

FOOD WASTE FACTS AUSTRIA

Every year, some 157,000 tons of food and leftovers are thrown out in the rubbish.

This means that 19 kg of food are discarded per capita and year.

Each year, an Austrian household throws away food amounting to roughly 300 euros.

The number 1 source of food waste is bread/baked goods (28%).

The number 2 source of food waste is fruit and vegetables (27%).



Source: AUSTRIAN FEDERAL MINISTRY OF AGRICULTURE, FORESTRY, ENVIRONMENT AND WATER MANAGEMENT

More information: bmlfuw.gv.at/lebensmittelsindkostbar



The purpose of this flyer is to raise awareness for the topic of food waste and to give you some useful information how you can easily make a big impact even with small actions!

INTERNET LINKS

If you want more information or if you would like to get involved with an organisation in your area, here are some links:

- Projekt „A Taste of Europe”
www.tasteofeurope.at/food-waste/
- Ministerium für ein lebenswertes Österreich
<https://www.bmlfuw.gv.at/service/publikationen/lebensmittel.html>
- Best of the Rest—Gläser mit Geschichte
<http://www.bestoftherest.at>
- Projekt Zero Waste Austria
<http://www.zerowasteaustria.at>
- Food Sharing—Restlos glücklich
<https://foodsharing.at>
- Team Österreich Tafel
<http://oe3.orf.at/teamoesterreich/stories/teamoesterreich-tafel/>



This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



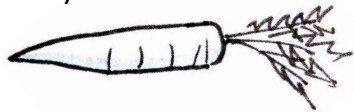
Funded by the
Erasmus+ Programme
of the European Union

*Let's reduce food waste together.
Everyone can make a big impact!*



SHOP CONSCIOUSLY!

- 101 Check your supplies before shopping.
- 101 Create a meal plan for the week.
- 101 Write a shopping list and stick to it.
- 101 Never go grocery shopping when you are hungry.
- 101 Avoid impulse shopping.
- 101 Be critical of special offers and bait offers.
- 101 Don't buy large packages if you don't need them.
- 101 You can get food that will expire soon for a lower price.
- 101 Don't search for "perfect looking" fruit and vegetables only. Remember: Ugly can be tasty!
- 101 Prefer seasonal, regional and organic food.
- 101 Don't buy food that you can get for free — for example fruit or vegetables from your families' garden or friends.



STORE YOUR FOOD RIGHT!

- 101 Check your food supplies regularly.
- 101 Store food that expires first in front/on top.
- 101 Use food as quickly as possible after opening.
- 101 Clean your fridge regularly to prevent the buildup of germs and bacteria.
- 101 Know which shelf of your fridge is the best for different sorts of food.
- 101 Only put cooled and well sealed food in your fridge.
- 101 Store fruit and vegetables separately.
- 101 Keep bread and exotic fruits at room temperature.
- 101 Freeze food which is almost expired so you can use it later.
- 101 Label your frozen food with date and content.
- 101 Donate or share food that you are not able to consume.



BE A SMART COOK!

- 101 Don't always assume food is spoiled because of the "best before" date.
- 101 Check the product to judge whether it is still fit for consumption.
- 101 Know the difference between "use-by" date and "best-before" date.
- 101 Cook food that will expire soon first.
- 101 Don't cook huge amounts that you will not be able to eat.
- 101 Eat your leftovers the next day or put them in the freezer.
- 101 Create new meals out of your leftovers. Try new recipes!
- 101 Use fruit and vegetables for smoothies and "use-it-up" meals.
- 101 Grow your own food in a garden, or on your balcony.
- 101 Preserve or freeze what you can't use up during summer for the winter.

