



We welcome the Month of August with:

The School of Families, our monthly newsletter that will help you learn more about food waste. You will receive infographics, games, or challenges to do at home.

If you are hungry for more, we invite you to continue exploring the resources available on our website.

Don't let the summer heat catch you unaware!

By now, at the Zero Waste project we are sure that you are fully aware of food waste and that you are doing your best to avoid it and to make your contribution to the problem as small as possible. But we would like to warn you, this is not the time to let your guard down!

Summer is the time of year when most food is wasted, for many different reasons (some of which we have discussed in previous newsletters). Let's find out which are the most important ones:

- **The heat:** With the heat, there are many foods that spoil more easily, so we must take special care and store them in the fridge to ensure that this does not happen. However, as we saw in the last newsletter, it is not advisable to put everything in indiscriminately, because there are things that can lose their flavour. Also, remember the cold chain, because, some foods, once heated, should not be refrigerated or frozen.
- **Summer plans:** When the weather is better, it is normal to have more plans than during the rest of the year. Especially if we have shorter working days and more time to go out. And these social gatherings can lead us to eat out more often, which makes it easier for our meal plans to fall through the cracks. To avoid this, try to make sure your planned meals can last in the fridge, use non-perishable foods and above all, **if you notice that you tend to eat out more, buy less than usual.**
- **Vegetables:** When the weather is hot, it is normal to want to eat more fresh food, although the ingredients are precisely the same ones that spoil more easily. To avoid this, all you need is a little more originality when it comes to cooking: cold vegetable creams, cold soups, overripe fruit ice cream... **The Internet is full of recipes** for making the most of vegetables that are riper than usual!

And as we know that summer is the holiday season... This newsletter is shorter, so you can enjoy yours. Do you have any other tips on how to make good anti-waste strategies? Let us know!

And next month...

That's all for the month of August. If you want to know more, we invite you to keep reading our teaching guides and to follow us on Facebook, Twitter and LinkedIn. Next month, more and better?

Towards zero waste!