja spremenijo v aromatične in funkcionalne sestavine. Vaši kuhinji dodajo globino okusa in jih lahko vključite tudi v domače izdelke za nego kože ali čistila, s čimer še dodatno zmanjšate količino odpadkov zaradi pogosto zavrženih kuhinjskih ostankov.

### 4.1 Uporaba zeliščnih stebel in olupkov citrusov

Namesto da zavržete lesnata stebila zelišč (kot so rožmarin, timijan ali origano) ali dišeče lupine citrusov, jim dajte drugo življenje tako, da jih namakate v olju. Ta metoda izvleče njihove hlapne spojine in ustvari olja, bogata z okusom in aromo.

#### 1. Primerni ostanki za infuzijo:

**Stebila zelišč:** rožmarin, timijan, origano, majaron, žajbelj, stebila bazilike (poskrbite, da bodo zelo čista in suha).

**Lupine citrusov:** limona, pomaranča, grenivka, limeta (samo lupina, izogibajte se grenki beli kožici).

**Drugi okusni ostanki (poskrbite, da bodo suhi):** olupki česna (očiščeni), ingverjeve lupine, stebila čilija (za pikantno olje).

- Navodila za toplo infuzijo (hitra metoda):
- Priprava ostankov: Stebila zelišč ali lupine citrusov temeljito operite in popolnoma posušite. Vlaga je sovražnik olj, ki se uporabljajo v olju, in pomemben varnostni pomislek (glejte 4.2). Če uporabljate lupine, se prepričajte, da na njih ni belega pulpe.
- Izberite svoje olje: Izberite olje nevtralnega okusa, ki se dopolnjuje z vašo poparkom, na primer olivno olje, sončnično olje, olje grozdnih pešk ali lažje rastlinsko olje.
- Topel poparek: V majhni kozici zmešajte čiste, suhe ostanke mesa z izbranim oljem. Uporabite razmerje, ki omogoča, da se ostanki mesa potopijo v vodo, običajno približno 1 del mesa na 2–3 dele olja.

**Alternative: Cold Infusion (Slower Method):** For a more gradual and delicate infusion, combine clean, dry scraps with oil in a clean jar, seal it, and let it sit in a cool, dark place for 1–2 weeks, shaking gently every day or two. Strain and bottle as above. This method is often preferred for more delicate herbs.

Applications for Infused Oils:

- Culinary: Drizzle over salads, roasted vegetables, pasta, grilled meats, or use in marinades and dressings. Citrus-infused oil is excellent for baking or adding a bright note to fish.
- Skincare: Herb-infused oils can be soothing for skin. (Always patch-test on a small area first).
- Cleaning: Citrus-infused oils can enhance the cleaning power and scent of homemade cleaning sprays.

#### 4.2 Storage Safety: Preventing Botulism

When making homemade infused oils, especially those involving garlic, herbs, or vegetables, botulism prevention is paramount. *Clostridium botulinum* spores can thrive in anaerobic (oxygen-free), low-acid, moist environments, and produce a deadly toxin. Improperly stored homemade infused oils are a known risk factor.

**Crucial precautions to ensure safety:**

- Always dry ingredients thoroughly! This is the most critical step. Any moisture on the herbs, garlic, or peels can create an anaerobic environment for bacteria. After washing, thoroughly pat dry, and consider air-drying for several hours or even lightly baking at a very low temperature (e.g., 50°C) until completely free of moisture.
- After infusion, strain the oil meticulously to remove every single solid particle of herb, garlic, or peel.
- Always store infused oils containing fresh herbs or garlic in the refrigerator. This significantly slows down bacterial growth.
- Even with refrigeration, these oils have a limited shelf life. Use them within 1–2 weeks.
- Clearly label your bottles with the date of preparation and a list of ingredients.
- If the oil appears cloudy, smells off, or shows any signs of mold, discard it immediately. When in doubt, throw it out.

**Alternativa: Hladna infuzija (počasnejša metoda):** Za bolj postopno in nežno infuzijo zmešajte čiste, suhe ostanke zelišč z oljem v čistem kozarcu, ga zaprite in pustite stati na hladnem in temnem mestu 1–2 tedna, pri čemer vsak dan ali dva nežno pretresite. Precedite in ustekleničite, kot je opisano zgoraj. Ta metoda je pogosto boljša za bolj nežna zelišča.

**Uporaba infuziranih olj:**

**Kulinarika:** Prelijte po solatah, pečeni zelenjavi, testeninah, mesu na žaru ali pa ga uporabite v marinadah in prelivih. Olje z okusom citrusov je odlično za peko ali dodajanje živahne note ribam.

**Nega kože:** Olja z zelišči lahko pomirjajo kožo. (Vedno najprej preizkusite na majhnem predelu kože).

- **Čiščenje:** Olja z okusom citrusov lahko okrepijo čistilno moč in vonj doma narejenih čistilnih razpršil.

#### 1.4.2 Varnost shranjevanja: preprečevanje botulizma

- Pri pripravi domačih olj z vonjem, zlasti tistih s česnom, zelišči ali zelenjavo, je preprečevanje botulizma najpomembnejše. Spore bakterije *Clostridium botulinum* lahko uspevajo v anaerobnem (brez kisika), nizkokislinskem in vlažnem okolju ter proizvajajo smrtonosni toksin. Nepravilno shranjena domača olja z vonjem so znan dejavnik tveganja.

**Ključni previdnostni ukrepi za zagotovitev varnosti:**

Sestavine vedno temeljito posušite! To je najpomembnejši korak. Vsaka vlaga na zeliščih, česnu ali lupinah lahko ustvari anaerobno okolje za bakterije. Po pranju sestavine temeljito posušite s tapkanjem in razmislite o sušenju na zraku nekaj ur ali celo rahlem pečenju pri zelo nizki temperaturi (npr. 50 °C), dokler niso popolnoma brez vlage.

Po infuziji olje skrbno precedite, da odstranite vsak trdni delček zelišča, česna ali lupine.

Olja, ki vsebujejo sveža zelišča ali česen, vedno shranjujte v hladilniku. To znatno upočasni rast bakterij.

Tudi če jih hranite v hladilniku, imajo ta olja omejen rok uporabnosti. Porabite jih v 1–2 tednih.

Steklenice jasno označite z datumom priprave in seznamom sestavin.

Če je olje motno, ima neprijeten vonj ali kaže znake plesni, ga takoj zavržite. V primeru dvoma ga zavržite.

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## 5. BENEFITS OF UPCYCLING KITCHEN WASTE

Beyond the immediate satisfaction of creating something new, embracing upcycling in the kitchen offers a multitude of tangible benefits that extend from your home to the planet.

- **Environmental Impact:** Upcycling kitchen waste directly contributes to a circular economy. It significantly reduces the volume of waste sent to landfills, which in turn helps to lower methane emissions—a potent greenhouse gas produced by decomposing organic matter. This practice conserves natural resources that would otherwise be used to create new products, lessening the overall environmental footprint of your household.
- **Economic Savings:** By transforming scraps into useful products, you save money that would otherwise be spent on purchasing items like commercial broths, specialized cleaners, or expensive body scrubs. This approach fosters a more self-reliant household where creativity replaces consumption, leading to tangible financial benefits over time.
- **Creative & Educational Engagement:** Upcycling encourages a mindset of innovation and resourcefulness. It transforms mundane kitchen tasks into opportunities for experimentation and learning. This process can be particularly educational for families, teaching children the value of resources, the concept of waste reduction, and the endless possibilities of repurposing materials. It promotes a deeper connection to the food you consume and the resources it represents.

With minimal effort, common kitchen scraps can be transformed into useful, eco-friendly products. Upcycling not only reduces waste but also redefines the value of what we once considered disposable. Whether you're simmering a broth, crafting a scrub, or blending a biofuel, you're part of a sustainable shift toward circular living.

# RECIKLIRANJE RABLJENEGA JEDILNEGA OLJA

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## 5. PREDNOSTI RECIKLIRANJA KUHINJSKIH ODPADKOV

Poleg takojšnjega zadovoljstva ob ustvarjanju nečesa novega, uporaba recikliranih izdelkov v kuhinji ponuja številne oprijemljive koristi, ki segajo od vašega doma do planeta.

**Vpliv na okolje:** Recikliranje kuhinjskih odpadkov neposredno prispeva h krožnemu gospodarstvu. Znatno zmanjša količino odpadkov, ki se odlagajo na odlagališča, kar posledično pomaga zmanjšati emisije metana – močnega toplogrednega plina, ki nastaja pri razgradnji organskih snovi. Ta praksa ohranja naravne vire, ki bi se sicer uporabili za ustvarjanje novih izdelkov, s čimer se zmanjša celotni okoljski odtis vašega gospodinjstva.

**Ekonomski prihranki:** S preoblikovanjem ostankov hrane v uporabne izdelke prihranite denar, ki bi ga sicer porabili za nakup izdelkov, kot so komercialne jušne osnove, specializirana čistila ali dragi pilingi za telo. Ta pristop spodbuja bolj samostojno gospodinjstvo, kjer ustvarjalnost nadomešča potrošnjo, kar sčasoma vodi do oprijemljivih finančnih koristi.

**Ustvarjalna in izobraževalna udeležba:** Predelava spodbuja miselnost inovativnosti in iznajdljivosti. Vsakdanja kuhinjska opravila spreminja v priložnosti za eksperimentiranje in učenje. Ta proces je lahko še posebej izobraževalen za družine, saj otroke uči o vrednosti virov, konceptu zmanjševanja odpadkov in neskončnih možnostih ponovne uporabe materialov. Spodbuja globljo povezanost s hrano, ki jo uživajte, in viri, ki jih predstavlja.

- Z minimalnim trudom lahko običajne kuhinjske ostanke spremenimo v uporabne in okolju prijazne izdelke. Z recikliranjem ne le zmanjšamo količino odpadkov, temveč tudi na novo opredelimo vrednost tistega, kar smo nekoč imeli za enkratno uporabo. Ne glede na to, ali kuhate juho, izdelujete piling ali mešate biogorivo, ste del trajnostnega prehoda na krožno življenje.



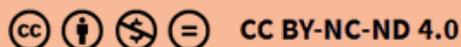
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**Eco-cuisine**  
Cooking for a sustainable future

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