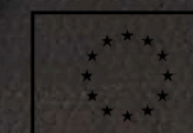


SMART COOKING TIPS

 **A FISHER'S
LIFE
FOR
INCLUSION**

Turn Leftovers into Delicious Meals

2023-1-IT02-KA210-ADU-000151602



Co-funded by
the European Union

PURPOSE



Celebrate Cypriot cooking traditions

Learn how to reduce food waste with creativity

Turn leftover ingredients into tasty meals

Practice sustainable and seasonal cooking

Reconnect with fish and seafood dishes from our coastal heritage



WHY REDUCE FOOD WASTE?

Environmental Reasons:

Food waste contributes to greenhouse gas emissions
Wasteful habits lead to overfishing and land depletion

Economic Benefits:

Reducing waste means spending less
We make the most of what we already bought

Cultural Connection:

In the past, nothing was wasted – a tradition of respect for food
Time to revive the wisdom of our mothers and grandmothers



SMART COOKING STARTS WITH PLANNING



Simple Strategies

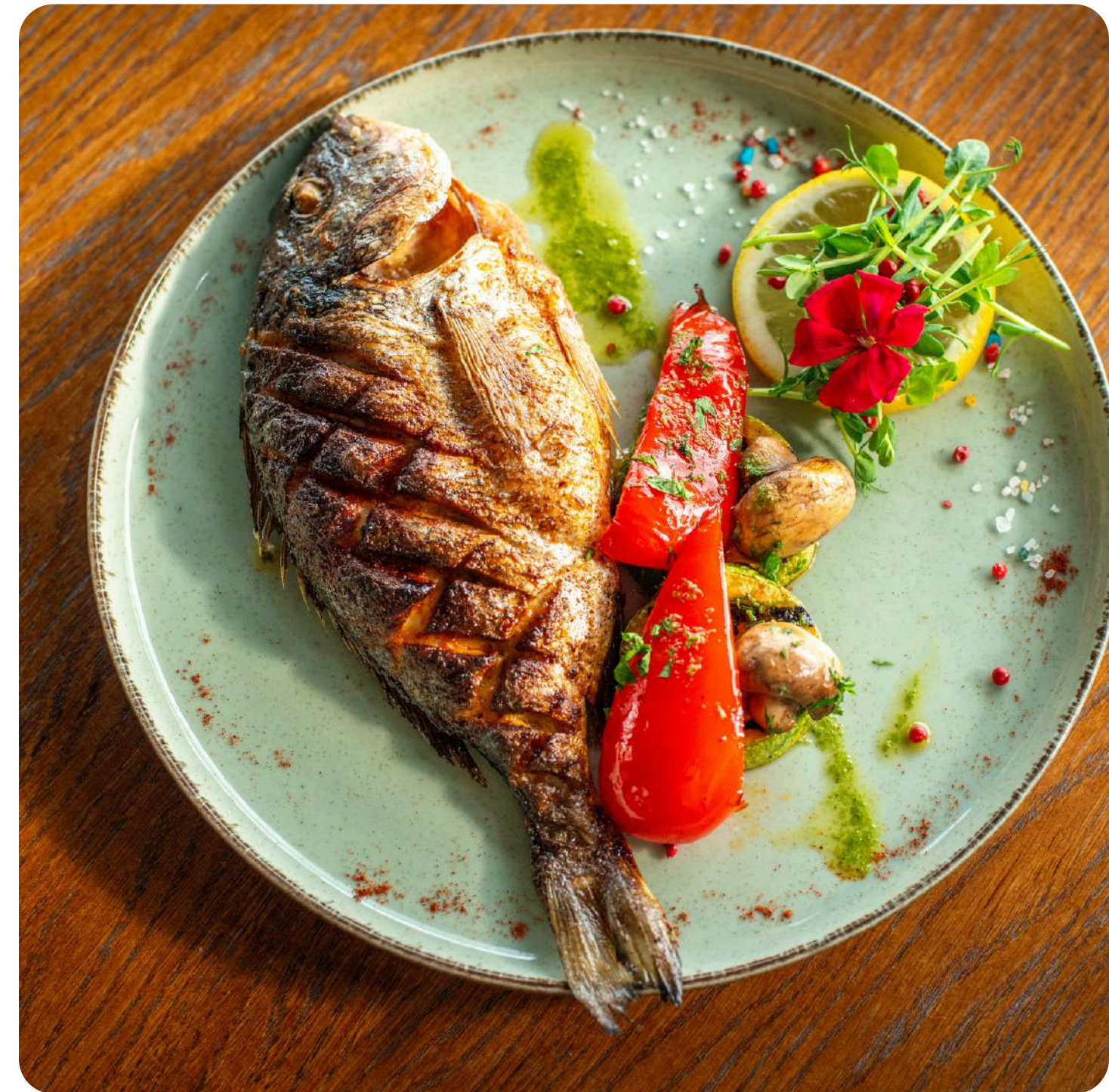
Inventory First: Look into the fridge and pantry before shopping

Meal Planning: Base meals on what you already have

Batch Cooking: Prepare bigger portions and use leftovers in new ways

Freezing: Freeze portions of soups, sauces, and herbs in olive oil

Think ahead: how can today's dish become tomorrow's delight?



CYPRIOT WISDOM – NOTHING GOES TO WASTE

Traditional practices that reduce waste

Revithia (chick peas) soup turns into a cold salad with lemon, olive oil, and parsley

Extra fasolada (dry beans) becomes a bean purée or dip

Cold kleftiko (stew) can fill a pita or pie

Trahana (pasta soup) is used to add flavour and thickness to vegetable soups



TRANSFORMING LEFTOVERS – PRACTICAL IDEAS

Leftover	New Dish Idea
Cooked vegetables	Blend into soup, make a savory tart, or veggie balls
Rice or bulgur	Stuff tomatoes, make fritters, or stir into soup
Boiled potatoes	Mash and mix into pies, croquettes, or omelets
Cooked fish	Make psarokeftedes (fish patties) or fish sandwiches
Bread	Create <i>avgofetes</i> , breadcrumbs, or soak for <i>koumoulia</i>



TRADITIONAL DISHES WITH A TWIST

Examples from our Cypriot kitchen

Leftover Lahanolmades: Layer in a baking dish with tomato sauce and cheese for a new casserole

Grilled Halloumi: Add to lentils or cold pasta salad with mint and lemon

Roasted Meats: Shred and combine with rice and vegetables for keftedes

Aubergine or Zucchini: Stuff with cheese and breadcrumbs, bake into a gratin





Tips for a Greener Kitchen

Buy only what you need & use a shopping list

Choose seasonal fruits and vegetables from local markets

Support local fishers: ask for lesser-known fish like bogue (bogas), picarel (melanouri)

Use every part: stalks, peels, and trimmings can flavour broths or be composted

Store food properly to extend freshness

Sustainable cooking isn't new – it's what we've always done.

THE SEA ON OUR PLATE – DON'T WASTE FISH



Ways to Respect What the Sea Gives Us

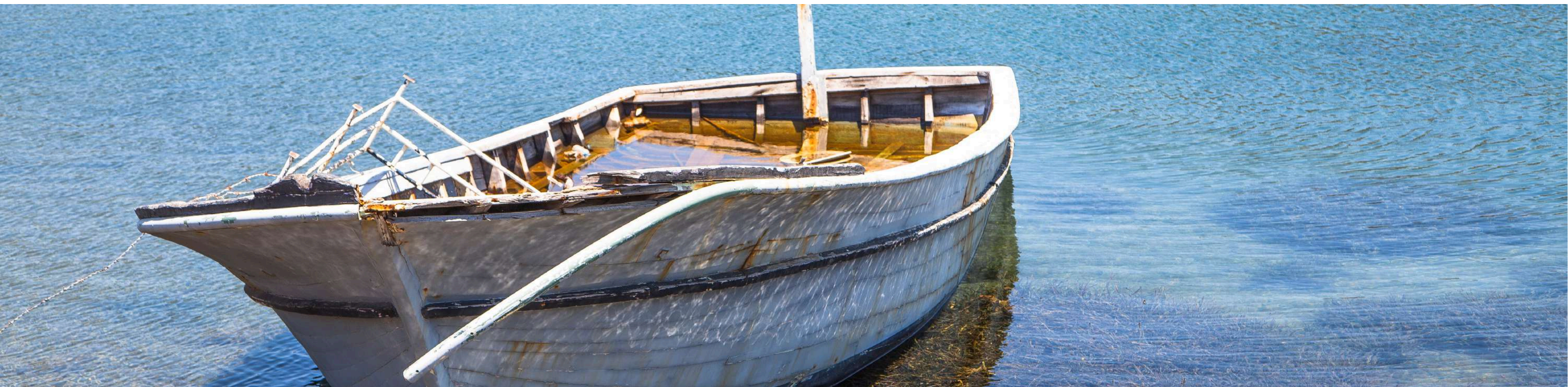
Save fish bones and heads for broth, it's a great base for psarosoupa (fish soup)

Turn grilled fish into salad with capers, lemon, and olive oil

Mix leftover seafood with eggs and herbs for quick patties or an omelette

Use small amounts of seafood to flavour rice or pasta

In the past, people fished for what they needed and used it all. Let's follow their example.



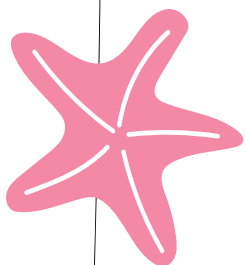
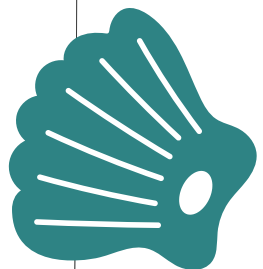
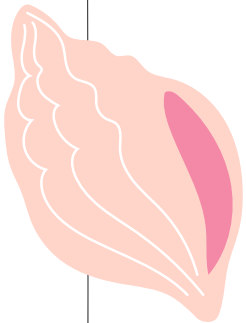
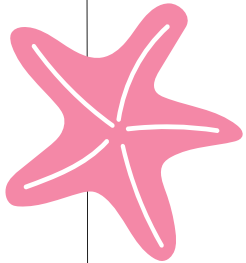
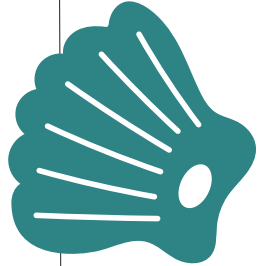
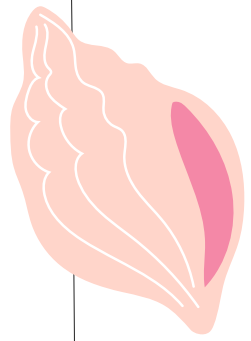
GROUP ACTIVITY – SHARE YOUR TRADITIONS

- What dish did your family often “reinvent” from leftovers?
- Which foods do you save and reuse often?
- Share your favourite “waste-free” meal!



REFLECTION AND DISCUSSION

- What is one leftover ingredient you often throw away – and how could you reuse it instead?
- Which traditional Cypriot dish reminds you of resourceful or waste-free cooking from your childhood?
- How can smart cooking support both your health and your household budget?
- What did your mother or grandmother teach you about making the most of food? How can you pass this on?
- In what ways can we reconnect younger generations with the value of using leftovers creatively?
- What are some easy steps you could take this week to make your kitchen more sustainable?
- How does smart cooking help you feel more connected to the land and the sea of Cyprus?
- Have you ever created a delicious meal by accident from leftovers? Would you try it again?



THANK YOU



**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.

Project Number: 2023-1-IT02-KA210-ADU-000151602