

SUSTAINABLE HANDOUT

TREENACRIA

INNOVAZIONE E CREATIVITÀ



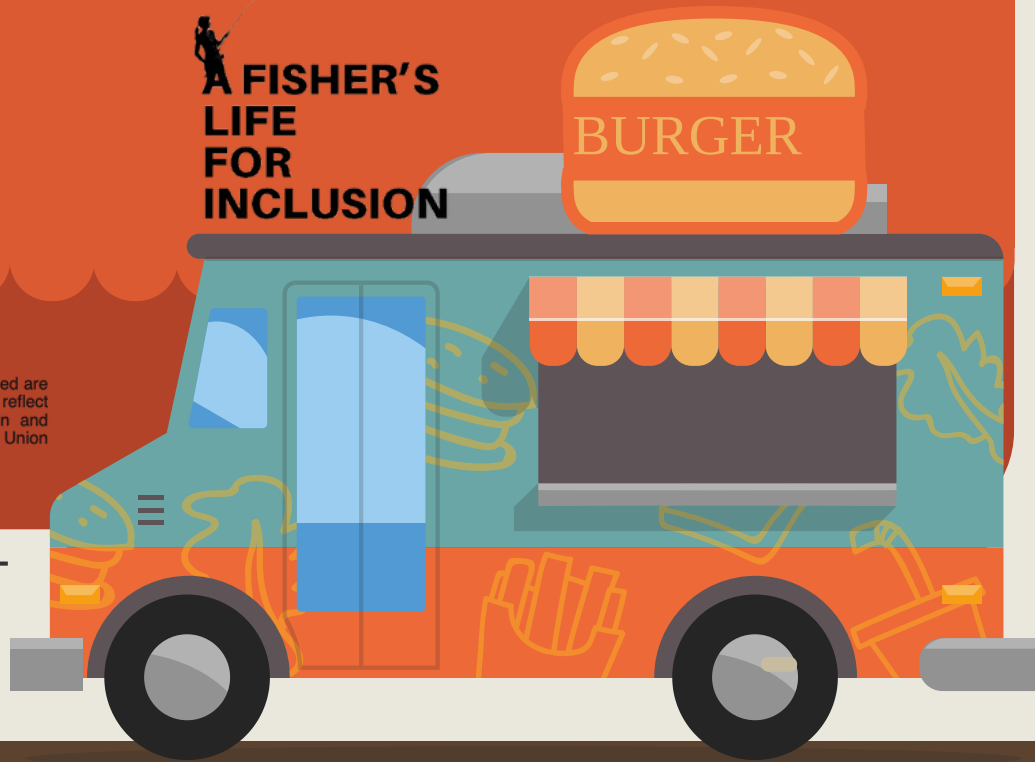
Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

PROGETTO N°: 2023-1-IT02-KA210-ADU-
000151602
CUP C86I23002620006

A FISHER'S
LIFE
FOR
INCLUSION

BURGER



WASTE

Every little thing counts. Fish and other marine creatures are harmed by the pollution of the sea caused by household waste, particularly plastic. Our beloved Mediterranean can be preserved by sorting, recycling, and minimizing packaging.

Steer clear of single-use plastics, refill bottles, and use reusable bags. Keep in mind that "Away" is always somewhere when you toss anything away.

LEFTOVERS

One of the main issues facing Europe is food waste. We could consume or reuse a lot of the stuff we discard. Learn to make soups, salads, pies, or preserves using what's left over. Plan your meals, use your freezer, and keep an eye on expiration dates. Another way to cut waste and improve community relations is to share meals with neighbors or at community kitchens.

RESPONSIBLE CONSUMPTION

Making informed decisions about what, how much, and where to buy is a key component of responsible consumerism. Favor seasonal and local goods, particularly seafood that comes from sustainable sources. Avoid overfishing species and pay close attention to labels. Cooking classic dishes with a fresh perspective contributes to the preservation of our culture, our health, and our sea.

LIVING SUSTAINABLY
EVERY DAY | F-LIFE

VOLANTINO "SOSTENIBILE"

TREENACRIA

INNOVAZIONE E CREATIVITÀ



A FISHER'S
LIFE
FOR
INCLUSION

BURGER



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

PROGETTO N°: 2023-1-IT02-KA210-ADU-

000151602

CUP C86I23002620006



RIFIUTI

Ogni gesto è importante. I rifiuti domestici, in particolare la plastica, inquinano il mare e danneggiano la vita marina e i pesci. Per salvaguardare il nostro Mediterraneo, è necessario ridurre, riutilizzare e riciclare. Evita le cose monouso e usa borse e bottiglie riutilizzabili. Ricorda questo quando butti qualcosa: "Via" esiste sempre.

AVANZI

Lo spreco alimentare è una questione molto importante. La maggior parte del cibo che gettiamo può essere mangiata o riutilizzata. Converti gli avanzi in zuppe, polpette e torte salate. Planifica i pasti, controlla le date di scadenza e congela ciò che non mangi subito. Condividere il cibo in cucine solidali o con i vicini riduce gli sprechi e unisce le comunità.

CONSUMO RESPONSABILE

Consumare responsabilmente significa prendere decisioni consapevoli su cosa, quanto e dove acquistare. Preferisci pesce pescato in modo sostenibile e prodotti locali e di stagione. Evitare le specie che sono troppo sfruttate leggendo attentamente le etichette. Proteggere il mare, la salute e la cultura cucinando piatti tradizionali con nuova consapevolezza.

VIVERE IN MODO
SOSTENIBILE | F-LIFE

ΕΛΛΗΝΙΚΑ

TREENACRIA

INNOVAZIONE E CREATIVITÀ



A FISHER'S
LIFE
FOR
INCLUSION

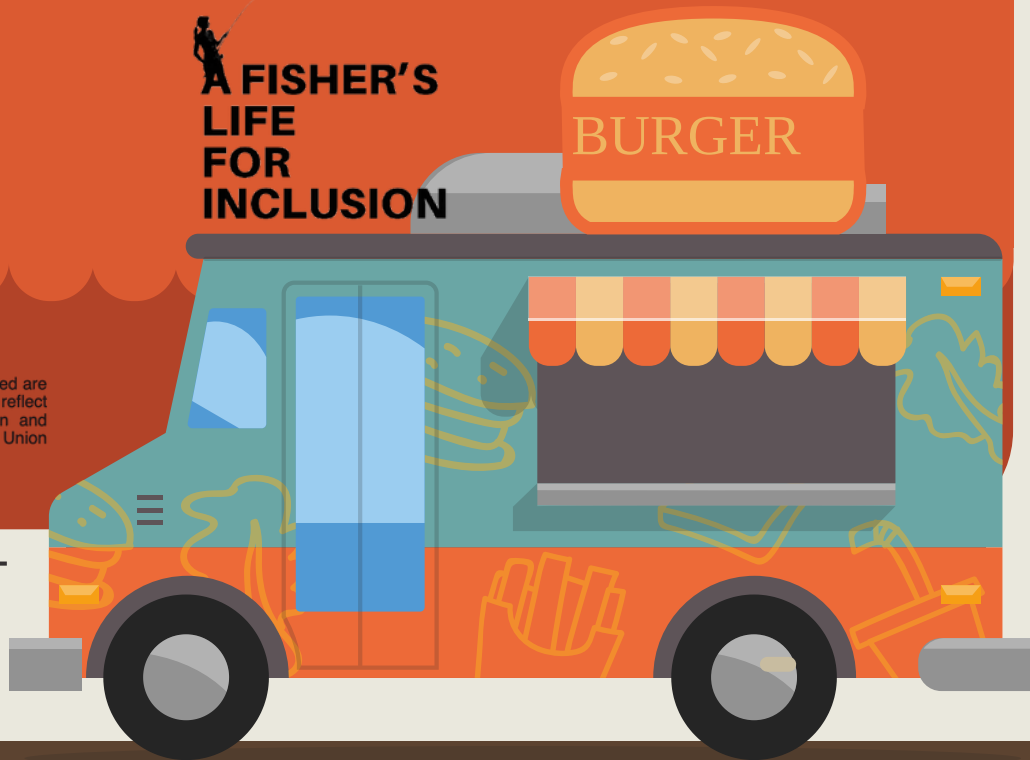
BURGER



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

PROGETTO N°: 2023-1-IT02-KA210-ADU-
000151602
CUP C86I23002620006



ΑΠΌΒΛΗΤΑ

Κάθε μικρή πράξη έχει σημασία. Τα απορρίμματα από το σπίτι μας κυρίως το πλαστικό, ρυπαίνουν τη θάλασσα και βλάπτουν τη θαλάσσια ζωή. Ανακύκλωση, μείωση και επαναχρησιμοποίηση είναι τρόποι προστασίας της Μεσογείου. Προτίμησε τσάντες πολλαπλής χρήσης και μπουκάλια που ξαναγεμίζουν. Όταν πετάς κάτι, να θυμάσαι: δεν εξαφανίζεται, πηγαίνει κάπου.

ΥΠΟΛΕΪΜΜΑΤΑ ΦΑΓΗΤΟΥ

Η σπατάλη τροφίμων είναι ένα μεγάλο πρόβλημα. Πολλές τροφές που πετάμε μπορούν να χρησιμοποιηθούν ξανά. Δημιούργησε νέες συνταγές με τα περισσεύματα – σουπες, σαλάτες, πίτες. Έλεγχε τις ημερομηνίες λήξης και προγραμμάτισε τα γεύματα. Μοίρασε φαγητό με τους γείτονες ή συμμετείχε σε κοινοτικές κουζίνες – βοηθάς το περιβάλλον και την κοινωνία.

ΥΠΕΥΘΥΝΗ ΚΑΤΑΝΑΛΩΣΗ

Η υπεύθυνη κατανάλωση σημαίνει να επιλέγουμε με σύνεση. Προτίμησε τοπικά και εποχιακά προϊόντα, ψάρια από βιώσιμη αλιεία. Διάβαζε τις ετικέτες και απόφευγε τα είδη που υπεραλιεύονται. Μαγείρευε παραδοσιακά φαγητά με νέα γνώση – προστατεύεις τη θάλασσα, την υγεία και τον πολιτισμό μας.

ΖΩΝΤΑΣ ΜΕ

ΥΠΕΥΘΥΝΌΤΗΤΑ | F-LIFE