

# “Europe à Table (EAT)”

Key Action 1 Erasmus+: Mobility of Youth Workers  
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RESPONSIBLE  
SHOPPING  
AND COOKING!

THE GUIDE

## **A guide about responsible shopping and cooking!**

**Have you ever wanted to start shopping responsibly and cooking without too much food waste?**

**This guide is definitely for you then!**

**We are going to tell you a little bit about sustainable food and how to find it in the supermarket. We will also propose you some ways to use food to its full potential.**

## **So, what is sustainable food?**

**Sustainable food is made in order to limit its negative impact on the environment and society. It is also food that has been produced, sold and delivered in an ethical way that permits society, nature and all living beings to prosper long term.**

**By ethical we mean:**

- **Eco-friendly and organic.**
- **Fair.**
- **Local and seasonal.**
- **Wisely packaged.**

**So now that you know what sustainable food is, you still might feel a bit lost but don't worry! Here you have some recommendations and pieces of advice when shopping and cooking. We will divide this guide by food categories.**



## Meat:



If you are looking to reduce your meat consumption consider :

Meatless Mondays (every Monday you only eat vegetarian)

Make meat consumption (especially beef or pork) a special occasion, this way you can afford to buy local, grass-fed beef.

look for vegetarian protein substitutes (tofu, seitan, soya, lentils...)

## Fish:



Try to avoid tuna and salmon. Sardine, Mackerel, Mussels are healthier and cheaper alternatives and just as rich in Omega-3.

When buying seafood look for labels or sustainability icons.

## Grains:

How to identify...

Look at the whole label of the products (level of fiber for example) and sugar shouldn't be on the first three ingredients.

## Dairy:

Check for local dairy producers.

Replace animal milk and other products made from it with plant-based types of milk, such as oat, almond, rice or soya milk.

Also we have to remember that some plant-based types of milk are less sustainable than others, mostly because of the need of transporting the ingredients.



## **Tropical products:**

**Try to look for alternatives for these type of products...**

**Coffe: chicory, finish mushroom, green black tea.**

**You don't need to completely replace it, you can for example do a 50/50 tario of coffe and chicory.**

**Check for the fair trade, and eco-friendly labels. Make tropical fruits and chocolate a special occasion like birthdays or Christmas.**

## **Vegetables:**

**Try to find vegetables directly from the seller instead of a supermarket.**

**Check the pesticides and chemicals**

**Bring your own reusable bags and packagings and try to not buy pre-packaged fruits or vegetables.**

**Check where it comes from and other factores you may be concerned about.**



## **Sweets:**



**Sustainable sweets usually come in plain paper bags. Stores will often have these sweets to buy in bulk**

**Try to reduce the amount of sweets you consume.**

**Make it a special treat for occasions such as birthdays and holidays.**

**Try to find sweets with ingredients as: honey, agave or stevia.**

**Search for sweets with herbs or other natural ingredients**

## Tips to reduce food waste:

Make a weekly menu and food preparation  
Freeze extras and leftovers.  
Understand the (expiration) dates on food: most of the time these dates are just indicative and set conservatively. So just give it the "snif test"  
Use the vegetables to their food potential (carrot leaves for pesto, zucchini peels for chips, orange peels for candy...).

Compost scraps (potato or fruit peels).

## So, whats now?:

Now that you learn more about sustainable food and how to find tgem, you can use these guide while you will do the shopping. Of course you don't have to apply all the "rules" we mentioned. You can start making small steps and we are sure you will suceed in your journey with sustainable food.



## Here are some useful links to learn more

### about it:

#### For meat:

<http://www.professionalsecrets.com/en/ps/ps-university/chef-de-partie-meat/choosing-meat/>

#### For fish:

<https://www.latimes.com/food/dailydish/la-dd-test-kitchen-video-tip-how-to-choose-fresh-fish-20140618-story.html>

#### For grains:

<https://www.simplyfresh.info/10-tips-for-purchasing-and-storing-whole-grain-foods/>

#### For dairy:

<https://www.centerforfoodsafety.org/healthy-home/3274/cfs-healthy-home/tips-for-a-healthy-home/3312/5-tips-for-buying-safe-and-healthy-dairy>