

HANDOUT 4

Zero-Waste Kitchen Innovation

- Imagine you are designing a **zero-waste kitchen**.
- Create a detailed list of **at least 10 items or tools** you would include to help reduce waste (e.g., reusable containers, compost bin, beeswax wraps).
- For each item, explain how it helps reduce waste and why it is important.
- Optionally, draw or make a model of your zero-waste kitchen setup.

How to Practice Zero Waste at Home

- **Check your fridge regularly** to use food before it expires.
- **Use all parts of food:** for example, vegetable stems can be used in stocks or salads.
- **Make your own broth** from leftover bones or vegetable scraps.
- **Keep a kitchen waste diary** to track what you throw away and find ways to reduce it.

Benefits of Zero Waste Cooking

- Saves money by wasting less food.
- Helps the environment by reducing landfill waste and pollution.
- Encourages creativity in the kitchen.
- Teaches responsibility and respect for resources.