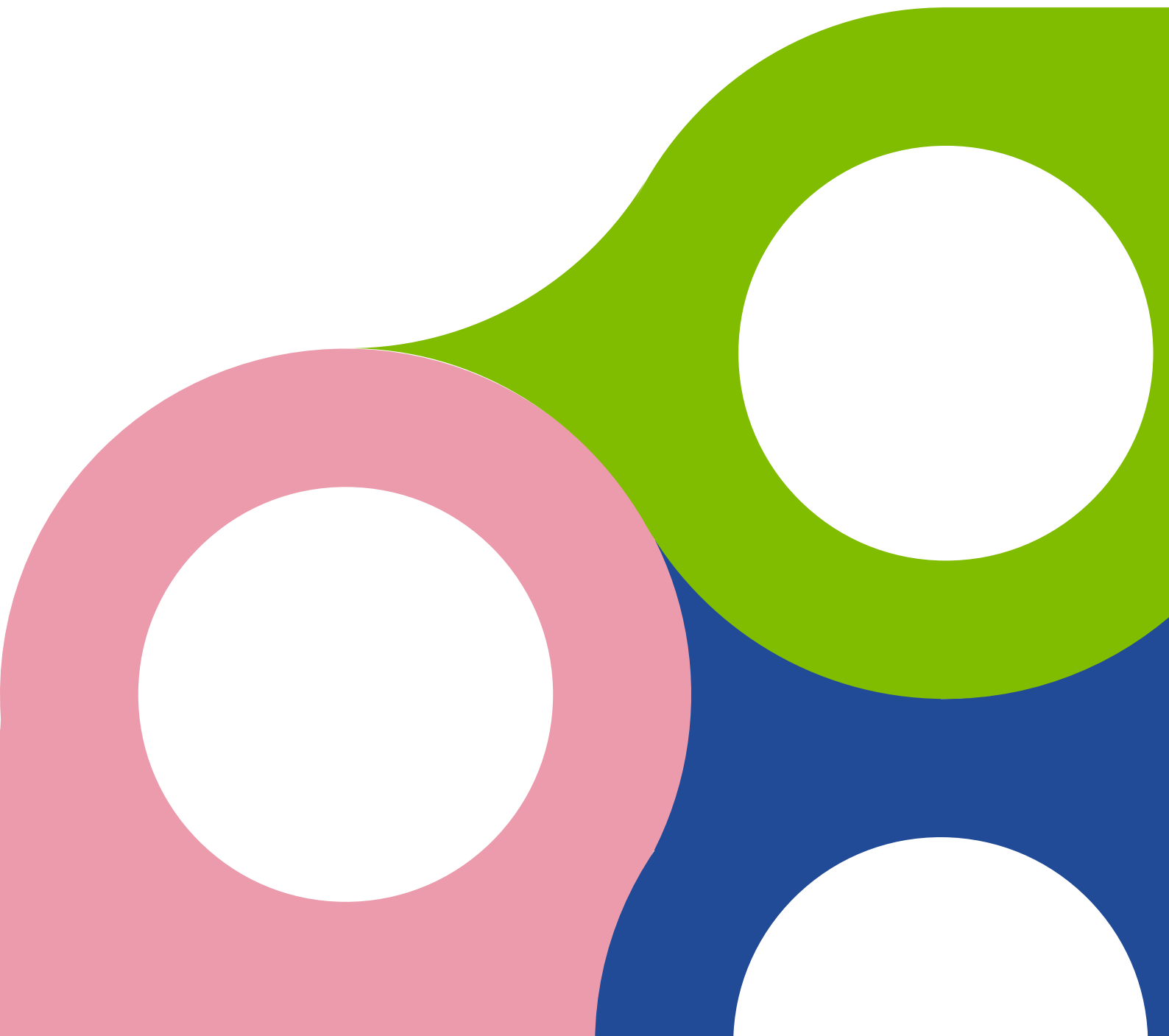


# Creativity and ability to cook Zero-waste



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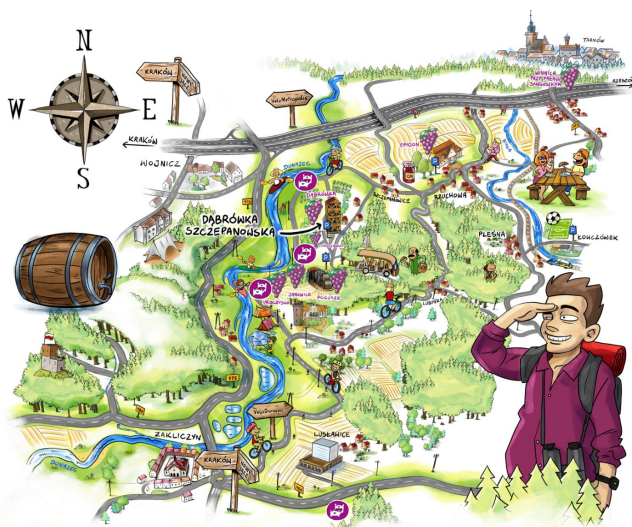


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The association GRUPA ODROLNIKA, founded spontaneously by a group of young people from High School No. 2 in Tarnów and operating nationwide, popularises the use of local products in home cooking and counteracts food waste through ZERO-WASTE cooking, thus entering a new stage of building food self-sufficiency in the region. In addition, it counteracts food waste, takes care of the region's environment through its purchases and thus supports local farmers running small family farms in an environmentally friendly way.

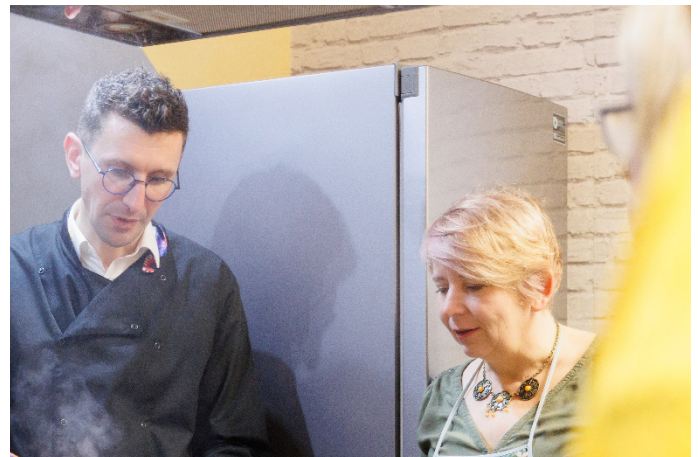
At the heart of the ODROLNIKA GROUP Association's activities is the development of a special map to promote local shopping, the organisation of cooking workshops and an event called „Doroczne Święto Dyni (Annual Pumpkin Festival)”, which raises awareness - among local residents, including young people - to prevent food waste and reduce the production of rubbish (packaging) for the environment.



Source: <https://www.grupa.odrolnika.pl/> (30.04.2024)

Awareness is being raised among the local population, including the younger generation, about local products, the short journey of food from field to table, the reduction of mainly plastic packaging associated with the packaging and transport of food over long distances, etc.

The promotion of creativity in the kitchen, including mainly the ability to cook in the Zero-waste style using waste and energy from renewable sources such as photo-voltaics is implemented during cooking workshops. It is also important to target the younger generation on the Internet, including social media, in order to reach the widest possible audience.



Source: <https://www.grupa.odrolnika.pl/> (30.04.2024)

Zero-waste cooking for the younger generation can be both educational and fun. Here are some of the ideas being implemented:

Education on ingredients: Starting with the basics, young people are shown what ingredients can be used in the kitchen instead of throwing them in the bin. They are taught how to use entire vegetables, including stems, peels and leftovers, to create tasty dishes.

Creative recipes: Preparing simple and creative recipes that use entire ingredients, minimising waste. For example, instead of throwing away potato peelings, they can be baked to make crispy chips.

Practical skills: Practical skills are taught to young people, such as storing food in a way that prevents food waste, for example using food storage containers, wax foil instead of aluminium foil or paper to wrap food.

Conscious shopping: Drawing attention to the importance of conscious shopping and meal planning to avoid over-buying and wasting food reminds young people of the value of seasonal and local produce and the benefits of buying produce in bulk.

Use of entire products: The use of whole products such as eggs, flour, milk or meat is encouraged and can be used in a variety of recipes, preventing the waste.

Food processing: It is shown how leftover food can be transformed into new meals, e.g. by cooking delicious broths from vegetable pulp or preparing aromatic broths from leftover roast chicken.

Preparing the younger generation for zero-waste cooking can be exciting and beneficial for both them and the environment. It is worth showing them that even small actions can have a big impact on reducing food waste and promoting a sustainable lifestyle.

Finally, it is worth emphasising that the effectiveness of these initiatives depends on the cooperation between the ODROLNIKA GROUP Association, local authorities, the local community, NGOs and farmers. This proves that by acting together we can achieve significant changes for a better future and environment. The ODROLNIKA GROUP shows that with commitment and the right tools, even a small community can have a big impact on its surroundings and inspire others.

### **Bibliography:**

<https://www.grupa.odrolnika.pl/>

