



Together We Strive
VOPS 26/2022



BALANCE
nutrition and well-being



NWAMI INTERNATIONAL
MALTA
NETWORKING FOR WORLD AWARENESS OF MULTICULTURAL INTEGRATION

Global Minimum Waste Cuisine Workshop



Malta Council for the
VOLUNTARY SECTOR

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Voluntary Organisations Project Scheme



GOVERNMENT OF MALTA
MINISTRY FOR INCLUSION,
VOLUNTARY ORGANISATIONS
AND CONSUMER RIGHTS



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Malta Council for the
VOLUNTARY SECTOR



FIGHT

FOUR

WASTES

It's estimated that over 800 million people in the world don't have enough food to eat.

How often do you throw food away?

Are you mindful about your food waste?



The importance of food waste prevention:

- Preventing food waste saves valuable resources and our planet
- Methane gas is released when food rots. Methane gas is a potent greenhouse gas, affecting climate change and global warming.
- A large amount of energy is conserved in the process before food even makes it to our plates. From the growing of crops, to manufacturing, transportation and selling of food.
- Around 84% of food waste in the European Union comes from household food waste, restaurants, hotels, food service and retail outlets.
- Food waste is a huge detriment to the environment, buying less means saving more, as well as conserving energy and resources.

Did you know?

It takes 100 buckets of water to make a loaf of bread.

Every year, each person in Malta generates 62kg of food waste!

1 in 9 people don't have enough food to eat - that's 793 million people left undernourished.

Frozen fruit and vegetables are your friend. They're nutritious and last much longer.

Wasting one burger wastes the same amount of water as a 90min shower.





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Reducing food waste is the 3rd most effective way of addressing climate change!



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Sustainable eating

Fruit and vegetables use less energy and water to grow when compared to other food types

Beans and pulses count towards your five a day, contain fibre and protein and are budget-friendly foods

Freeze fruit and vegetables or buy frozen to prevent waste

Tips on reducing food waste

Get creative in the kitchen

- Storing leafy greens - wash, thoroughly dry with a tea towel and place in between sheets of kitchen roll paper and store in a container in the fridge.
- Grate scraps of vegetables in porridge – this will also increase your plant diversity intake and fibre in your diet to feed the good bacteria in your intestines (carrots, parsnips, sweet potato, beetroot, zucchini, pear, apples all work really well)
- Add leftover fruit/vegetables to smoothies, soups or juices or freeze
- Use leftover roasted vegetables to make a frittata or blend with stock to make a soup





- Turn your herbs into a homemade pesto – blend with olive oil, a nut of choice, salt and pepper then freeze in small jars or ice cube trays.
- Freeze lemon juice in ice cube trays
- Use the peel/rind of citrus fruit to make preserved lemons, orange or jams
- Eggs – when you see them getting close to their expiry date, beat them and freeze in zip lock bags. Place in a bowl of warm water for a couple of minutes and then cook.
- Milk – if you're going on holiday or away for the weekend, freeze.
- Use lemon rind and peel to infuse water or add extra flavor to dishes
- Use ripe bananas to sweeten baked goods such as banana bread or baked porridge
- Make stock – with leftover broccoli/cauliflower stalk, carrot tops, onion or garlic peel, carrot peel etc and/or animal bones such as fish, chicken, beef or lamb – use as a base for soups, stews and risotto and freeze in small jars or ice cube trays.

Understanding food labels

There is a difference between 'best before' and 'use by.'

Best before – still safe to eat after the date.

Use by – no longer safe to eat after the date.



Shop Wisely

- Introduce mindfulness into your meal planning
- Make a meal plan before going to the supermarket
- Check your fridge/pantry when making your food shopping list to prevent over buying and impulse buys. You will save food and money!
- Think of a few recipes you'd like to cook and buy ingredients accordingly
- Never go to the supermarket hungry – you will end up buying more than you need!
- Use up leftovers before buying more food items



Making food last

Fermented foods: You can ferment almost every vegetable you desire from cabbage, to cucumber, radishes, carrots, cauliflower, olives and capers.

Freezing foods: inactivates bacteria, mould and parasites.

Preserves and jams

Infusing oils and vinegar with fresh herbs or garlic.

Donate & share food: take a packed lunch of leftovers to work for a colleague or share foods you buy in bulk, such as from the Farmer's market with family and friends.

Compost: food scraps enrich the soil and reduce the need for chemical fertilisers.





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