



# NEWSLETTER



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## GLOBAL GATHERING FOR SUSTAINABLE KITCHENS

Copenhagen buzzed with sustainable energy from April 25th to 27th as Rub & Stub hosted a three-day zero waste cooking workshop. Fifteen participants from Cyprus, Bulgaria, Denmark, and Slovenia convened to explore the art of minimizing household food waste. The hands-on approach saw attendees collaboratively cooking zero-waste lunch and snacks for each other.

## Mastering the Art of Food Waste Reduction

The workshop offered a deep dive into mindful food practices. Engaging trivia and insightful presentations covered vital areas: general understanding of food waste, optimal food storage, smart meal planning, effective portion control, and identifying potential food waste. Participants gained practical strategies to make the most of their ingredients and reduce unnecessary discards.



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## UNLOCKING CULINARY POTENTIAL IN OVERLOOKED INGREDIENTS

A highlight of the workshop was the creative transformation of overlooked items. Wilted vegetables were revitalized, day-old bread reimaged, and even aquafaba found exciting new uses. Attendees also delved into the techniques of pickling and preserving, learning to extend the life of produce and reduce reliance on packaged goods.



## CULTIVATING A ZERO WASTE MINDSET

The three days fostered a collaborative spirit, leaving participants with newfound culinary skills and a strengthened commitment to zero waste living. Armed with practical knowledge and inspiration, they departed Copenhagen ready to cultivate more sustainable kitchens and communities back home.



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