

Zero Waste Kitchen and DIY Beeswax Wraps Workshop

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In this workshop you'll learn how to reduce food waste in the kitchen, do packaging-free grocery shopping, sorting your kitchen waste, recycling and composting. You'll get to make and take home your own Beeswax Wraps, which are an eco-friendly alternative to plastic saran/cling wrap!

◆ **What is a Zero Waste Kitchen?**

An ideal zero waste kitchen is one in which there is no wastage of food, organic waste is composted, single use items are avoided, recyclable items are preferred over disposable plastics and no garbage is produced.

◆ **How to reduce food waste in the kitchen?**

- Make a list of things to buy and stick to it.
- Check for use-by date/expiry date of things in your kitchen and use them accordingly.
- Organize pantry and fridge with older food in the front and newer in the back.
- Use leftovers as ingredients to cook interesting dishes.
- Use freezer or fridge depending on the storage duration.
- Follow proper storage methods for fresh vegetables, fruits, herbs, greens etc.
- Use food preserving methods like canning to store excess produce.
- Before going on vacation, donate non-expired food in your pantry to friends, neighbours, organizations, food banks etc.

◆ **Avoiding single use items and finding alternatives**

- Use fabric kitchen towels instead of paper kitchen towels to clean counters.
- Smear oil onto baking tray instead of using parchment paper.
- Avoid using aluminium foils for packing food.
- Use reusable snack pouches or Beeswax wraps to carry sandwiches/snacks.
- Use cloth scrubbers for cleaning purposes
- Take your own containers for carrying leftovers/take out food from restaurants.
- Carry your own shopping bags, reusable water bottles and cutlery.
- Mention “No Plastic Straws” and “No Plastic Cutlery” when you order food and drinks.

◆ **Sorting Kitchen Waste**

- Compost : Organic matter, compostable containers etc.
- Recycle : Cardboard, paper, glass, some plastics, electronics etc.
- Garbage : most plastics, chips packets, garbage bags etc.

◆ **How to compost organic waste in kitchen?**

- Organic kitchen comprises of discarded vegetable peels, fruit peels, cooked food etc.
- Oils should not be poured into the drain. Oily pans/pots should be wiped with kitchen towel and put into compost.
- Fruit stickers should not be put to compost bin. They are garbage.
- Put your organic kitchen waste into City's Green Bin for composting at an industrial facility.
- You can have backyard composting bin and make your own compost! Follow Vermi Composting method or Bokashi Composting method.
 - Vermi composting is aerobic method and uses worms to break down the organic kitchen waste into nutrient rich compost.
 - Bokashi composting is anaerobic method and uses micro-organisms to break down the organic kitchen waste into nutrient rich compost. Meat and Dairy products can be added into the compost bin. Ideal for doing it in apartments.

◆ **What items in the kitchen can go to the Recycling bin?**

- Recycling is energy intensive, expensive, uses lot of resources and hence is not the best option.
- Cardboard boxes, glass containers/bottles, paper bags and some kinds of plastics can be recycled.
- Plastic can be recycled only once and is down-cycled.
- All containers must be thoroughly washed before putting it into recycling bin. Otherwise it causes contamination and everything in the bin becomes garbage.
- Mixed materials like coffee cups, stand-up pouches etc. cannot be recycled.
- Use re-usable plates, cutlery, fabric napkins etc. during potlucks, parties etc.

◆ **What Garbage is produced in a kitchen?**

- Everything thrown and not composted or recycled is garbage.
- Garbage is dumped into the landfill and produces harmful gases, leaches chemicals to soil and water sources.
- Somethings dumped in the landfill take hundreds of years to decompose :-)
- More and more fertile land space is becoming landfill space.
- Garbage bags used to dispose organic matter is garbage. Ditch it!
- Most kinds of plastics, chips bags, mixed material objects like coffee cups, pouches etc. are garbage and hence should be avoided.

◆ **How to do packaging-free grocery shopping?**

- Buy in bulk from stores that sell package-free products.
- Carry your own fabric tote bags and fabric produce bags to fill in the produce.
- Use washable markers to write on fabric and wax pencils to write on glass or plastic.
- Use glass containers to buy and store cheese, meat, fish etc.
- Use glass bottles or mason jars to refill liquids like oils, vinegar, wine, soaps etc.
- Use Bread bags or Beeswax Wraps to carry bread/baguette from a Bakery.
- Buy things from Farmer's market since they won't have stickers, labels, ties, nets etc.
- Take the DIY approach and make things at home!! You can easily make Yoghurt, Tofu, Ketchup, Salad Dressings etc. at home and it tastes great :-)