

# BECOME A ZERO WASTE MASTER IN YOUR KITCHEN

ONLY FOR YOU: ADVICE FROM EXPERT  
COOKING/PASTRY STUDENTS

**CHALLENGE 1:**  
Elimination residues  
of kitchen: The  
decomposition of  
food releases  
harmful gases and  
warms the Earth.

**CHALLENGE 2:**  
Packaging:  
Most of waste  
comes from  
product packaging.

**CHALLENGE 3:**  
Food selection:  
The use of certain types of  
food contributed to global  
warming (for example: beef).



Can we produce food in the  
kitchen without waste?

# THE PLANET WILL THANK YOU!

**WASTE:**  
Sort empty  
packaging  
according to  
recycling  
groups.



**PACKAGING:**  
Use reusable  
packaging  
(canvas bags,  
glass containers,  
cardboard  
boxes...).

Give  
preference to  
food without  
packaging  
(market).



**FOOD SELECTION:**  
Buy locally and in bulk, find  
great meatless recipes,  
watch out for perishable  
food, don't buy bottled  
water (if tap water is good).

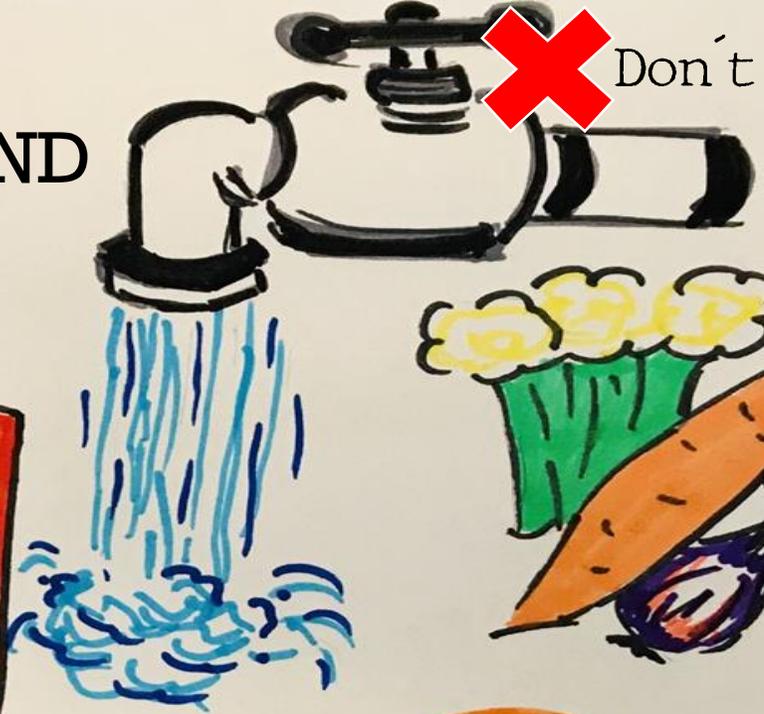


## LEARN, CHANGE YOUR HABITS!



Plan! Don't open it unnecessarily!

### TRICKS AND TIPS:



Don't leave the tap open!



Vegetable remains (stems, bark, shells are cooked for the base).



Use old bread for breadcrumb!



Use orange and lemon peel for cakes!



**Plant a plant in  
your backyard,  
grow the juiciest  
tomato for a  
super salad!**

**GET ACTIVE! CALL THE  
TEAM!**

**School strike 4 Climate  
Croatia**



## Zero Waste Song

*The planet is dying, we are guilty of it,  
Our goal is to be rich,  
Black gold has destroyed us.*

*I have plans for you  
Let's start now if  
We don't start recycling  
The situation will be fatal.*

*Global warming is increasing  
And garbage is thrown into the sea  
Let's reduce the plastic bags  
There will be happiness in the world.*

*So let's not wait any longer  
We destroyed the planet, what were we  
thinking about?  
It used to be nice before, now it's hunger  
High temperatures everywhere, I need cold.*



<https://youtu.be/O1aD8dmZXpU>

*Contact us!  
Follow us!  
Join us!*



*The forests were beautiful until we cut them  
down  
Now there is no oxygen, we just got burned.*

*There are major floods but no clean water  
Australian fires are a very attractive topic  
Everyone would like help, in fact they want to  
get cheap points  
That's why I'm scared  
The planet was beautiful, but now it has  
become dust.*

*Someone should start with the changes  
Garbage from the floor  
I hope this is a dream and that it is just a  
nightmare.*



ZeroWasteProject2019



Zero Waste Project



zero.waste.project.2019@gmail.com



www.zerowastepower.eu



@ <http://centar-sraskaj-zg.skole.hr>

