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 :-)