



**RESPONSIBLE
GROCERY
SHOPPING**

WHAT WE OFFER?



Meeting with experts



Responsible grocery
shopping



Anti-waste show-
cooking events



This project was created to raise awareness against food waste which has increased in the last few years.



Participants can sign up at the Coop website or supermarket's info point where they will find our meeting calendar.



Our meeting will take place in the auditorium where experts will hold lectures on this topic.



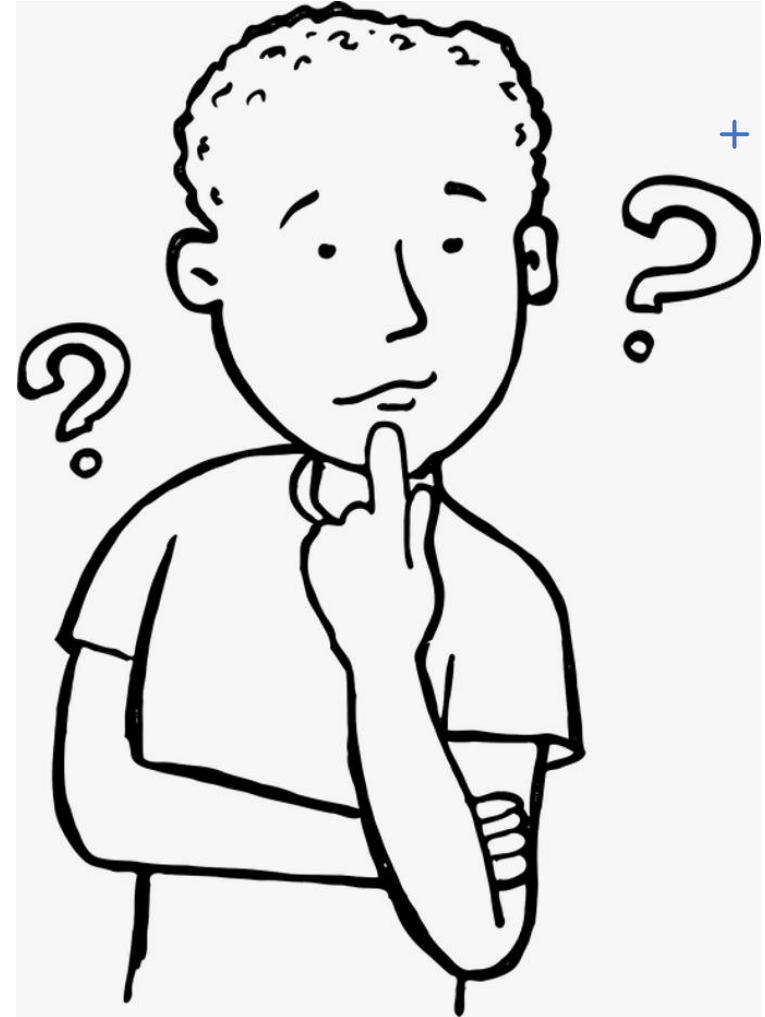
Grocery shopping will be done at Coop.



Show-cooking events will take place in our school.

WHAT'S THE TOPIC?

- Discussion about different recipes made with one main ingredient
- How to organize grocery shopping
- Description of the largest sources of food waste



RESPONSIBLE GROCERY SHOPPING

- 1) Essential products
- 2) Prefer eco-friendly products
- 3) Seasonal products
- 4) Don't be deceived by promotions



SHOW-COOKING

- Each participant will have a workstation to follow the chef lecture.
- Students will show their anti-waste recipes to inspire people to cook better at home.

