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**Let's reduce consumer food waste!**  
Solutions from the European Consumer Food Waste Forum

5 June 2024  
Brussels, BE **PUBLIC EVENT**

# Cooking classes and workshops

## TYPE OF INTERVENTION ●

Coaching for households, especially those in charge of purchasing and preparing meals

## GOAL ●

Slow Food Deutschland organised five kitchen labs where participants were taught various techniques and practical tips for effectively reducing food waste in private households, under the guidance of knowledgeable experts.

## IMPLEMENTATION AND EVALUATION ●

Each kitchen lab focused on a specific topic, including storage techniques, no-waste vegetable cooking, food preservation, meal planning and cooking with leftovers. Additionally, the implementation of these approaches was evaluated by the Technical University of Berlin using a uniform method developed within the project. This evaluation method consisted of three components: (1) questionnaires, (2) a digital kitchen diary, and (3) a guideline for creating an impact logic.

COUNTRY ●  
Germany

IMPLEMENTED BY ●  
Slow Food and Technical University of Berlin

DURATION ●  
2021- 2022

## BUDGET ●

**Total**  
**EUR 7850**

## RESULTS ●

### Quantitative / qualitative results:

The pre-post analysis indicated that the kitchen laboratories appeared to reduce food waste by an average of 16%. Participants weighed their kitchen waste before and after each lab over a period of one week.

