MINISTERIUM
FÜR EIN
LEBENSWERTES
ÖSTERREICH

bmlfuw.gvat

FOOD IS PRECIOUS
100 FACTS & TIPS
HIGH-QUALITY, safe and affordable food is an essential basic element of an Austria worth living in. Despite this, some 157,000 tons of food and leftovers worth more than one billion euros go in the trash every year.

There are several reasons for this: Either people buy too much or buy too carelessly, the goods are improperly stored and spoil or leftovers are not put to further use. Food waste is not only ethically questionable; it also harms the environment. The „Food is precious!“ initiative was launched in the context of the way-of-life strategy, with a view to reducing the mountains of discarded food. You can make a big impact with little effort. For example, try writing a shopping list in order to shop more consciously. Or make proper use of the different zones in your refrigerator - in this way, your delicacies will keep fresh longer. Even with small actions you contribute significantly to an Austria worth living in. Get on board!

Your ANDRÄ RUPPRECHTER
Federal Minister for Agriculture, Forestry, Environment and Water Management
CONTENTS

3  PREFACE
5  TABLE OF CONTENTS
6  THE PRECIOUSNESS OF FOOD
10  SHOPPING
15  STORAGE IN THE REFRIGERATOR
22  DEEP-FREEZING
24  STORAGE OUTSIDE OF THE REFRIGERATOR
27  MINIMUM SHELF LIFE AND USE-BY DATE
30  LEFTOVERS
33  AMA QUALITY SEAL
35  AMA ORGANIC SEAL
37  RESPONSIBILITY

More information at
bmlfuw.gv.at/lebensmittelsindkostbar
facebook.com/lebensmittelsindkostbar
DON’T JUST THROW FOOD AWAY!
1. Every year, some **157,000 tons** of food and leftovers are thrown out with the rubbish.

2. This means **19 kg** of food are discarded **per capita and year**.

3. This means **43 kg of food** go to waste **per household annually**.

4. This means, each year, we throw away goods in the average value of **300 euros per household**.

5. 157,000 tons corresponds to **a volume of food** (without beverages and milk) consumed by about **half a million people** in private households each year.

6. At **28 percent**, bread, sweet and baked goods make up the **lion’s share** of discarded food in Austria.
7. **At 27 percent, the number 2 source of food waste is fruit and vegetables.**

8. **At 12 percent, dairy products and eggs rank third among discarded foods.**

9. **Meat, sausage meats, and fish follow with 11 percent.**
Discarded food in Austria

Households

- Bread, sweet and baked goods: 28 percent
- Scraps: 22 percent
- Meat, sausage, meat, fish: 11 percent
- Fruit and vegetables: 27 percent
- Dairy products and eggs: 12 percent
SHOP CONSCIOUSLY!
10. **Check your fridge** before you go shopping.

11. **Check your supplies** before you go shopping.

12. Make a list of **the food supplies** you absolutely want to have in the house.

13. Create a **meal plan for the week** if you can.

14. Write a **shopping list** before you go shopping.

15. **Never** go to the supermarket **hungry**.

16. **Only** buy as much as you **really need**.
17. Always consider whether you really need the bulk pack.

18. Be critical of promotional and bait offers.

19. Give preference to regional products.

20. Buy seasonal food.

22. Avoid impulse buying.

23. Make a habit of checking shelf-life and use-by dates while you shop.
24. Use cloth bags, paper bags or shopping baskets for your shopping.

25. If the supermarket is around the corner, use your bicycle or walk.

26. Going shopping by bicycle or on foot helps protect the climate.

27. Going shopping by bicycle or on foot saves you gas money.

28. Going shopping by bicycle or on foot helps you get more exercise and improves your quality of life on a daily basis.
STORE YOUR FOOD RIGHT!
29. The top-most shelf (with the exception of the refrigerator door) is the warmest spot in the refrigerator.

30. Store foods in the top-most shelf that do not need to be kept very cool.

31. The top refrigerator shelf is the right place for e.g. jam, pre-cooked food or leftover meals.

32. Always allow cooked meals to cool off completely and place them in closed containers before putting them in the refrigerator.

33. Dairy products belong in the middle refrigerator shelf.

34. The lowest shelf is the coldest place in the refrigerator.

35. Keep perishable foods, such as meat, fish, poultry or sausage meat, in the lowest shelf.
36. The **bottom drawers** are the vegetable compartments.

37. **Fruit and vegetables** must be stored **separately** in the refrigerator.

38. **The reason**: Many fruit and vegetable varieties release **ethylene gas** as they mature.

39. **Remove the greens** from root vegetables such as carrots. This will keep them fresh longer.
40. **Tomatoes** do not belong in the refrigerator.

41. Tomatoes **lose their flavour** as a result of cold refrigerator temperatures.

42. **Potatoes are sensitive to low temperatures** and do not belong in the refrigerator.

43. Potatoes stored in the refrigerator **lose their taste**.

44. Keep **butter, eggs** or **beverage bottles** in the refrigerator door.

45. **Keep track** of the contents of your refrigerator.

46. Get a clear picture by keeping newly bought products **in the back** and moving older ones **toward the front**.
47. Always put your food in the refrigerator in a sealed container or cover it.

48. **Clean** your refrigerator regularly.

49. Regular cleaning will prevent the buildup of germs and bacteria.
IT’S EASY WHEN YOU KNOW HOW:
STORAGE IN THE REFRIGERATOR

EVERYTHING IN THE RIGHT SHELF

DOOR COMPARTMENTS
EXTEND YOUR FOOD STORAGE LIFE AND FREEZE IT!
50. The fresher the food is when it goes in the freezer, the longer it will keep.

51. Keeping your food in airtight packaging will save your food from drying out.

52. Airtight packaging will protect your food from loss of aroma.

53. Freeze cooked leftovers and warm them up again when needed.

54. When buying frozen foods, do your best not to interrupt the cold chain.

55. Freeze food only in bags and containers that are specifically intended for this purpose.

56. Always label your frozen items with date and content.
CHOOSE THE IDEAL ENVIRONMENT FOR YOUR ENJOYMENT OF FRESHNESS!
57. Use foods as quickly as possible after opening.

58. Once opened, keep products such as cake covered to extend their storage life.

59. Ideally, once opened, pasta should be transferred into a sealed container.

60. Ideally, once opened, rice should be transferred into a sealed container.

61. Clean your larder cabinets regularly.

62. Cleaning them will help prevent the occurrence of pests, such as pantry moths.

63. Unwashed fruit keeps longer.
64. **Exotic fruits** like it warm.

65. Ideally, exotic fruit varieties such as **bananas and citrus fruits** should be stored **outside of the refrigerator**.

66. Always store **bread** and **baked goods** at **room temperature**.

67. Store **bread** and **baked goods** in **ceramic containers** or **bread boxes**.
MINIMUM SHELF LIFE AND USE-BY DATE

DON’T BE SO QUICK TO TOSS YOUR EXPIRED FOODS!
68. The “best before ...” label indicates until when the product will retain its specific properties if properly stored.

69. The best-before date guarantees that, if properly stored, characteristics such as a product’s flavour, aroma, consistency, nutritional value and colour will remain unchanged until this date.

70. Strict adherence to proper storage conditions is required to ensure minimum shelf life.

71. Minimum shelf life applies to the unopened product.

72. For the most part, your food should continue to be safe to eat even after it expires.

73. Check the product to judge whether it is still fit for consumption past its best-before date.
74. Count on your senses – *eyes, nose and taste buds* – when checking whether food is still fit for consumption.

75. You can eat your food even after its expiry date *if it still looks good, smells good and tastes good.*

76. **Perishable** foods are labelled with a *use-by date.*

77. The *use-by date* is the date by which a product should be consumed.

78. Always adhere to the printed *use-by date* for products such as meat, otherwise you may even contract food poisoning.

79. Observe the printed *use-by date* for products such as *fish,* otherwise you run the risk of food poisoning.

80. In the case of perishable foods, *do not interrupt the cool chain* and observe *recommended storage.*
WHIP UP TASTY MEALS BY USING LEFTOVERS!
81. Do not throw out leftovers, instead use them for other meals.

82. You can make delicious new dishes or snacks using leftovers the next day.

83. You can use barbecued meat leftovers to make a pasta & meat salad on the next day.

84. Use soft apples to make apple compote or applesauce.

85. If your fruit is about to go bad, use it to bake a moist cake.

86. Prepare a casserole dish from rice or pasta leftovers.

87. Use yesterday’s boiled potatoes for tortilla.
88. You can make healthy **bread spreads** from left over vegetables.

89. Left over bread is great for making **bread dumplings**.

90. You can, e.g., make **bread and apple pie** from left over bread rolls.
AMA QUALITY SEAL

CHOOSE REGIONAL QUALITY!
91. AMA quality seal products fulfil **above-average quality criteria**.

92. The **origin** of foods that bear the AMA quality seal is **traceable**.

93. The AMA quality seal warrants **independent quality controls**.

94. The AMA quality seal offers **guidance for grocery shopping**.
PLAY IT SAFE!

--- 35 ---
95. All products marked with the AMA organic seal were produced in accordance with the standards of organic farming.

96. Products bearing the AMA organic seal are subject to stringent production regulations (e.g. conservative land use).

97. The AMA organic seal ensures that the products you buy are from animals that have been raised humanely.

98. Products labelled with the AMA organic seal are GMO-free.
JOIN THE EFFORT!

99. We all need to assume responsibility and contribute to the prevention and reduction of food waste.

100. “Food is precious!”
We can achieve tremendous impact even with small actions and be a good role model for others.
LEBENSMITTEL SIND KOSTBAR!
FOR AN AUSTRIA WORTH LIVING IN

WE SEEK an Austria worth living in within a strong Europe: with clean air, clean water, a diverse natural environment and safe, high quality and affordable foods. We create the best possible conditions for this.

WE WORK for safe living conditions, a sustainable lifestyle and the reliable protection of life.