



Tips for your kitchen | Store your food properly | Shop Zero Waste

Less waste More taste

BEGINNERS GUIDE

Reduce food waste in your kitchen





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"We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly."

ANNE-MARIE
BONNEAU

Scrap it!

6 ways to use your leftovers

Do you know how much food ends up in the trash every day? According to the Federal Waste Management Plan, Austrian households produce 4.3 million tons of junk every year. If you can't imagine what that means - in the obligatory journalistic measure, that would be 180 million bathtubs. Or: if this amount of waste were used to fill a building the height of Vienna's St. Stephen's Cathedral, the structure would have a side length of more than half a kilometer with a square base. We don't want to be moralizers but reusing foods instead of throwing them away is a small contribution and actually really practical - if you know what to do. Here are a few ideas on how you can make use of your leftovers:

Potatoe skin

It's not always required to peel the skins off potatoes. But in case you're making something like a salad, you're going to have a lot of leftover peels which you can roast to make delicious chips with your favorite spices. Personal favorite: smoked paprika or simple salt and pepper!

Veggie Scraps

You can save peelings, stalks, and leaves from vegetables to make homemade broth. Just freeze until you have enough. Perfect for that? Leftovers from onions, carrots, celery, garlic, peppers, leeks, green onions, herbs, and many more.

Broccoli stem

Did you know that with broccoli, you can eat not only the flowery head but also the stalk? It is actually pretty delicious! From soup, pesto to tossing them in your favorite salad. Get creative and enjoy!

Banana peel

Soft core, valuable peel. Bananas are not only yummy - the peel has minerals that offer several beneficial properties. Among other things, it can be used for making high-quality fertilizer. Toss them in water - leave overnight - water your plants. Voilà!

Red wine

If it ever happens that you keep wine for so long that it starts to smell (can't relate), you can still use it for cooking! Recipes that call for wine reductions can be great ways to use every last bit of the bottle — and add that delicious wine flavor to the dish.

Bread

Save stale bread and unwanted crusts to upgrade your salads and soups with delicious croutons or blitz into breadcrumbs.



Want to know more? There are lots of creative blogs on how to use your food scraps online!

6Rs

Rethink

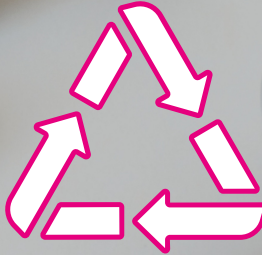
“Best by” dates are a major reason we throw away food - even though it is still edible. Determine if food is expired by looks, smell, and taste.

Refuse

Lemons individually wrapped in plastic and a banana slicer? WHY? It's high time to refuse overpackaging & unnecessary kitchen items.

Reuse

For grocery shopping, bring reusable shopping and fruit bags. In your kitchen, use reuseable straws, containers, towels, wraps,...



Reduce

Plastic pollution is a big deal. Try and reduce plastic waste whenever possible! Buy in bulk, store differently and use some tips from this guide.

Repair

Fix or upgrade your kitchen objects instead of throwing them away immediately. In the first place, invest in long-lasting equipment.

Recycle

Recycling saves resources! The better waste is sorted, the more of it can be recycled. Google what's best for your location!

Food Tinder

Swipe right

It can be sad – and wasteful – when uneaten food starts to go off before you’ve had a chance to eat it. To enjoy your food fresh for a long time, it must be stored properly. However, many people store their food incorrectly, so that it spoils sooner than it should. Did you know for example that giving Berries a vinegar rinse makes them last longer but better leave your bananas separated? Let’s first look at some beneficial pairings:

Berries & Vinegar

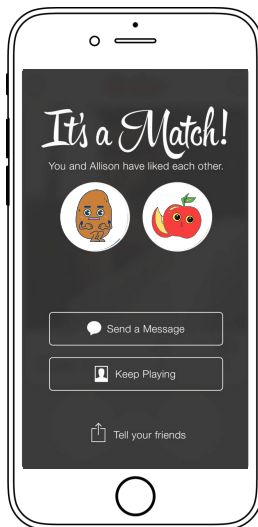
To make your berries last longer, mix one part of distilled vinegar with 10 parts water and wash your berries in the solution. You won’t be able to taste the vinegar on the fruit but it can make strawberries last up to two weeks longer.

Herbs & Olive oil

To make your fresh herbs last longer, try freezing them in an ice cube tray along with some olive oil. When it’s time to add them to your cooking, simply melt the cube, and voila!

Onions & tights

One of the more unusual techniques on this list is keeping onions in a pair of thin tights. Between each onion tie a knot, and hang in a cool dry place. They will then last up to a whopping eight months longer.



Lemons & Avocados

Lemon juice for avocados and guacamole. To slow down your avocados going brown, cover them with a light layer of lemon juice. They will last much longer.

Apples & Potatoes

You can place an apple next to your potatoes – this can help them last up to eight weeks longer. Sounds strange, but the ethylene in the fruit will actually keep the taters from sprouting.

It’s not just with what but also where and under which conditions your food should be stored to make it last longer. Check out the article “How to Keep Your Produce Fresh for Weeks” by Lesley Stockton if you are interested.

Swipe left

When you 'match' some food with another, you're dooming them from the start. Certain vegetables and fruits emit the gas ethylene, which speeds up the ripening process but can also be bad for others. Let's look a little closer at that matter. Ethylene is a plant hormone that is also known as ripening gas. When storing fruits and vegetables, you should consider which types emit ethylene or, conversely, are sensitive to the ripening gas. Varieties that emit ethylene cause other sensitive varieties to spoil more quickly.

Your goal is to store the high ethylene-producing crops away from the sensitive produce:

Ethylene Producer

- Apples
- Avocados
- Bananas
- Broccoli
- Mangos
- Pears
- Peaches
- Plums
- Potatoes
- Tomatoes
- Strawberries

NOPE

Ethylene Sensitive

- Asparagus
- Brussels Sprouts
- Butternut Squash
- Carrots
- Cauliflower
- Cucumbers
- Lettuce
- Leafy Greens
- Onions
- Pumpkins
- Spinach



Plastic wrap - who dis?

DIY Wax Wraps Recipe

Wax wraps are a great eco-friendly alternative to single-use plastic wrap and keep your foods fresh for longer. The heat from your hands makes the wraps pliable and flexible, allowing them to be easily shaped. These are super simple to make:

You need:

- 25cm square of 100% cotton fabric (best organic)
- 20g wax. (candelilla wax for a plant-based vegan option or you can use the classic beeswax)
- 2g coconut oil or jojoba oil.
- 5 - 10g pine rosin (if you can find it)

1. Prepare your fabric: Place your washed and dried fabric onto a baking sheet covered with a piece of compostable parchment paper or a silicone baking sheet. It's best to use something to prevent the wax from melting onto your baking tray. Preheat your oven on medium-low - around 150° C.
2. Melt the mixture using a double boiler: A double boiler is the best way to melt your wax. Simply put the wax and resin in a metal bowl placed on top of a pot of hot water. It will give you more temperature control and help you avoid ruining your cooking pots.
3. Combine the wax, pine rosin, and jojoba or coconut oil: in a double boiler on the stovetop to melt, stir to combine. It could take a little time, depending on how large your chunks of wax and rosin are. Grating the wax first will help it to melt faster. If you don't want to use the double boiler, you can grate and sprinkle your wax, rosin, and oil directly onto your fabric.
4. Infuse the fabric: Drip or paint the wax mixture onto the fabric, then place in the oven for 3 minutes on 150° C. Flip over and put back in for another minute. Remove the fabric from the oven.
5. Hang the wrap to cool: Check that the wax has covered the fabric evenly.
6. Remove from the oven and drape over a drying rack to cool and air dry.
7. If patchy, you can add more of the mixture and reheat.



Uncreative or lazy?

I got you!

You can buy wax wraps online, in almost any eco store - even at BIPA.

Zero waste shops

From Düsseldorf to Innsbruck

Zero Waste Shop operators try to offer as little packaging as possible. They buy the goods in larger containers from the manufacturer or distributor and fill them into jars or so-called dispensers. Ideally, you then come with your own container, which you have previously weighed at the checkout, and fill in the goods, e.g., muesli, directly into your bag or jar.

Some things, such as milk, yogurt you buy in deposit bottles. Like in the good old days. Products like sugo, pesto, or honey can be found in glass bottles.

Although not completely waste-free, these packages can be reused or recycled. If you didn't bring your own containers, you can still do your groceries. Most Zero Waste stores offer alternatives - you can either buy bags or jars there or rent them in some stores. The best addresses for your Zero Waste shopping:

Vienna

- [Lieber Ohne](#) | Otto-Bauer-Gasse 10, 1060 Wien
- [Der Greißler- unverpackt.ehrlich](#) | Albertgasse 19, 1080 Wien
- [holis markt](#) | Neubaugasse 88, 1070 Wien
- [Die Warenhandlung](#) | Marxergasse 13, 1030 Wien
- [Lunzers Massgreißlerei](#) | Heinstraße 35, 1020 Wien

Dear Perchtholdsdorfer and Langenloiser - you can stop at a shop in Vienna next time you are on-site.

Innsbruck

- [Greenroot](#) | Marktgraben 14, 6020 Innsbruck
- [vomFASS](#) | Marktgraben 16, 6020 Innsbruck
- [Liebe&Lose](#) | Herzog-Siegmund-Ufer 1, 6020 Innsbruck (öffnet mit neuem Namen)

Düsseldorf

- [FLinse&Co.](#) | Lindenstraße 165, 40233 Düsseldorf
- [Unverpackt](#) | Rethelstraße 111, 40237 Düsseldorf
- [Pure Note](#) | Brunnenstraße 30, 40233 Düsseldorf

Burgenland and surrounding

- [s'gsunde Eck](#) | Michael-Koch-Straße 14, Top 1, 7210 Mattersburg
- [Hansagfood](#) | Rusterstraße 98, 7000 Eisenstadt
- [Bauernladen Eisenstadt](#) | Lobäckerstraße 6, 7000 Eisenstadt
- [Leithaland Gemüse](#) | Keltenweg 2, 2443 Leithaprodersdorf



Another convenient alternative to Zero Waste shops are 'Biokistllieferungen', which are delivered to your home weekly, bi-weekly or by order. You can look up what options you have in your region. Another great solution to buy fruits and vegetables unpackaged are local farmers markets.





Julius' fermentation tip

Extend the shelf life of your root vegetables

Fermentation is an ancient technique to preserve food mostly with the help of salt. Vegetables preserved by fermentation have many beneficial properties, including lactic acid bacteria for a healthy gut, lots of vitamins, secondary plant compounds, and important enzymes. Here I got an easy recipe (beginner-friendly) for your leftover root vegetables:

You need:

- **Leftover root vegetables.** For example yams, beets, parsnips, turnips, carrots, kohlrabi, onions, garlic, celery root, horseradish, artichokes, radishes.
 - **Spices.** I have used turnips and daikon radish with mustard seeds, coriander, and Tasmanian pepper. But one can be creative, in particular with the spices.
 - **Salt.** Go for 2% of the total weight of the veggies.
1. Julienne or grate the vegetables, mix in the spices and the salt, pack into a jar.
 2. Ideally, you should place a weight on top of the veggies, a smaller jar or a ziplock bag filled with water usually does the trick!
 3. Finally, you get to wait. It is supposed to be ready in 1-2 weeks, but you should start tasting it earlier. Once the veggies taste good, move the whole mixture to the fridge.



I like to mix them up with some mayo for a quick coleslaw!



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