



ZWITCH

ZERO WASTE TRAINING
FOR HOTELS & CATERING



Co-funded by the
Erasmus+ Programme
of the European Union



ZERO WASTE TRAINING
FOR HOTELS & CATERING

Every-day gestures
for Zero Waste



Description of the project

Project title: ZWITCH - ZERO-WASTE in TRAINING for Catering & Hotels

Agreement number: 2021-1-FR01-KA220-VET-000024799

Programme: Erasmus+

Key Action 2: Cooperation for Innovation

Field: Strategic partnerships in the field of Vocational Education and Training

Project Duration: 24 months

Project partners

- OSENGO (Applicant, France)
- Euroform RFS (Italy)
- EU-Trade (Lithuania)
- Pap Corp. (Greece)
- ITPIO (Bulgaria)

The context

The concept of zero waste has become a major topic nowadays. There are many vocational trainings in the respective partner countries in the hotel and catering sector, but they do not specifically take into account the concept of zero waste or do not address this issue.

These trainings can be improved by raising awareness of the zero waste concept, waste reduction or prevention.

**In this guide you can find many useful
every-day gestures for zero waste.**

We hope that you will use many of them.



Smart shopping

Grocery shopping is one of the most significant moments for the various businesses involved in food service. Unfortunately, a wrong approach to grocery shopping, whether due to optimistic forecasts or lack of communication between departments, often leads to premises wasting large quantities of food.

An ideal approach would be to shop intelligently by making a guess of how many people might be present and buying products according to this 'shopping list'. Frozen products, due to their excellent preservation properties, are also an important component of smart shopping, allowing for more choice at the table, but above all extending the shelf life of food.

Smart shopping is based on a shopping list that is as smart and reasoned as possible, and which can give these advantages:

- Saving money
- Avoiding waste and excess purchases

- Always having what you need
- Saving time by visiting suppliers less often
- Organising a perfect weekly menu

The term and practice of smart shopping is widespread and particularly appreciated by customers who care about environmental issues. It therefore becomes a promotional and loyalty-building tool for restaurateurs to spread the message that they are waste-conscious in their restaurants by carrying out a daily saving gesture such as smart shopping.



Learn more at:

<https://www.corrierecesenate.it/Dall-Italia/Spreco-alimentare-da-Coldiretti-un-decalogo-per-fare-la-spesa-intelligente>

<https://www.epa.gov/recycle/preventing-wasted-food-home>

Buying in bulk

Saving natural resources is one of the advantages of bulk packaging. Indeed, as you know, packaging has a strong environmental impact, whether it is through its manufacture, recycling, incineration or simply leaving it in nature. "The best packaging is the one that doesn't exist", to paraphrase Bea Johnson, high priestess of zero waste and author of the book "Zero waste, how I saved 40% by reducing my waste to less than 1 litre per year!

Buying in bulk means changing your shopping habits and leaving home with a tote bag, reusable cotton bags and other glass jars. So much packaging that won't end up as waste in your bin.



And it's not just your bin that's going on a diet, your wallet is too! Indeed, contrary to popular belief, buying in bulk saves money: you no longer pay for the packaging, as is the case with over-packaged industrial products. As long as you buy seasonal fruit and vegetables, you can get away with it for a modest price and you will have paid for what you eat.

The choice of quantity allows you to adjust your purchases to your appetite and thus reduce food waste. There are no "2 for 1" promotions in zero waste shops: you buy what suits you, no more, no less! With bulk food, you will not contribute to the 10 billion kilos of food thrown away each year in France. On the contrary, you can take the time to choose the products you want and in the quantities that suit you.

Learn more at:

<https://www.pandobac.com/grand-public/tout-ce-que-vous-devez-savoir-pour-acheter-en-frac/>

Cooking at home with a meal plan

Planning of meals is one of the most effective ways you can reduce food waste and save on your food bills. It takes a little bit of time to organise but makes life a whole lot easier both when shopping, because you have your shopping list, but also at home because you know what you will be cooking. While planning out every single meal before you go shopping may not be for you, wandering the aisles of a supermarket without at least some idea of what you plan to do with your purchases will result in overspending and food being wasted every time.

Check your cupboard, then make a plan...

Before you step outside the door you should know what you already have and plan around this. There are a lot of really handy websites, apps and blogs that you can use to come up with ideas for different recipes based on what you have at home.

Your Recipe lists: Apparently, most households have around 21 meals that they typically eat during the year.

Draw up a list of your main meals and then make a shopping list for each. Build your store cupboard essentials.

Leftovers: If you are making a weekly meal plan, don't plan on cooking every night. Plans change, leftovers are there to be eaten and your well stocked cupboard should allow you to deal with the unexpected.

Team effort: If you have kids, get them to help making the plan and suggest what meals they'd like to have that week (imagine, sometimes they don't like what the adults like!). Then, at the shop, they can help ticking things off the list which will keep them distracted... for a time anyway!



Learn more at:

<https://stopfoodwaste.ie/resource/meal-planning>

Learning how to store food correctly

Food preservation is one of the fundamental processes of agri-food processing, the primary purpose of which is to preserve the nutritional value of an agri-food product over time, preventing accidental changes and limiting the extent of the inevitable and unstoppable transformations that the food undergoes.

In restaurants, the careful storage of products is a very delicate step that can be done in different ways:



- Blast chilling and freezing; this is possible through the use of specific equipment that allows the integrity of the product to be preserved for a long period without altering its structure.

- Vacuum-packing and pasteurisation of food; these are processes that take place by vacuum-packing food and cooking it at around 100°C (varies according to the food), allowing it to be kept in the fridge for up to two weeks.
- Use of several refrigerators or airtight containers; this avoids contamination of food of different origins (e.g. bacteria that develop in meat can increase the breakdown of vegetables).

Paying more attention to preservation methods and choosing the most suitable method can significantly reduce environmental impact as there is less waste of raw materials.

Learn more at:

https://it.wikipedia.org/wiki/Conservazione_degli_alimenti

Composting and bio-waste collection services

Compost is organic material that can be added to soil to help plants grow. Food scraps and yard waste together currently make up more than 30% of what we throw away, but could be composted instead. Making compost keeps these materials out of landfills where they take up space and release methane, a potent greenhouse gas. By composting you will reduce your garbage. In itself, composting is not a very complicated or expensive undertaking. You just need a suitable container and not too much in-depth knowledge to get to grips with turning organic rubbish into fertile soil. Your flowers will be more than satisfied and happy if you nourish them with this homemade food.



You need 3 basic ingredients:

- **Browns** - This includes materials such as dead leaves, branches, twigs... .
- **Greens** - This includes materials such as grass clippings, vegetable waste, fruit scraps, and coffee grounds.
- **Water**

There is also the option of Door-to-door collection of bio-waste for meal leftovers, as it represents at least 75% of bio-waste. Local composting makes it possible to recover the fermentable part of the waste produced in order to transform it into an organic amendment that can be reused on the production site. In this way, the biowaste is transformed into a new product that can be resold on the market or that replaces a purchase of organic soil improvers for the compost producer.

Learn more at:

<https://www.epa.gov/recycle/composting-home>
<https://tastet.ca/nouvelles/compost-en-restauration/>

Eating locally and in season

We can all do something for regional agriculture. All we have to do is eat local and seasonal products. This approach, which is easy for each of us to do, not only strengthens agricultural jobs that cannot be relocated, but also our organism.

This is for:

- **Our health:** Eating seasonal products is not simply a fashion, but rather a matter of regaining common sense. Human beings have too often withdrawn from nature to the point of becoming "out of touch". Our body is dependent on external variations and inevitably, the deficiencies are not the same according to the periods.



- **Healthy nutrition:** Eating sauerkraut, cassoulet or raclette in the middle of summer is the same aberration as eating strawberries, raspberries or tomatoes in winter, and we don't really want to, to be honest. By listening to our body's needs (and not our greed...), we are responding to the basic principles of nutrition.
- **The local economy:** Consuming locally helps to support jobs in the regional agricultural sector. Direct sales orders boost the activity that can thus develop in our territories and create jobs that cannot be relocated. Consuming locally also means acting responsibly for the planet by reducing the environmental impact of transporting goods.

Use seasonal ingredients in the menu to avoid food waste!

Learn more at:

<https://www.mesproducteursmescuisiniers.com/fr/>

Less Packaging

For some years now, the discussion about the possible evolution of food packaging, which to date continues to be predominantly plastic, has become highly topical. Attention to the pollution of the seas, where real islands of waste float, has brought the issue to a global level. The planet can no longer cope with the amount of plastic we produce, and according to the Ellen MacArthur Foundation, by 2050, there will be more plastic than fish in the oceans. We need to take a stand not only ideologically, but also practically and actively. This new mindset is evident in consumer-led campaigns that spread the culture of sustainability with plastic-free solutions.

We need to move towards a more sustainable system, with packaging that is easier to recycle or with solutions that keep non-recyclable materials out of the waste stream for as long as possible. Obviously, the types of packaging depend very much on where the products are bought. In supermarkets, products are

generally sold in glass, metal, plastic or cardboard containers and often come encapsulated in several layers.

The first "naked" supermarkets (in the sense that every product is without packaging, including vegetables - you can use a string bag, recyclable of course) were opened in New Zealand.

The EU recognised that something has to change and from mid-2021 banned disposable cutlery, disposable plates, Styrofoam fast food containers, straws and many other previously commonly used plastic products.



Learn more at:

https://www.ansa.it/canale_lifestyle/notizie/societa_diritti/2019/02/23/me-no-plastica-meno-packaging.-il-futuro-e-nudo-e-a-impatto-zero_c3ffe0a4-934c-4128-a338-04236ea7a169.html
<https://www.lamadia.com/inchieste/packaging-ed-ecosostenibilita/>

Using biodegradable materials

When talking about waste treatment, a concept related to recycling, we always need to keep in mind biodegradable options.

Biodegradable materials are materials that can be decomposed by bacteria, fungi or other micro-organisms.

Directive 94/62/EC of the European Parliament and of the Council of 20 December 1994 on packaging and packaging waste stipulates that the product must decompose by 90% within 6 months.



The advantages of biodegradable materials are diverse:

- They do not pollute
- Do not produce waste
- They are easy to produce and modify
- Do not contain toxins

The EU has banned disposable cutlery, disposable plates, Styrofoam fast food containers, straws and many other previously commonly used plastic products. The main problem with these biodegradable materials is the misinformation about how they should be treated: Many people relate the concept of “biodegradable” to the idea of a product that can easily dissolve in the environment on its own.

Unfortunately, this is not always the case and some need specific treatment, otherwise they can cause short- and medium-term damage.

Learn more at:

<https://www.ecologismo.it/materiali-biodegradabili>

9 Using kitchen towels instead of paper towels

Keeping a few cotton or microfiber kitchen towels in a drawer can be a huge step towards your zero-waste goals. They are easy to wash in the washing machine, they dry quickly and are ready to use again in a very short time. The eco-friendly benefits of reusable cloths or rags is (like the name implies) how you can use them over and over again, reducing paper waste by literal tons every year. They were here before paper towels and looks like they should stay for longer than them as well, since you can make them out of pretty much any old piece of fabric that's lying around your house, or buying one made out of recycled materials such as birds eye cotton.

Many people have replaced their paper towels with microfiber cloths in an effort to clean while remaining eco-friendly, but the hard truth is that these cloths are made from petroleum-based polymers, and every time you wash them, they release microplastics that never decompose, while making their way into the water.

So you might want to look into gentler fabrics. Yes, cloths and rags are better for the environment in general by a large margin, but there are some aspects that still make people wary of using them.



Specifically, the fact that the constant humidity and contact with all sorts of unpleasant substances make them a breeding ground for nasty microorganisms. Is the fear justified?

Well, yes and no. While the dampness of the cloth does favour the growth of some bacteria, following a proper sanitization routine will no doubt help you make it clean and safe for everyday use.

Learn more at:

<https://www.apartmenttherapy.com/paper-towel-alt-2-25875>

Not automatically handing out bags, cutlery or napkins

**Asking this simple question:
"Do you need a plastic bag?"**

draws customers' attention to the presence of the bag they no longer notice. This can gradually lead them to change their habits: Carrying a reusable bag or keeping reusable cutlery in the office. This action is applicable to all disposable products or objects distributed to accompany the meal: cutlery, napkins, sauce, salt or sugar pods (seasoning can be added on the spot, to the customer's taste).

A classic white plastic bag costs between 1 and 5 cents and a cutlery kit up to 0,5€, which means that each unit not distributed is a small saving! Over a year, your packaging budget can be considerably reduced.

This action does not require any material investment, but in order to be successful, it must be accompanied by a verbal communication towards your customers, possibly linked with a display explaining your approach. If well explained, your initiative can have a snowball effect: for example, a neighbouring company can invest in cutlery or reusable dishes to make them available to its employees.



Learn more at:

<https://www.zerowasteFrance.org/projet/mon-commercant-zero-dechet/>

Setting up a deposit for cans, jars or bottles

The deposit consists in offering your usual products in reusable packaging (boxes, jars or bottles designed for this purpose) for which the customer pays a deposit that is returned to them when they come back with the empty packaging.

For some types of packaging (e.g. salad boxes), the reusable version costs only slightly more than the disposable version. The initial investment is therefore reduced and the savings are significant.

Initially, you can continue to offer your customers both types of packaging and set up an incentive system to gradually encourage them to adopt the deposit. The procedures for washing and checking the returnable packaging must be clearly defined when the system is set up, but do not always require an additional investment or a new organization.



Learn more at:

<https://www.zerowastefrance.org/projet/mon-commercant-zero-dechet/>

Using reusable containers

Packaging is one of the largest causes of waste:

That's why it's more and more important to use an alternative like containers that can be used repeatedly, avoiding plastic waste.

These containers can be made of hard plastic or metals: It's a good practice already used by many different catering services in the world.

Reusable containers benefit the planet and companies! The World Economic Forum reports that plastic packaging waste represents an annual loss to the global economy of \$80 billion to \$120 billion. Reusable options not only help alleviate that burden, but consumers are also willing to pay more to help solve the sustainability problem.

Multiple local cafes or restaurants now ask the suppliers to use the same packaging. Supplies from farmers can come in crates that are returned and reused. In some cases, with smaller producers, the restaurant invests in small reusable containers.

In hotels for example the practice of filling shampoo and shower gel products using the same multi packaging exists.

In the catering sector the restaurant's suppliers can be asked to use "single-use" packaging.

Another example of a reusable attitude is to use refilling water stations among halls in hotels.



Learn more at:

<https://www.rimi.it/zero-waste>

Offering and using reusable bags or tote bags

5 trillion plastic bags are produced every year across the globe, most of them are discarded in the garbage and end up in the landfill or in the ocean. It is, actually, quite easy to reduce the number of plastic bags produced by using reusable shopping bags.

Reusable bags fold easily, they are machine washable and most importantly – they do not pollute the environment.

Remember, each step counts!

Another option is to buy paper shopping bags which are virtuously produced from 100% recycled paper, with a minimum of 95% post-consumer content.

Reusable bags can also be personalized with the business' logo, can be sold, offered or loaned against a deposit, throughout the year or as part of a commercial operation.

By offering reusable bags, you can reduce or even stop the distribution of disposable bags in your business.

The personalization of the bags also allows you to build customer loyalty and promote your brand.



The purchase of reusable bags can easily be shared between retailers in the same neighbourhood. Do not hesitate to discuss with your retailer association or with your city hall representative about the possible financial support to apply for this type of operation.

The unit cost of a reusable bag varies between 0,19€ and 1,53€ for plastic bags and between 1,27€ and 5,56€ for organic cotton bags.

Learn more at:

<https://www.ecoenclose.com/shop/re-tail-packaging/100-recycled-paper-shopping-bags/>

<https://www.ecoenclose.com/shop/re-tail-packaging/100-recycled-paper-shopping-bags/>

Always carrying a reusable water bottle and coffee cup

Sounds simple?

That's because it is, but it's so impactful. You can save an average of 156 bottles annually by just using an eco-friendly bottle or plastic free water bottle.

Staying hydrated is essential; using single-use plastics is not.

Producing a plastic water bottle requires six times as much water during manufacturing as what ends up in the bottle itself. Whereas using an eco-friendly water bottle is one of the most impactful swaps you can make... and the effort of doing so is minimal.

Plastic free bottles are not only free of, well... plastic, but also chemicals that can leach into our drinking water. And let's not forget that buying bottled water can be 2000 times more expensive than drinking from the tap.

Plastic-free water bottles are a must for the planet and the budget.



Learn more at:

<https://www.sustainablejungle.com/zero-waste/zero-waste-tips/>

Cleaning and housekeeping with natural products

Simple, healthy and effective alternatives

Indeed, baking soda, white vinegar, lemon, salt and tea tree oil would be enough to clean every corner and every object in any home. Safe for your health and the environment, used separately or mixed cleverly, these biodegradable and environmentally friendly products are great for stains and bacteria thanks to their many cleaning properties.



- Sodium bicarbonate (or soda) is an abrasive, anti-fungal, anti-scale, deodorising, scouring, softening powder that shares many characteristics with
- white vinegar, an excellent bactericide, antiseptic, descaler, scourer, deodoriser, stain remover, disinfectant, fabric softener and anti-mould agent.
- Lemon and salt are both known for their disinfecting, deodorising and descaling properties.
- Finally, tea tree oil is an effective disinfectant and antifungal agent.

Learn more at:

<https://echosverts.com/2014/01/03/5-produits-naturels-qui-font-bon-menage/>

Using alternatives to disposable sponges

To replace the traditional disposable sponge, you can look for compostable products such as bamboo brushes, coconut scrapers or natural materials such as cotton or hemp.

Sponges attract bacteria, as they like to grow in warm, moist environments.

Brushes are more hygienic, but it is sometimes difficult to get a brush inside a jar. For hard-to-reach areas, you can use a brush or rag.

If you wash the rags regularly and dry them outside, the heat of the sun will kill the bacteria and naturally brighten them to their original colour.

The brushes are compostable and recyclable.



Learn more at:

<https://lecaninole.fr/articles/10-gestes-simples-pour-debuter-le-zero-dechet/>

Donating to those in need

More and more often we hear about food waste because large quantities of raw materials purchased in restaurants are not consumed or are consumed after the product is no longer fresh. There are various methods to avoid this kind of waste (e.g. smart shopping or using frozen products) but these methods are not always effective. A good way to avoid food waste is to donate to those most in need.

Initially, donating to the neediest was difficult in Italy but since the introduction of the Gadda law in 2018, it has been possible to donate 7,600 tonnes of food and thousands of cooked foods. The law consists of less than 20 articles and has succeeded in triggering a circular economy process that makes it easier for people interested in donating basic necessities because they are unsold or close to their expiry date.

Thanks to the donations they make, restaurateurs benefit from a reduction in waste tax, all while helping others.



Learn more at:

<https://www.ilsole24ore.com/art/supermarket-e-ristoranti-cresce-solidarieta-anti-spreco-ACNj4Ui?refresh>

Buying second-hand

As you may have noticed, you can get a good deal by buying second-hand. But did you know that it is also environmentally friendly? You prolong the life of a product and, in a world with limited resources not infinite, it has the great merit of reducing their exploitation mechanically and the pollution generated by the production of goods new. Let us not forget that the cleanest object is primarily that which is not produced!

The possibilities for to buy well are very numerous:



- **Garage sales:** These open-air events bring together buyers and sellers of second-hand goods. The law allows you to sell your personal and used belongings twice a year.
- **Flea markets:** Flea markets are similar to garage sales in the way they work - used items are sold on the pavement but the sellers are professionals
- **Auction sales:** The auction rooms then move to the place of the auction. You can participate in these auctions anywhere in France. The network of auction rooms is quite dense, you can find them everywhere, including in small towns.

Learn more at:

<https://www.bananapancakes.fr/les-derives-du-marche-de-loccasion/>

Using bamboo straw instead of plastic straw

Bamboo drinking straws are all-natural and reusable making them one of the easiest ways to eliminate plastic waste in your household.

If you are familiar with bamboo, you may know a thing or two about its sustainable benefits as a renewable resource:

- Natural and biodegradable – from the earth, back to earth! When you decide to dispose of your bamboo products, they are biodegradable and will return to the earth's soil.
- Antibacterial and chemical-free – grown without chemical fertilizers and pesticides. Its natural antibacterial properties make it less resistant to rotting or carrying bacteria.
- Eco-friendly – bamboo produces 35% more oxygen than trees and actually helps absorb CO₂ from the atmosphere.



Some benefits of using a bamboo drinking straw versus its wasteful plastic counterpart:

- Durability – there no sharp edges, no risk of breakage. You can simply toss your straw in your bag and take it with you on-the-go. They are child-friendly with smooth edges that won't cause any irritation when using. They can be used for both hot or cold beverages.
- Safe – plastic straws are made from the chemical polypropylene which is FDA food-safe, but there is evidence that it leaches into liquids and contaminates them.
- Reusable – a bamboo drinking straw will last a lifetime when properly cleaned and cared for.

Learn more at:

<https://householdwonders.com/why-use-bamboo-drinking-straws>

Choosing loose leaf tea over tea bags

Tea's versatile nature has led its following to such massive numbers, worldwide. It encompasses an entire universe of variants, blends, brewing choices and consumption methods. To cater to convenience in the modern era, the rat race and time crunch of the masses, tea has been further diversified into one broad classification; loose leaf tea and tea bags.



Advantages of Loose Tea Leaves over Tea Bags

- **High on Quality:** The quality of tea leaves used in loose leaf tea are of much superior quality and bestows tea lovers with full bodied flavours and aromatic brews.
- **Endows More Health benefits:** Tea is rich in antioxidants and many micronutrients.
- **More Flavoursome and Aromatic:** Since loose leaf tea

comprises of whole leaves, they retain their full-bodied flavours and potential benefits. When brewed, loose tea expands to release more flavour and goodness as compared to tea bags, whose size and tea bag material restricts its expansion and flow.

- **Stays Fresh Longer:** A rejuvenating brew concocted from loose leaf tea tends to have a longer life and freshness. In contrast, tea bags, lose their freshness soon, since they usually contain dust and fannings of tea, making it taste stale in comparison. Moreover, tea bags are mostly produced in bulk and at times remain in shelf for years, unlike loose leaf tea.

- **Low on Bitterness:** Tea steeped from tea bags usually release more tannins, which result in comparatively bitter brews on prolonged steeping. Whereas, in loose leaf tea, you can adjust the quantity to get your preferred flavour and its strength.

Learn more at:

<https://www.sublimehouseoftea.com/loose-leaf-teas-vs-tea-bags/>

Recycling old cell phones

Consumer electronics associations predict that a mobile phone will last between 4 and 5 years, which means you won't have to renew it every two years. Alas, the rapid advancement of software requires modern users to do so just as often.

The good news is that mobile phones have the largest recycling market of all other electronic devices. The bad news, however, is that according to the EPA, only 10% of phones in the United States and in Europe are recycled. The rest end up in landfills or more likely in a drawer.

Recycling mobile phones has never been easier, as you can trade them when you buy a new phone, send them by mail for recycling, retail them, putting them on ebay, OLX or other websites or recycle along with other types of e-waste.

Here are some easy steps to get your cell phone ready for recycling:

- If you bought a new phone, make sure you transfer your information from the old one. The shops offer assistance for such an operation.
- Find the factory settings from your phone's settings and reset it to remove all your data. As an extra precaution, you can also remove the SIM card.
- If the phone battery is removable, remove it. Most mobile phone batteries are lithium-ion, which requires special transportation for recycling, so this is especially important when using mail recycling programs.



Learn more at:

<https://ecologica.bg/kak-da-recikirate-telefona-si/>

Using silicone baking mats

Silicone baking mats are reusable alternatives to parchment paper: Pop one into a baking sheet and you instantly have a non-stick baking surface that you can use, wash, and reuse. We also tested them against an unlined rimmed baking sheet, roasting potatoes and salmon.

A silicone baking mat is a non-stick baking surface made from high-quality, food-grade silicone. This surface comes in several shapes and sizes to fit various types of baking pans. The main benefit to owning a silicone mat is that, unlike parchment paper, it's reusable.

Silicone pans heat rapidly and bake products evenly, with no uneven or burnt edges. Removal of silicone ware is pretty quick and easy, just easily slide, and you are done! They can be used safely in the oven, dishwasher, freezer, or microwave.

Silicone pans will flex when hot, but won't melt until exposed to 260 degrees Celsius. As most baking instructions stay under 200 degrees Celsius, melting should not be an issue.



Learn more at:

<https://www.iforgotitswednesday.com/can-you-use-a-silicone-baking-mat-instead-of-parchment-paper/>

Investing in higher quality items

It is more sustainable to spend a little bit more money up front, instead of constantly replacing lower quality items. Higher quality items will last longer in the long run and will save you money.

Examples: instead of opting for disposable shavers, consider a reusable or electric one. Instead of opting for cheap clothes, consider buying a slightly more expensive, but better quality garment.

Buying high quality items for yourself is an act of self-love. You are worth spending a little extra on yourself and you deserve to have valuable things.

Your confidence grows as you wear something precious, instead of a cheap mass product. Whether we like it or not, clothing is also a part of our identity.

Your clothes can emphasize social status, as well as a certain trait of your personality and style. Some people may think spending money on high quality clothes is frivolous, but it actually is an investment in yourself and well-being.



Choosing quality over quantity is one of the easiest ways to live more sustainably. But buying less and making sure what you buy will last you are choosing to be more sustainable.

Even when you decide you no longer want something, high-quality items can be re-sold, re-used or donated to charity.

Learn more at:

<https://www.simpleminded.life/quality-over-price-sustainable/>

Installing a pay-per-item system to promote zero waste

In restaurants a good gesture is switching to the pay-per-item system, which is wiser than offering customers to eat all they can: This gesture can help restaurants avoid food wasting.



A restaurant could try to approach a zero-waste attitude by using smaller plates and bowls, preventing unnecessary waste of food purchased by clients. Discouraging over-plating helps the client to make a conscious decision about the size of their serving.

Learn more at:

<https://blog.gotenzo.com/the-ultimate-guide-to-reducing-food-waste-and-keeping-food-costs-low>



We hope that this guide was of use to you.