



Save Food. Waste less.
Τέρμα στη σπατάλη τροφίμων!

LIFE-FOODPRINT After-LIFE Plan

Actions for dissemination and sustainability for the period 2023-2028

Issued

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Project Summary

Title: LIFE-FOODPRINT [LIFE19 GIE/CY/001166]

Project location: CYPRUS

Coordinating Beneficiary:

DIAS Publishing House Public LTD

Project duration: 01/09/2019 – 30/04/2023

Project budget: 1,017,369 €

Associated Beneficiaries:

Department of Environment, Ministry of Agriculture, Rural Development and Environment

EC Contribution: 551,903 €

(%) of eligible costs: 54.25%

Friends of the earth (Cyprus)

Opinion & Action Services Ltd

Cyprus Employers and Industrialists Federation

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Introduction



The Project was created in order to address the issue of food waste in Cyprus. For the implementation of the project the following objectives were specified:

- Promote and disseminate information among the targeted audiences on the scale of the food waste problem, their contribution in addressing it, possible solutions and the benefits that come from reducing food waste.
- Minimize the food waste that is generated and wasted, starting from our target groups (i.e. businesses, consumers etc.) by reinforcing their awareness and knowledge about food waste prevention and responsible behavior.
- Support the process of achieving the national targets set regarding the Circular Economy (10% reduction of the total municipal waste going to landfills by 2035).
- Contribute to the EU effort to meet the Sustainable Development Goal (SDG) 12.3, adopted in September 2015, which targets to halve per capita food waste at the retail and consumer level by 2030, and reduce food losses along the food production and supply chains.
- Enhance social consciousness on how to Reduce instead of how to Recycle as part of the EU's Circular Economy Strategy. Consequently, the project will contribute to a smoother transition of Cyprus society to the Circular Economy Strategy.
- Support the Government and local authorities to create enabling policy environments that stimulate food waste prevention and reduction initiatives, including economic incentives for application of the waste hierarchy (e.g. fiscal incentives for food donation, tax reliefs etc.).
- Strengthen the collaboration between all actors of the food supply chain which is crucial in achieving more sustainable food systems. Undertake initiatives to promote industrial symbiosis between businesses and transform food waste to resources for the receiving businesses

The project addressed the environmental problem of food loss and food waste. In Cyprus the production of MSW per capita is 624 kg/cap/y (2013), remarkably higher than EU average (481 kg/cap/y) and is increasing over the years. The total production of MSW was 542,000 tons in 2013. Moreover, management of MSW is at a very basic level as the country depends mainly on landfilling (79%), whereas recycling and composting are 12% and 9% respectively (2013). It is estimated that solid waste in general contributes around 14% of Cyprus GHG emissions (National Plan for Energy & Climate 2021-2030). Minimizing food waste will have a positive impact on GHG emissions and the carbon footprint of Cyprus.

The main pillars of sustainability for the project's achievement rely on personal and practical content, easy to understand information and the coverage of a wide array of topics in a communication-intensified manner. Sustainability in communication actions will be ensured through attracting attention, making persuasive statements, initiating strategies to foster change and thinking carefully about the selected audience. The aim is to implement actions that will be self-sustained or provide people the necessary means to contribute in achieving the project objectives and the national and European goals on food waste.

Food waste in Cyprus is mainly driven by buying more food than needed as shown by the 'initial poll' implemented by Sigmalive with 48% of participants admitting buying more food than needed. A Driver of food waste behavior is the socio-demographic factors of consumers such as the size and income of a household and the age of the consumers - older consumers tend to produce less food waste. A systematic effort is needed to change old attitudes and bridge the gap between intention and food waste behavior.

The island also faces a lack of infrastructure for separate collection and management of organic waste. The high production of food waste in Cyprus, makes it a good target for initiatives aiming to prevent food waste through an integrated communication campaign addressing key stakeholders. Educating people to reduce food waste will not only save the value of food but also create economic benefits in terms of waste management. Since there is no real data on the current level of awareness/behavior trends of consumers on food waste to provide a baseline, an initial Quantitative research took place in October 2021 was performed to get information; 7 out of 10 consumers in 9 out of 10 homes they have a surplus sometimes or always, and about 55% of the consumers throw this surplus to the trash. The majority of consumers (81,7%) state that they throw away 10% -30% of food they buy in a typical week. The average in the whole sample is 23%. That is, almost a quarter of the food purchased, ends up in the trash. The main feeling mentioned by consumers when they throw food away, is a feeling of guilt (56%) and secondly that of waste of money (46%). Environmental impact is the concern of only three out of ten consumers. One out of ten is completely indifferent.

Project Scope & Objectives

The LIFE-Foodprint project aims to address the issue of food waste in Cyprus by promoting responsible behavior and educating stakeholders on the benefits of reducing food waste. The project had set several objectives, including:

1. Disseminating information: The project aims to promote and disseminate information among targeted audiences about the scale of the food waste problem, their contribution in addressing it, possible solutions, and benefits that come from reducing food waste.

2. Minimizing food waste: The project aims to minimize food waste generated by reinforcing awareness and knowledge about food waste prevention and responsible behavior, starting from target groups such as businesses and consumers.

3. Supporting national targets: The project aims to support the process of achieving the national targets set regarding the Circular Economy, which includes a 10% reduction of the total municipal waste going to landfills by 2035.

4. Contributing to SDG 12.3: The project aims to contribute to the EU effort to meet the Sustainable Development Goal (SDG) 12.3, which targets to halve per capita food waste at the retail and consumer level by 2030 and reduce food losses along the food production and supply chains.

5. Enhancing social consciousness: The project aims to enhance social consciousness on how to reduce instead of how to recycle as part of the EU's Circular Economy Strategy. Consequently, the project will contribute to a smoother transition of Cyprus society to the Circular Economy Strategy.

6. Supporting policy environments: The project aims to support the government and local authorities to create enabling policy environments that stimulate food waste prevention and reduction initiatives, including economic incentives for application of the waste hierarchy.

7. Strengthening collaboration: The project aims to strengthen the collaboration between all actors of the food supply chain, which is crucial in achieving more sustainable food systems.

8. Promoting industrial symbiosis: The project aims to undertake initiatives to promote industrial symbiosis between businesses and transform food waste to resources for the receiving businesses.

Project Location

CYPRUS

The Project was created to tackle the issue of food waste in Cyprus. During its implementation, various objectives were identified, including promoting awareness and disseminating information on the scale of the food waste problem and possible solutions, minimizing food waste, supporting the circular economy, enhancing social consciousness, supporting government policies, and strengthening collaboration among stakeholders. The project aimed at reducing the carbon footprint of Cyprus, where food waste is a significant contributor to greenhouse gas emissions. The island also faces challenges related to infrastructure for managing organic waste. Through an integrated communication campaign, the project sought to change attitudes towards food waste and create economic benefits in waste management. Overall, the project covered all the cities of the Republic of Cyprus through the several activities aimed to make a significant contribution to reducing food waste in Cyprus and promoting sustainable food systems.



AFTER-LIFE

Dissemination & Sustainability Plan

To ensure that the impact of the LIFE FOODPRINT project is sustained beyond its completion, a comprehensive dissemination and communication plan will be implemented. The first action is to maintain the project's FOODPrintcy website and linked websites related to the Collaboration Platform and the FOODPrint Calculator. This will enable stakeholders to access the wealth of information generated by the project, including the tools and resources that have been developed. To ensure the continuity of the website, the content will be hosted for five years by Opinon & Action. In addition, the website will be linked to SIGMAlive, the most popular news website in Cyprus.

To reach a wider audience & keep stakeholders engaged, partners will continue to update the social media with posts from the rich FoodPrint material. This will keep the conversation going and provide a platform for stakeholders to share their experiences, ideas, and best practices related to food waste prevention. Moreover, to further disseminate the findings of the project, a series of articles will be written updating local audiences about the foodwaste management policies in Cyprus and the EU.

The partners overall will commit in a series of promo activities such as tv interviews, radio interviews, articles, newsletters, and public awareness activities to promote the project and its goals.

For Instance DIAS will continue with media activations Online and Printed, Friends of Cyprus will expand the Collaboration Platform and use new opportunities to maintain and develop it so as to become a stable tool for Food Donation in Cyprus. The Department of Environment will continue the networking meetings and share policy changes and policy suggestions based on the results of the project.

The dissemination and communication plan will ensure that the project's impact is sustained, and its findings are used to drive positive change in the Cypriot food system. All activities are specified in the following section.

Target Groups

| Primary Target Groups | Secondary Target Groups | Stakeholders |
|---|---|--|
| Businesses F&H, Professionals F&H, Citizens, and Communities | Internal partners' network, Media, Collective national bodies, Decision makers, Policy makers, | Educational institutions, Civil society, European platform on Food Loss and Food Waste |

COMMUNICATION APPROACH

- Promotingf environmental awareness and approach in the hospitality/tourism and catering sectors.
- Activating and involving them in some of the actions.
- Developing new skills, adopting environmentally friendly behaviors, applying best practices in their future workplace
- Training in techniques to reduce food waste and food storage, transfer knowledge to workplaces.
- Information about the project through events, exhibitions, consultations, workshops, practical activities, etc.



Main Actions of the After-LIFE Plan

DIAS PUBLISHING HOUSE

| | Actions | Timeframe | Working hours | COST |
|---|--|-----------------------|---|----------------|
| 1 | E-banners: 3 e-banners will be designed linked to key communication messages of the Foodprint project and Foodwaste. The three e-banners with the e-banner created about the collaboration platform will be uploaded on the Dias and Sigmalive websites for the next five years. Specifically, each banner will be uploaded for twenty days each year. | May 2023- May 2028 | estimated €400 for total of working hours €1500 per e-banner on the portal | €4900 |
| 2 | Ads in printed press: The ads will be done in one of the three printed magazines of Dias or the Nationwide newspaper. 5 How to guide excerpts will be placed and one ad about the collaboration platform. One ad per year will be placed. | May 2023- May 2028 | estimated €200 for total of working hours €1500 per ad | €7700 |
| 3 | Distribution of informational material in at least 3 Dias events per year. Informational material will be A4 pads, How to guide manual, tote bags. | May 2023- May 2028 | €5000 to produce material including material costs & working hours | €5000 |
| 4 | Promotion of Communication Messages and Incorporating the messages and Foodprint results in Media Campaigns. One campaign per year for three years | May 2023- May 2026 | €2000 per year | €6000 |
| 5 | Creation of 5 more celebrity videos | May 2023- May 2026 | €1500 per video | €7500 |
| 6 | Creation in collaboration with PSC articles on updates on foodwaste on a National level which will be uploaded on Sigmalive. 2 articles will be published per year for a duration of three years | May 2023- May 2026 | estimated €400 for total of working hours €1500per article | €3400 |
| 7 | Participation in networking events to promote the results of Foodprint. One event per year for the next five years | May 2023- May 2028 | estimated €400 for total of working hours +travel expenses | €650 |
| 8 | Apply for one application which will upscale/replicate/follow-up on a result of the project. | May 2023- May 2028 | €1200 | €1200 |
| 9 | Continue radio interviews, on topics relevant to Foodprint and foodwaste updates on a national level. One interview per year for five years. | May 2023- May 2028 | €500 per interview (estimated working hours, travel expenses & fees) | €2500 |
| | | | TOTAL | €38,850 |

PARPOUNAS SUSTAINABILITY CONSULTANTS

| | Actions | Timeframe | Working hours | COST |
|--------------|--|-------------------------------------|-----------------|---------------|
| C.1.2 | PSC will write 6-7 articles on topics such as: New research on food waste, information regarding developments about food waste, information regarding continuing Foodprint project actions e.g. Food Donation platform by FoE. Articles will be promoted in Social media pages and website of the project, and if possible in additional social media accounts/websites and magazines. | Within 3 years after end of project | 6-8 hrs/article | €1500/article |
| B.3.3 | Childrens activity toolkit has been introduced in the curriculum of Ministry of Education. In addition the toolkit will remain available on the Pedagogical Institute website so that it can be used by teachers. | – | – | – |
| A.2.1 | PSC will aim to share the Foodprint quantitative research results on consumers' behaviours for write up of academic articles. | Within 1 year after end of project | – | – |
| | PSC can maintain the project banner on website. | For 3 years after end of project | – | – |
| | | | TOTAL | €10500 |

OEB

| | Actions | Period | Personel | Travel | Other | Overheads | Estimated cost |
|---|--|--|--|------------------------------------|--|------------|----------------|
| 1 | Organisation in collaboration with the Environment Department the Annual FoodPrint Awards to businesses under the unbrella of «CY GPP AWRADS 2023» (GPP-Green Public procurement). (one of the main criteria will be the participation of the winning company in the FoodPrint Collaboration Platform) | 2023 | 1 director x 8 hours x 45 €/hour, 1 Senior Officer x 37.5 hours x 35 €/hour, 1 Officer x 75 hours x 25 €/hour Total: € 3547.5 | € 100 | Hosting expensens (catering, venue, awards) for 20 people: € 3.000 | € 1,661.88 | € 8,309.38 |
| 2 | Promotion of the Good Practice Guide and training material (action B2.2) developed by lifeFoodPrint through the Measure "Promotion of Circular Economy in the Hotel Industry" (50 hotels) for the coaching of the hotels' employee | May of 2023 | 1 Senior Officer x 140 hours x 35 €/hour Total:€ 4.900 | € 1.500 euro (50 hotels in Cyprus) | Meal expenses for 1 person 50 visits x 25 euro/person = € 1250 | € 1,912.50 | € 9,562.50 |
| 3 | Promotion of articles to be written by Parpounas Sustainability Consultants | Whenever will be ready | 1 Officer x 5 hours x 25 €/hour = € 125 | - | - | € 31.25 | € 156.25 |
| 4 | e-banner of the project | The e banner of the project will be on OEB website until the end of the 2023 | 1 Officer x 1 hour x 25 €/hour = € 25 | - | - | € 6.25 | € 31.25 |
| | | | | | | Total = | € 18,059.38 |

As part of our commitment to ensuring the sustainability and impact of the food donation platform developed by Friends of the Earth Cyprus, we will engage with stakeholders over the next two years to encourage their registration and use of the platform. This commitment includes the following actions:

Friends of the Earth

| | Actions | Timeframe | Working hours | COST |
|----|--|-----------|---|-------|
| 1. | Maintenance of the platform (updates, IT support, domain etc.) | 2 years | - | €1000 |
| 2. | Meeting stakeholders: We will schedule meetings with relevant stakeholders, including food businesses, charitable organizations, and government agencies, to introduce them to the platform and its features. | 2023-2026 | For travel 10 networking meetings in Nicosia with stakeholders * 21.6 = 216 x 10 = 2160 euros For admin costs for 10*1h networking meetings * 1 person * rate of coordinator = 1200 euros | €3360 |
| 3. | Guiding stakeholders: For the next 2 years, we commit to providing one-on-one guidance and support to stakeholders throughout the registration process and assisting them with any questions or concerns. | 2023-2025 | Admin costs for 10 one-on-one 1h meetings * 1 person * rate of coordinator = 1200 euros Creation of how-to videos x 3 = 900 euros | €2100 |
| 4. | Providing ongoing support: We will be available to provide ongoing support until 2024 to stakeholders as they use the platform and will address any issues or concerns they may encounter. | 2023-2024 | - | - |
| 5. | Dissemination of platform through different types of media to reach difference audience. | 2024-2026 | 5 x TV interventions virtually of physical - 5 x radio interventions - 5 x articles for platform online and in newspaper in English and Greek (will aim for Turkish too) = 1875 euros (1h of work each) | €1875 |
| 6. | Attending events: We will attend relevant events, such as food waste summits, sustainability fairs, and industry conferences, and use these opportunities to promote the food donation platform and its connection to the project. | 2023-2025 | 2 persons X 2 visits X 2 days = 4400 euros | €4400 |

Friends of the Earth

| | Actions | Timeframe | Working hours | COST |
|----|---|-----------|---|------|
| 7. | <p>The next event is a presentation on sustainable cooking at the Swedish embassy invited by the H.E. the Ambassador of Sweden, Mr. Martin Hagström. We commit to continue attending similar events.</p> <p>Speaking engagements: We will offer to speak at events and conferences on food waste in Cyprus, highlighting the importance of the food donation platform as a solution to this issue.</p> <p>Networking: We will network with relevant stakeholders and partners at events and use these opportunities to build new relationships and explore new opportunities for collaboration.</p> | 2023 | – | – |
| 8. | <p>Identifying potential partners: We will actively seek out other organizations working on food waste reduction or sustainable food systems in Cyprus and beyond and identify opportunities for collaboration.</p> <p>For this, we will disseminate project results with Friends of the Earth's networks – our next call will be May 10th 2023 with Zero Waste Europe network (Representatives from France, Croatia, Italy, Brussels and the network will be there) will aim for more</p> | 2023 | 5 1h meetings + preparation 2h x 2 people from the organisation = 450 euros | €450 |
| 9. | <p>Exploring new projects: We will explore opportunities to partner with these organizations on new projects or initiatives that build on the work of the current project and align with our shared goals.</p> <p>Sharing knowledge: We will actively share our experiences and knowledge with our partners and stakeholders, and seek to learn from their experiences and expertise in turn (related to point 8)</p> | 2023 | – | – |

Friends of the Earth

| | Actions | Timeframe | Working hours | COST |
|-----|---|-----------|---|-------------------|
| 10. | Writing articles: We will continue to research and write articles on food waste in Cyprus and beyond, highlighting the impact of the issue on the environment and society and sharing best practices and solutions for reducing food waste. | 2023-2025 | 1 personnel x 10 articles x rate of personnel = 750 euros | €750 |
| 11. | Share food waste-related blogs with our mailing list and other stakeholders, using social media and other communication channels to reach a broader audience (1 interaction per month) | 2023-2025 | 10 Sponsored interactions x 24 = 240 euros | €240 |
| 12. | We will be attempting to initiate discussion on the change of legislation regarding food donation, which we will support actively. | 2025 | – | – |
| | | | TOTAL | €13,185.00 |

The Department of Environment has integrated the results and deliverables of the LIFE FoodPrint project into its actions and policies to strengthen the reduction of food waste. It aims to create a sustainable and waste-free economy and society. The project focuses on raising awareness and providing information to the public and businesses. To address the challenges, collaboration from public, semi-public, and private sectors is essential to change Cypriot citizens' culture and habits regarding food waste.

Cyprus promotes rational waste management through a legal framework, and state policies emphasize waste prevention, including food waste. The Municipal Waste Management Plan 2022-2028 and the Waste Prevention Program outline measures to prevent waste generation, including specific actions related to the food sector.

Additionally, the National Action Plan for the Circular Economy 2021-2027 emphasizes municipal waste management and fostering a circular economy culture. The Environment Department plans to fully utilize the LIFE FoodPrint project's results and deliverables in various policies, including the Waste Prevention Program and the LIFE-IP CYzero WASTE project, where the Department serves as the coordinator.

Department of Environment

| | Actions | Timeframe | Working hours | COST |
|----|---|-----------|--|--------|
| 1. | Implementation of a food waste production monitoring system, in accordance with the provisions of Decision (EU) 2019/1597, to quantify the baseline of food waste production in Cyprus, in order to identify the area of food waste reduction in primary, processing, distribution, retail trade, others and households. A platform for integration of quantities has been prepared which needs upgrading. A study will be conducted to record the amounts of food waste throughout the supply chain. The study will be carried out for the year 2024 | 2024 | €50.000 platform costs €4.000 working hours | €54000 |
| 2. | Development of an Action Plan to reduce food waste and design a road map. The Action Plan will include measures in the following areas: (g) Primary sector: Measures to promote the reduction of food waste in the primary sector and strengthen the sustainability of the food system. (h) Processing sector: Measures to support the food processing sector to reduce food waste, optimize the production process of products and avoid food waste, including the following: Support research and innovation and the implementation of pilot programmes, aimed at modifying the production process, optimizing food transport, distribution and sales practices to reduce food waste and loss and strengthen the sustainability of the food system, as well as to promoting the design and development of new innovative products derived from food waste. Supporting small and medium-sized food enterprises to strengthen knowledge acquisition and capacity building processes to promote good food waste reduction practices. | 2023-2028 | €50.000 Action Plan Design €8.000 working hours | €58000 |
| 3. | Promote information and awareness of food waste in educational curricula and integrate thematic module on food waste into agricultural vocational training programs to raise awareness of food waste prevention practices. | 2023-2028 | €4.000 working hours | €4000 |

Department of Environment

| | Actions | Timeframe | Working hours | COST |
|----|--|-----------|--|-------|
| 4. | <p>Promotion of food donation by businesses operating in the retail trade and hospitality sector, including extreme actions: Identify and address barriers/constraints, develop specifications/criteria for food donation and improve the existing legislative framework to enable and encourage food donation.</p> <p>Encouraging the donation of food by businesses operating in the retail trade and in the hospitality and catering sector.</p> <p>Support of tourist catering and hospitality through the provision of advice and guidance.</p> <p>Supporting local initiatives to prevent and reduce food waste.</p> <p>Evaluating the possibility of providing financial incentives for food donation.</p> <p>Support the creation of an online platform for food donation.</p> <p>Support initiatives of non-governmental and public benefit organizations to prevent and reduce food waste and create food donation infrastructure.</p> | 2023-2028 | <p>€5.000 promo actions</p> <p>€4.000 working hours per year</p> | €9000 |
| 5. | Improvement of food labeling regarding expiration and storage and consumer information campaigns. | 2023-2028 | <p>€2.000 awareness actions</p> <p>€2.000 working hours per year</p> | €4000 |
| 6. | Strengthening the educational programs of the Ministry of Education, Sports and Youth in primary, secondary and tertiary education, in collaboration with the Cyprus Pedagogical Institute for all waste streams and the principles of the circular economy and implementation of actions for the prevention of waste generation and reuse in schools, with the aim of cultivating environmental awareness and behavior based on the circular economy | 2023-2028 | €2.000 working hours per year | |
| 7. | Adopting the award system in catering and hospitality businesses as an incentive to reduce food waste. | 2023-2028 | €3.000 working hours per year | |

Department of Environment

| | Actions | Timeframe | Working hours | COST |
|-----|---|-----------|---|---------|
| 8. | Promotion of the circular economy in the hotel sector, within the framework of the implementation of the National Action Plan for the Circular Economy 2021 – 2027 and the establishment of a Circular Economy Certification System for hotel facilities as part of the Measure "Promotion of the Circular Economy in Hotel Facilities", which will certify hotel facilities that aim to apply the principles of the circular economy (where the reduction of waste and the reuse of products and materials are an integral part) | 2023-2028 | €70000 budget within the National Action Plan | €70000 |
| 9. | Preparation of a zero waste/circular economy action plan to promote reuse tailored to the tourism sector in collaboration with the Deputy Ministry of Tourism and representatives of the tourism industry. | 2023-2028 | €80.000 for services for the implementation of the plan €8.000 working hours | €88.000 |
| 10. | Promote the voluntary implementation of pay-as-you-go or return and refill systems in tourist accommodation (removing bins from rooms and providing pre-paid waste bags, encouraging recycling through a resort-based deposit return scheme, etc.). | 2023-2028 | €2.000 awareness actions €2.000 working hours per year | |
| 11. | Setting a target within the action plans (measures 1.10 and 1.13) and developing indicators to monitor progress in waste prevention in general and specifically for the tourism sector. | 2023-2028 | €4.000 working hours | €4.000 |
| 12. | Strengthen Green Public Procurement by including circular economy principles in tendering processes and incorporating criteria for more circular products (durable, reusable, repairable, easier to maintain and recycle and products with recycled content) and services. | 2023-2028 | | €10.000 |
| 13. | Awareness campaigns for the prevention of waste generation, including the promotion and promotion of environmental actions related to the prevention of waste generation, within the framework of the European Waste Prevention Week, each November | 2023-2028 | | €30.000 |

Department of Environment

| | Actions | Timeframe | Working hours | COST |
|-----|--|-----------|---|------------|
| 14. | Conducting national campaigns, with their control taking place centrally through the co-ordinating body to be established. Campaigns will promote general behavior change messages related to sustainable waste management and the circular economy and should use a range of traditional and social media platforms. | 2023-2028 | €1,000,000 (included in the Municipal Waste Management Plan - until 2028) | €1.000.000 |
| 15. | Promote the creation of a network of local waste management advisors to help support local authority initiatives and provide advice to citizens and businesses. | 2023-2028 | €4.000 working hours | €240 |
| 16. | Inclusion in local waste prevention plans to be drawn up, local campaigns for households and businesses, focusing on local initiatives and services. | 2023-2028 | Estimated cost: €3,000,000 (included in the Municipal Waste Management Plan 2022-2028) The cost of additional actions will be determined on a case-by-case basis by ATA | €3,000,000 |
| 17. | Cooperation with the Cyprus Human Resources Development Authority (HRDA) to strengthen the organization's training programs related to the circular economy and concerning those employed in the private, public and wider public sectors, the self-employed, as well as the unemployed. It concerns all waste streams and practical applications in accordance with the principles of the circular economy and the policies of the state. | 2023-2028 | €4.000 working hours | €4.000 |
| 18. | Collaboration with the Cyprus Academy of Public Administration to integrate employee training programs on waste prevention (all waste streams), recycling, green public contracts, and other issues related to the circular economy and state policies. | 2023-2028 | €4.000 working hours | €4.000 |
| 19. | Training of public procurement workers to raise awareness of the need to include circular economy principles in public procurement in line with the EU Green Public Procurement Manual. | 2023-2028 | €4.000 working hours | €4.000 |

Department of Environment

| | Actions | Timeframe | Working hours | COST |
|-----|---|-----------|--|----------|
| 20. | Conduct information and awareness campaigns specifically focused on the tourism sector, both to hospitality businesses and tourists, including the following: (a) Informing staff of hotels and other tourist facilities to prevent the generation of waste. (b) Inform tourists through clear messages and signage about preventing food waste, preventing the generation of other waste streams, including single-use plastics and packaging, and reusing and recycling. | 2023-2028 | Costs will be determined on a case-by-case basis and according to available resources for information campaigns Estimated cost of working hours: 8000 euros | €8.000 |
| 21. | Implement training programs in the food supply industry and promote strategies to optimize the production process of products and avoid waste. | 2023-2028 | To be determined on a case-by-case basis and according to available resources Manhour costs cannot be calculated at this stage. | – |
| 22. | Food waste information and awareness campaign, which will raise public awareness and provide practical advice and guidance on ways to reduce food waste when buying and managing food in households, restaurants and hotels, etc. | 2023-2028 | Budget: €500,000 (included in the Municipal Waste Management Plan 2022-2028) Estimated cost of working hours: 8000 euros | €508.000 |
| 23. | Implementation of training programs in the catering and hospitality sector to implement good practices for reducing food waste and food waste (calculating and ordering supplies, setting menus, preparation, portion sizes, control of leftovers and leftovers, etc.) and to encourage food donation. | 2023-2028 | It will be determined on a case-by-case basis and according to available resources Estimated cost of working hours: 4000 euros | €4.000 |
| 24. | Creation of a national agency for circular economy and zero waste | 2023-2028 | Budget: €450,000 (included in the Municipal Waste Management Plan 2022-2028) Estimated cost of working hours: 6000 euros | €456.000 |

Department of Environment

| | Actions | Timeframe | Working hours | COST |
|-----|---|-----------|---|----------|
| 25. | Investigating the possibility of creating a prevention/circular economy fund to promote innovation, providing support to small and medium-sized enterprises, in matters related to resource efficiency, waste prevention and re-use, and supporting ATA in the implementation of local waste prevention plans | 2023-2028 | Estimated cost of working hours: 6000 euros | €6000 |
| 26. | Examination of the possibility of a reduction or exemption from the VAT rate (tax relief) on used products and secondary raw materials/declassified waste for their promotion and marketing | 2023-2028 | The potential cost has not been calculated Estimated cost of working hours: 6000 euros | €6000 |
| 27. | Exploring the possibility of easing administrative and financial burdens for reverse supply chain initiatives | 2023-2028 | The potential cost has not been calculated Estimated cost of working hours: 4000 euros | €4000 |
| 28. | Providing incentives to businesses to implement environmental management systems | 2023-2028 | Estimated budget: 70,000-90,000 euros | - |
| 29. | Establish a platform for food waste and agricultural waste (to reduce food waste in primary production, processing, distribution, retail, restaurants and households through a system to measure, reduce and report on food waste) | 2023-2028 | Budget: €200,000 (included in the Municipal Waste Management Plan 2023 to 2027) Estimated cost of working hours: 8000 euros | €208.000 |
| 30. | Establish a voluntary commitment program for businesses across the supply and consumption chain to engage in food waste reduction activities. | 2023-2028 | Actions to inform businesses for their participation in the voluntary program to be designed: €2,000 per year Estimated cost of working hours: 2000 euros per year | €2,000 |
| 31. | Investigating the possibility of incorporating criteria, related to the prevention of waste generation and the principles of the circular economy, during the licensing of businesses by the Deputy Ministry of Tourism | 2023-2028 | Estimated cost of working hours: 4000 euros | €4000 |

Department of Environment

| | Actions | Timeframe | Working hours | COST |
|-----|--|-----------|---|-------------------|
| 32. | LIFE-IP CYzero WASTE project: Promotion of educational and informational materials, research data and deliverables developed through the Life Foodprint project to LIFE-IP CYzero WASTE project partners for use in their own educational/informational seminars. | 2023-2028 | Estimated cost of working hours: 2000 euros | €2000 |
| 33. | Informational & educational programs of the Department of the Environment | 2023-2028 | Estimated cost of working hours: 2000 euros | €2000 |
| 34. | Collaborators: the information material, the Good Practice Guide for businesses, the "How to reduce waste" Handbook and the Food Waste Calculator will be promoted to all cooperating agencies, with a view to their utilization and implementation, where possible, by each agency. | 2023-2028 | Estimated cost of working hours: 1000 euros | €1000 |
| 35. | The cooperation and communication with the Health Services and the corporate scheme will continue throughout the operation of the cooperation platform for food donation, which was developed by the project. | 2023-2028 | Estimated cost of working hours: 2000 euros | €2000 |
| | | | TOTAL | €5.709.000 |

Opinion & Action

| | Actions | Timeframe | Working hours | COST |
|----|---|---------------------|--|----------------|
| 1. | Posts on Social Media (2 every month) = 24 | June 2023-June 2024 | €50 per post | €1200 |
| 2. | FOODprint promotion through MAILCHIMP (6 times in a year) = 6 | May 2023-May 2024 | €150 per newsletter | €900 |
| 3. | Networking with stakeholders in Cyprus or abroad (2 meetings online or offline within the year) = 2 | May 2023-May 2024 | €500 per event (estimated working hours, travel expenses & fees) | €1000 |
| 4. | TV or Radio Interviews to promote projects deliverables (2 within the year) | May 2023-May 2024 | €500 per interview (estimated working hours, travel expenses & fees) | €1000 |
| 5. | Website Update with actions (2,3,4 of this table) | June 2023-June 2024 | €100 per month | €1200 |
| 6. | Website Updates with AfterLife activities of all partners | June 2023-June 2027 | €100 per month | €6000 |
| | | | TOTAL | €11,300 |

AFTER-LIFE TOTAL BUDGET 2023-2028

| | PARTNER | TOTAL OF COST |
|----|-------------------------------------|---------------|
| 1. | DIAS PUBLISHING HOUSE | €38,850 |
| 2. | PSC | €10,500 |
| 3. | OEB | €18,059.38 |
| 4. | FRIENDS OF THE EARTH | €13,185.00 |
| 5. | DEPARTMENT OF ENVIRONMENT | €5,709,000 |
| 6. | OPINION & ACTION | €11,300 |
| | TOTAL OF COSTS | €5,800,894 |
| | AVERAGE PER YEAR(MAY 2023-MAY 2028) | €1,160,179 |

The KPI values were determined based on two (2) parameters 1) with the revision of the values reached by the end of the project within the 3-years of activities and 2) considering the multiple actions that the partners have committed to for the following 5-years. The actions combine media campaigns, and at the same time serious policy actions that will be proven crucial in altering food waste attitudes. Actions such as the National Action Plan for Circular Economy, Educational Programms, Pay-as you go waste management policy and other awareness campaign. (See p.14-28)

AFTER-LIFE KPIs

| | KPI | VALUE END OF PROJECT | VALUE BEYOND |
|----|---|--|---|
| 1. | 1.6 Humans (to be) influenced by the project - Persons who changed their behaviour or practices due to the project actions | 8,000 | 9,000 |
| 2. | 1.6 Humans (to be) influenced by the project - Persons who changed their behaviour or practices due to the project actions | 100,000 | 200,000 |
| 3. | 1.6 Humans (to be) influenced by the project - Persons who may have been influenced via dissemination or awareness raising project-actions (reaching) | 804,445 | 1,000,000 |
| 4. | 3.1 Waste Management - Mass of non-appropriately managed waste | 17,237 tn/year | 34,474 |
| 5. | 3.1 Waste Management - a. Mass reduction due to waste prevention | 17,237 tn/year | 34,474 tn/year |
| 6. | 3.1 Waste Management - c. Mass reduction due to recycling | 3,200 tn/year | 6,400 tn/year |
| 7. | 8.1.1 CO2 | 18.5 kg CO2/person 16988.78 Tons/year | 37 kg CO2/person 33,977 Tons/year |
| 8. | 8.1.2 Other Greenhouse gasses (CH4) | 0.72 kg GHG/person 667.38 Tons GHG/year | 1.44 kg GHG/person 1334.76 Tons GHG/year |

AFTER-LIFE KPIs

| | KPI | VALUE END OF PROJECT | VALUE BEYOND |
|-----|---|----------------------|--------------|
| 9. | 10.2. Involvement of non-governmental organisations (NGOs) and other stakeholders in project activities - NGO | 38 | 50 |
| 10. | 10.2. Involvement of non-governmental organisations (NGOs) and other stakeholders in project activities - Public Body/bodies | 473 | 500 |
| 11. | 10.2. Involvement of non-governmental organisations (NGOs) and other stakeholders in project activities - Other civil society organisations | 25 | 40 |
| 12. | 10.2. Involvement of non-governmental organisations (NGOs) and other stakeholders in project activities - Private for profit | 176 | 276 |
| 13. | 10.2. Involvement of non-governmental organisations (NGOs) and other stakeholders in project activities - Volunteers | 85 | 100 |
| 14. | 10.2. Involvement of non-governmental organisations (NGOs) and other stakeholders in project activities - Other | 20 | 20 |
| 15. | 11.1 Website | 534442 | 70000 |
| 16 | 11.2. Other tools for reaching/raising awareness of the general public -Number of events/exhibitions organised | 9 | 12 |

AFTER-LIFE KPIs

| | KPI | VALUE END OF PROJECT | VALUE BEYOND |
|-----|---|----------------------|--------------|
| 17 | 11.2. Other tools for reaching/raising awareness of the general public - Other distinct media products created (e.g. different videos/broadcast/leaflets) | 10463 | 11000 |
| 18. | 11.2. Other tools for reaching/raising awareness of the general public - Number of articles in print media (e.g. newspaper and magazine articles) | 28 | 35 |
| 19. | 11.2. Other tools for reaching/raising awareness of the general public -Number of different publications made (Journal/conference) | 3 | 5 |
| 20. | 12.1. Networking (mandatory) - Members of interest groups / lobby organisations | 815 | 850 |
| 21. | 13- Jobs | 3 | 2 |
| 22. | 14.1 - Running cost/operating costs during the project and expected in case of continuation/replication/transfer after the project period | 997,209.88 | 4,477,746.88 |



Communication Material for dissemination



ΕΙΣΤΕ ΝΟΙΚΟΚΥΡΙΟ, ΑΤΟΜΟ Η ΕΠΙΧΕΙΡΗΣΗ;
Υπολόγισε τώρα τη σπατάλη τροφίμων σου

Μετρούμε τη σπατάλη για να δούμε
πώς θα τη μειώσουμε



Save Food. Waste less.
Τέρμα στη σπατάλη τροφίμων!



Εκστρατεία ενημέρωσης για
την πρόληψη, τη διαχείριση και
τη μείωση της σπατάλης
τροφίμων



Awareness raising
campaign to prevent,
manage and reduce food
waste



COMPOSTING BOOKLET



Save Food. Waste less.
Τέρμα στη σπατάλη τροφίμων!



ΕΠΙΧΕΙΡΗΣΙΑΚΟ ΠΡΟΓΡΑΜΜΑ
ΕΥΡΩΠΑΪΚΗ ΚΟΙΝΩΝΙΑ ΤΗΣ ΕΞΟΙΚΟΝΟΜΗΣΙΑΣ



Η κοινωνία μας αλλάζει, ο κόσμος αλλάζει,
οι συνήθειές μας
Μπορούμε να κάνουμε τον κόσμο καλύτερο;

Ναι, αλλάζοντας συνήθειες!
Τι τρώμε; Τι αγοράζουμε;
Πόσα τρόφιμα πετάμε;
Πόσα έχουν σπαταληθεί;
Αφαιρούνται τα ταμπέτα μας;
Αφαιρούνται οι συντηρητικοί μας που μπορεί
να έχουν ανάγκη;
Αφαιρούνται τα περιβόδια;
Θέλουμε έναν καλύτερο κόσμο.
Ας δώσουμε ένα τέλος στην σπατάλη τροφίμων!

Ήξερες ότι:



του συνόλου των τροφίμων που παράγονται
σε όλο τον κόσμο χάνεται ή σπαταλάται στην πορεία
από το αγρόκτημα μέχρι το πιάτο.

1,3
δισεκατομμύρια τόνοι
σπαταλημένων τροφίμων
ή
4
φορές το ποσό που χρειάζεται
για να ταΐσει 868 δισεκατομμύρια
πείνασμενους ανθρώπους.

Η Κύπρος παράγει περίπου

155,000 t.
182kg

Έρευνα νοικοκυριού
για την
ΣΠΑΤΑΛΗ
ΤΡΟΦΙΜΩΝ



Παγκόσμια ποσοτική έρευνα*. Οικιακά οργανικά απορρίμματα
Συνήθειες αγοράς και διαχείρισης τροφίμων σε Ευρωπαϊκά νοικοκυριά,
Νοέμβριος 2020



7/10

καταναλωτές στην Κύπρο δηλώνουν
πως αγοράζουν περισσότερα τρόφιμα
απ' όσα χρειάζονται.



23%

των εθνομαζικών αγρών σε τρόφιμα, λαχανικά
και φρούτα πάνε στα απορρίμματα



85%

των κύπριων νοικοκυριών που μαγειρεύει
ή παραγγέλλει, έχει περισσότερα.

*Η έρευνα εκτέλεσε IRI Group Europe. Ήταν ένα έργο που έγινε στο πλαίσιο του προγράμματος, στο οποίο συμμετείχε και

ος Καλών Πρακτικών
μείωσης της
ΣΠΑΤΑΛΗΣ
ΤΡΟΦΙΜΩΝ



η νέα τροφή αποτελεί μία καλή συνήθεια με μεγάλο περιβαλλοντικό
οικονομικό κόστος. Ο καθένας από εμάς μπορεί να συμβάλει στη μείωση
απορριπτικής τροφής ακολουθώντας εύκολους τρόπους διαχείρισης
των τροφών και του φθιμένου τους.

ΜΕΡΟΝΟΜΕ ΕΥΤΥΜΙΑ... ΒΑΖΟΥΜΕ ΤΕΛΟΣ ΣΤΗΝ ΣΠΑΤΑΛΗ ΤΡΟΦΙΜΩΝ



1

Το φαγητό που μένει μετά από κάθε γεύμα
είναι πολύτιμο και δεν θα πρέπει να πετάσσεται.
Καλό θα ήταν να φυλάσσεται στο ψυγείο
και να καταναλώνεται στα επόμενα γεύματα.



2

Φυλάσσουμε πάντα με λίγα αγρών χωρίς
να ξεχνάμε από αυτήν και πάντα
με βάση τις πραγματικές μας ανάγκες.
Επίσης, αποφεύγουμε τις επερίσσειες
στην υπερχρησία με δέουσα σπουδή
επειδή οδηγούν σε φθορά περισσότερων
τροφίμων από όσα χρειάζεσθε.

οιμα πάντα τις προμηθειές λιγότες των
μην που έχουμε στο ψυγείο και στα
άλλα μας. Τοποθετούμε σε μπουκάλια
α και καταναλώνουμε πρώτα αυτά που
είναι καλύτερα. Με αυτό τον τρόπο
οιμα τα προϊόντα που θα καταλήξουν
κοιμήσει μας.

3



4

ΠΡΟΤΙΜΟΥΜΕ ΤΑ ΜΗ
ΠΡΟΣΧΕΛΕΝΑΖΜΕΝΑ
ΦΡΟΥΤΑ ΚΑΙ ΛΑΧΑΝΙΚΑ
ΓΙΑ ΝΑ ΑΓΟΡΑΖΟΥΜΕ
ΑΠΟΤΕΛΕΣΤΗ ΤΗΝ
ΠΟΣΟΤΗΤΑ ΠΟΥ
ΧΡΕΙΑΖΟΜΑΣΤΕ

7

Στα οικογενειακά τραπέζια υπολογίζουμε
τα προϊόντα που θα αγοράσουμε και θα
στοματώσουμε ανάλογα με τους καλεσμένους
και τα φαγητά που θα φέρουμε κι αυτά.

8

Καταψύχουμε για μεγαλύτερη
χρήση τα φρούτα που έχουν
υψηλά ποσοστά. Έτσι
φρούτα μπορούν να
χρησιμοποιηθούν
για την παρασκευή μαρμελάδας
ή μιλκσάν.

5

Η σωστή φύλαξη των τροφίμων σε κατάλληλα
δοχεία αυξάνει τον χρόνο ζωής τους. Ειδικά τα λαχανικά
πρέπει να τοποθετούνται σε αεροστεγή δοχεία για να
παρουσιάζουν φρέσκια. Δεν τα αποθηκεύουμε
με την σακούλα από την αγορά, η υγρασία είναι ο χειρότερος εχθρός της διατήρησης ενός τους.



6

1-5
-18

Διατηρούμε τα στεγνά προϊόντα και τα θερμοκρασία του
ψυγείου. Η δέουσα θερμοκρασία συντήρησης του
ψυγείου είναι 1-5 βαθμοί κελσίου και αντίστοιχα,
η θερμοκρασία κατάψυξης είναι -18 βαθμοί
κελσίου. Με τις σωστές θερμοκρασίες διατηρούμε
για μεγαλύτερο χρονικό διάστημα φρέσκα τα
τρόφιμα μας.

9

Δεν πετάμε το ψωμί που μας έμεινε.
Το καταψύχουμε και όταν το χρειαζόμαστε,
βγάζουμε μερικές φέτες λίγες ώρες πριν το
καταναλώσουμε. Επίσης, μπορούμε να ψήσουμε
το ψωμί στο φούρνο
και να φτιάξουμε
παστάκια ή κρουτόν ή
ακόμα και να το αλέσουμε
δημιουργώντας τριμμένη φρυγανιά για διάφορες
άλλες παρασκευές.

Οδηγός Καλών Πρακτικών
μείωσης της
ΣΠΑΤΑΛΗΣ
ΤΡΟΦΙΜΩΝ



9

Δεν πετάμε το ψωμί που μας έμεινε.
Το καταψύχουμε και όταν το χρειαζόμαστε,
βγάζουμε μερικές φέτες λίγες ώρες πριν το
καταναλώσουμε. Επίσης, μπορούμε να ψήσουμε
το ψωμί στο φούρνο
και να φτιάξουμε
παστάκια ή κρουτόν ή
ακόμα και να το αλέσουμε
δημιουργώντας τριμμένη φρυγανιά για διάφορες
άλλες παρασκευές.



10



Τα οργανικά απόβλητα όπως φλούδες ή τσούφια αυγών
ή ακόμη και φρούτα και λαχανικά που δεν προλάβουμε
να καταναλώσουμε τα τοποθετούμε σε κάδους
κομποστοποίησης. Σε λίγους μήνες
θα έχουμε ένα άριστο λίπασμα για τα φυτά μας.

11

ΠΑΡΑΤΗΡΟΥΜΕ ΠΟΙΑ ΠΡΟΪΟΝΤΑ
ΠΕΤΑΜΕ ΠΙΟ ΣΥΧΝΑ ΚΑΙ ΣΕ ΠΟΙΕΣ
ΠΟΣΟΤΗΤΕΣ. ΣΤΗΝ ΕΠΟΜΕΝΗ
ΕΠΙΣΚΕΨΗ ΜΑΣ ΣΤΗΝ ΥΠΕΡΑΓΟΡΑ
ΑΓΟΡΑΖΟΥΜΕ ΜΟΝΟ ΟΣΑ
ΠΡΑΓΜΑΤΙΚΑ ΚΑΤΑΝΑΛΩΝΟΥΜΕ

12



Το φαγητό που μας περίσσεψε
από έξοδο το ζητάμε σε πακέτο
για κατανάλωσή του σε επόμενο
γεύμα, είτε για να το προσφέρουμε
σε κάποιον που το έχει ανάγκη, ή
ακόμα και για τα κατοικίδια μας



HOW-TO MANUAL

zero foodwaste CHALLENGE



Δημιούργησε μια 7ημερη zero food-waste πρόκληση για τον εαυτό σου.

Ημέρα 1: Φωτογραφίστε τα γεύματά σας πριν και αφού τελειώσετε το φαγητό. Εκτιμήστε την ποσότητα που σας απέμεινε και πως θα μπορούσατε να τη μειώσετε. "Τροφή για σκέψη".

Ημέρα 2: Προγραμματίστε από πριν τα γεύματά που θέλετε να μαγειρέψετε για την επόμενη εβδομάδα και περιορίστε τα υλικά που θα αγοράσετε στο συγκεκριμένο ανταγείς για να τα αξιοποιήσετε πλήρως.

Ημέρα 3: Μαθε περισσότερα για την ημερομηνία λήξεως πάνω σε προϊόντα, ποιά η διαφορά του "best before" και "use-by".

Ημέρα 4: Δημιούργησε μια λίστα με τα τρόφιμα που έχεις στο ντουλάπι σου σημειώνοντας τις ημερομηνίες λήξης και τοποθετήστε μπροστά ότι μπορεί να χαλάσει πιο σύντομα για να τα χρησιμοποιήσεις στην επόμενη σου συνταγή.

Ημέρα 5: Βελτίωσε τον τρόπο αποθήκευσης των λαχανικών σου. Μην τοποθετήσεις κατάντες, ντομάτες, σκόρδο και κρεμμύδια στο ψυγείο. Κάποια λαχανικά αντέχουν περισσότερο καιρό αποθηκευμένα τα σε χαρτίνη σακούλα (π.χ. μανιτάρια).

Ημέρα 6: Γίνεσαι φίλος με τον καταρκτη σου. Αν προσέξεις ότι τα λαχανικά σου ξεκίνησαν να μαραίνουν κόψε τα σε κύβους, καταψύξε τα υπολείμματα των γευμάτων, ζωμούς, γεύματα όπως σούπες.

Ημέρα 7: Χρησιμοποιήστε υπολείμματα φαγητών με δημιουργικούς τρόπους. Κόκοι καφέ - ξεφύλα αμάρας ή λιασμά για τα φυτά σου, φρούτα που κείρασαν - μάσκα προσώπου (μπανάνας και αβγό), φλούδες λεμονιού - καθαριστικό σπιτιού.



FOODprint project is co-funded by the LIFE Programme of the European Union



REDUCE
RE-USE
RECYCLE



**REDUCE
ΜΕΙΩΣΕ**

την αγορά επιπλέον τροφίμων που δεν θα καταναλώσεις σε εύλογο χρονικό διάστημα. Η μείωση της κατανάλωσης είναι μια μέθοδος

αποφυγής που βοηθά στην μείωση του προβλήματος της σπατάλης τροφίμων. Είναι πιο εύκολο να αποφύγουμε κάτι παρά να προσπαθήσουμε να το διασώσουμε γι' αυτό και η μείωση κατανάλωσης πρέπει να έχει πρωταρχικό ρόλο στο πως καταναλώνουμε.



**RE-USE
ΕΠΑΝΑΧΡΗΣΙΜΟΠΟΙΗΣΕ**

τρόφιμα που περισσεύουν. Είτε με κομποστοποίηση, είτε δωρεά σε φάρμες για την δημιουργία ζωτροφής. Υπάρχουν μέθοδοι που μπορείς να χρησιμοποιήσεις για να ανακυκλώσεις επιπλέον τρόφιμα παρά να τα πετάξεις.



**RECYCLE
ΑΝΑΚΥΚΛΩΣΕ**

τα τρόφιμα που περισσεύουν. Είτε με κομποστοποίηση, είτε δωρεά σε φάρμες για την δημιουργία ζωτροφής. Υπάρχουν μέθοδοι που μπορείς να χρησιμοποιήσεις για να ανακυκλώσεις επιπλέον τρόφιμα παρά να τα πετάξεις.



MANTRA



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HOW-TO MANUAL

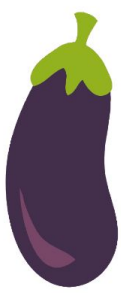


Καταψύχουμε για μελλοντική χρήση τα φρούτα που έχουν ωριμάσει αρκετά. Μπορούν να χρησιμοποιηθούν για την παρασκευή μαρμελάδας, γλυκών ή smoothies.

Αποθηκεύουμε απομεινάρια λαχανικών ή ακόμη και κόκκαλα για την παρασκευή γευστικών ζωμών. Οι ζωμοί μπορούν να αποθηκευτούν στο θάλαμο για μελλοντική χρήση.



Το παλιό ψωμί πριν χαλάσει, μπορεί να χρησιμοποιηθεί για την Παρασκευή διάφορων ντιπ, όπως σκορδαλιά, πατέ ελιάς, για την Παρασκευή bread pudding και για κεφτέδες, ρολό, σιεφταλιά αφού μουλιάσει σε ελαιόλαδο ή γάλα.



ΚΑΛΕΣ ΠΡΑΚΤΙΚΕΣ

Φυσικά σε όλους μας αρέσει ένα φρεσκο φτιαγμένο γεύμα της ημέρας. Αρκετές φορές όμως μας περισσεύει φαγητό της προηγούμενης ημέρας. Αυτό το περίσσειμα εάν αποθηκευτεί σωστά μπορεί να καταναλωθεί την επόμενη ημέρα, είτε να χρησιμοποιηθεί για μια καινούργια δημιουργική συνταγή!

Συχνότητα πλεονάσματος τροφίμων

Στα περισσότερα νοικοκυριά, όταν παρασκευάζεται ή παραγγέλλεται φαγητό, υπάρχει πλεόνασμα τροφίμων που δεν καταναλώνεται. Σε δύο στα δέκα νοικοκυριά αυτό συμβαίνει τις περισσότερες φορές, ενώ σχεδόν σε επτά στα δέκα, μερικές φορές. Μόνο το 14% των νοικοκυριών σχεδόν ποτέ δεν έχουν υπολείμματα.

ΠΗΓΗ: Main Quantitative Research-Cyprus, Oct 2020 / LIFE-Foodprint



FOODprint project is co-funded by the LIFE Programme of the European Union





Save Food. Waste less.
Τέρμα στη σπατάλη τροφίμων!



LIFE-FOODPRINT

The project is co-funded by the LIFE Programme of the European Commission

Implementation Period September 2019 - April 2023



LIFE19 GIE/CY/001166

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