

Zero Waste Cooking: A Collaborative Culinary Experience at Caritas Vienna's market stall Stand 129

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On April 26, 2023, Caritas Vienna organized a Zero Waste Cooking event at Stand 129 as part of the **ToNoWaste** project. Located at Viktor-Adler market in Vienna's 10th district, Stand 129 hosts diverse art and culture events open to everyone. Cooks with varied backgrounds regularly join the kitchen to collaborate on preparing complimentary meals. For this event, Caritas Vienna partnered with Caritas food bank Le+O.

A team member from the Caritas food bank Le+O brought a diverse range of leftover food, including bread, fruits, vegetables, and dairy products. Using these items, a spontaneous meal was planned with a few additional ingredients purchased at the market. Around 30 people participated in the cooking and dining experience, forming teams to prepare various dishes. Despite minor imperfections in the donated food, participants responded positively. Dishes included leek and potato soup, a banana-strawberry milkshake, garlic bread, a bean stew, and more. After cooking, a communal table was set, and all the dishes were enjoyed together. Leftovers were distributed among the participants.

The main value for participants was engaging in a collaborative, sustainable cooking experience with donated and rescued food. It offered insights into **Zero**



Waste cooking, fostered community, and showcased practical aspects of sustainable cooking. This event served as a trial for upcoming **ToNoWaste** pilot activities at Caritas Vienna, for which members of the Caritas community kitchen "Community Cooking" will organize **Zero Waste Cooking Workshops** for vulnerable communities.



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