

Second Life for Bread: Delicious Ways to Cut Bread Waste at Home. Zero Waste CookBook for Bread

FOODRUS

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#zerowasteCooking

#bread

#households



The first food waste mandatory results based on the EU legislation (2019 and 2020) are officially available on [Statistics | Eurostat \(europa.eu\)](https://ec.europa.eu/eurostat). They show the real scale of this problem. Food waste attributed to households in Slovakia represents 62%. To address this a behavioral change of consumers is essential and can bring the transformational change into the whole food value chain backwards.

Citizen science activities are a valuable tool that has been used to develop the Zero Waste CookBook for Bread under the title "**Second Life for Bread: Delicious Ways to Cut Bread Waste at Home**". It was created in three different modalities: (i) as an e-learning, (ii) online e-book publicly available ([Second_Life_for_Bread_ENG.pdf \(foodrus.eu\)](https://foodrus.eu/Second_Life_for_Bread_ENG.pdf)) and (iii) a physical book. The recipes were also included in the Cook App. The book was translated into several EU languages for broader dissemination purposes. It was also tested at zero waste cooking shows and events and in the research activity with households, where the amount of bread waste significantly dropped in the monitoring period (by over 43%). It includes 35 traditional and modern-day recipes (9 starters, 8 breakfast meals, 11 main dishes and 6 deserts) collected from the general public through the online call and through collaboration with the renowned food ethnologist. These recipes allow users to make use of all bread that comes to the households. Nutritional values for each recipe are also provided as well as tips and tricks on how to avoid wasting bread at home. In addition, there are some historical and social aspects of bread included in the chapter "Cereal spikelet in the faith of Slovak history. It also provides practical and useful information on various grains and flour types as well as on unleashing the extraordinary potential of sourdough.



The FOODRUS project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement N°101000617.

The book was promoted at various public events (Zero Waste Brunch, Good Market, conferences) and shared with charity organizations. Associated supermarket promoted it in a dedicated campaign running in its Slovak shops with QR codes placed on bread shelf trackers, in store spots broadcasting and joint media communication.



About

Coordinated by the University of Deusto and comprising 27 partners from 10 different European countries, the EU-funded FOODRUS project aims to limit food losses and waste, and to promote resource efficiency across all stages of the agri-food value chain. FOODRUS is working to tackle the food waste and losses by creating resilient food systems across nine European regions. To achieve this, the project will test 23 circular solutions through diverse forms of collaborative innovation.

Consortium



www.foodrus.eu



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