

**FREE
FOOD**

LECTURES & WORKSHOPS OFFER

- We stand as the only NGO in Slovakia dedicated solely to the cause of food waste reduction. Our engaging sessions offer practical lectures and interactive workshops, guaranteeing both enrichment and enjoyment – an experience that's far from dull! Combine the enjoyable with the meaningful, and join us in tackling this pressing issue! We invest a portion of the funds we receive in expanding our efforts, including food donations and awareness-raising activities.

One Third of Food

- ✓ Why food waste stands as one of the most absurd global issues;
- ✓ Food waste in Slovakia (also compared to the EU);
- ✓ The fate of unconsumed food items in retail;
- ✓ Smart shopping practices and minimizing food waste.

Navigating our Food Systems

- ✓ What is the global food system and its environmental impacts;
- ✓ Understanding monoculture, ecological footprint, and the carbon footprint of food;
- ✓ Exploring superfoods and the origins of our daily meals;
- ✓ Unpacking the reasons behind high food costs;
- ✓ Exploring local food systems and the benefits of eating locally.

Tailor Made Lecture

Interested in diving deeper into a specific topic? Get in touch and we'll set up a customized lecture for you and your colleagues.

Duration of the lecture is approx 60 minutes including an online wrap up quiz and discussion.

Store them properly

Embark on an interactive workshop paired with a concise lecture, creating an engaging 60 to 75-minute session, full of tips and tricks to master the art of storing foods for ultimate freshness. This experience promises an inspiring entry into the topic and the world of food preservation.

Swift & Zero Waste without cooking

Learn to ferment vegetables and save them from wastage, or create a tasty and seasonal zero waste salad, making use of every part of the ingredient. Combined with a brief lecture, the session lasts 60 - 75 minutes.

Make your own beeswax wraps

Craft 2 Size L beeswax wraps in various patterns, a treat for yourself and your loved ones. We'll discuss their usage, care. Duration is 60 - 90 minutes depending on the number of participants, includes a flyer with instructions.

Zero Waste cooking workshop

Craft a 3-course dinner or lunch alongside a masterful Zero Waste chef. Embark on a 3-hour culinary workshop with an engaging opening talk, promising a memorable team-building adventure.

The workshop capacity is 20 people, with the possibility to increase it for "Store them properly" & "Make a beeswax wrap" workshops.

We are Free Food, but not care – free.
Let's give food a second chance together!



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