

# SUSTAINABLE FOOD CONSUMPTION JOURNEY WITH SUSCOF PROJECT

## KITCHEN TRAIL





**KITCHEN TRAIL 3**

Serving

# The trail doesn't stop when the food reaches the table!

Let's see what else we can do. Quite a lot is about quantity: today there are about as many overweight people as underfed people in the world. Several billion.

1. Buffet style
2. Plates!
3. Mindful eating
4. Condiments
5. Leftovers - again?



# 1. BUFFET STYLE

Instead of serving up food on individual plates, put the bowls or pans on the table for self service.

Encourage taking small portions and coming back for second helpings: taking a break gives time to notice whether or not we're actually still hungry.

In this way, any food left in the pans can be stored for later use.

## 2. PLATES!

- In general, and not least in restaurants, bigger dinner plates have become fashionable. Go against the fashion - use smaller plates!
- A standard-sized serving looks small on a large plate and may leave you feeling unsatisfied. Use a smaller plate to avoid overloading.
- And by the way: don't eat straight from a container. Jumbo-sized packages or food served from large containers encourage overeating. Especially for snacks, empty them into a small bowl to reduce the temptation to keep on eating.



# 3. MINDFUL EATING



Take your time.



Enjoy the food.



Imagine its journey, to get to your plate

Mindful eating reduces stress and improves digestion. And you're less likely to waste food when you've really thought about all the people and resources it took, to get it to your plate.

# 4. CONDIMENTS

What should be on the table?

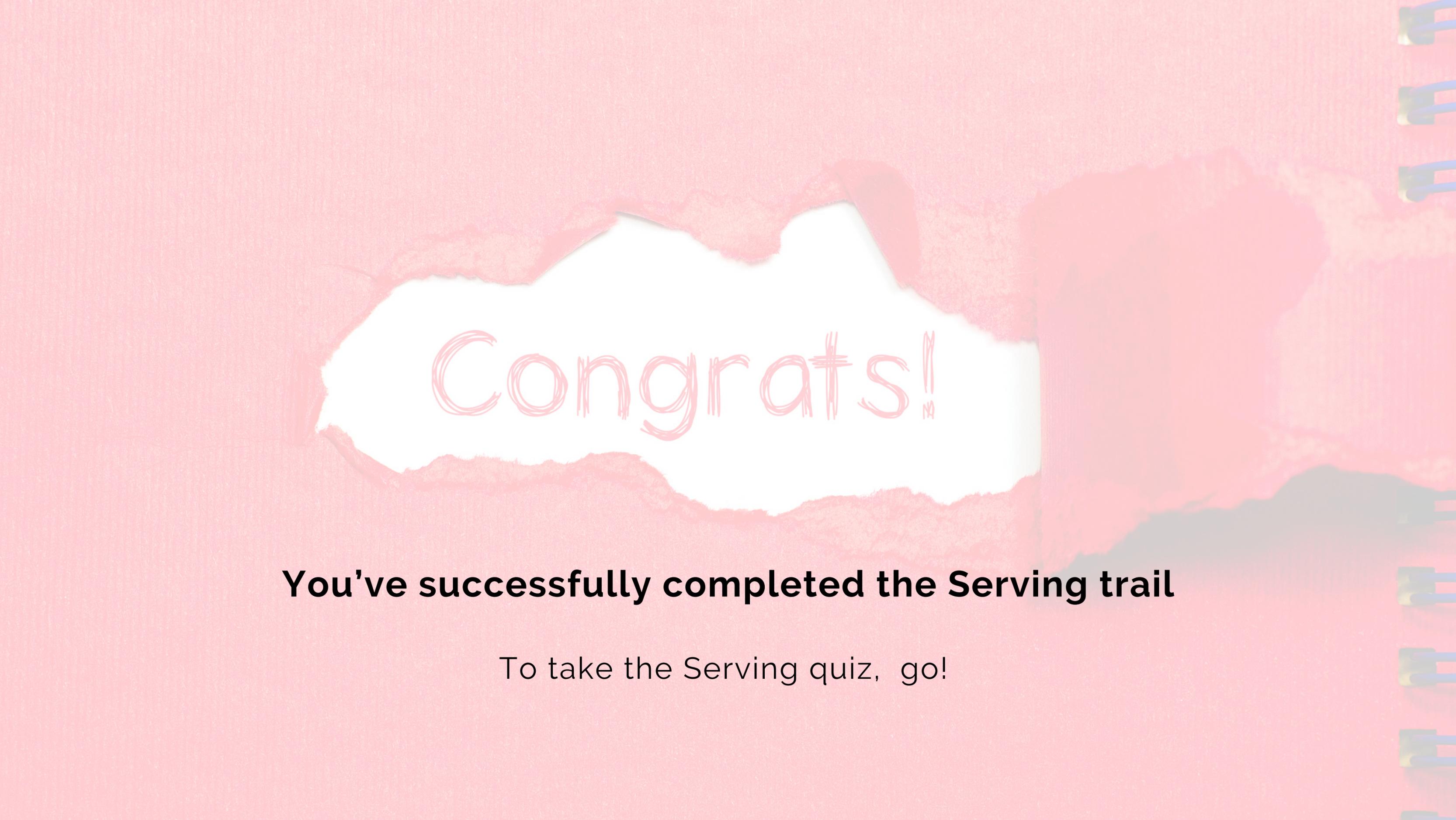


- Salt? Yes - better to 'under-salt' when cooking so that each person can salt to taste.
- Fresh herbs in season are a great source of flavour and colour.
- Sugar? No! not unless specifically asked for, it's one of the biggest villains when it comes to health.
- Ready-made sauces? Can be a wonderful addition. Just check... some contain a lot of sugar.

## 5. LEFTOVERS-AGAIN?

- Yes indeed, when you finish your meal it's a new opportunity to reflect on the leftovers, if any.
- Did you cook too much - or too little?
- Can you already imagine how your leftovers can be a new resource? Will it be best to keep them in the fridge, or store them?





Congrats!

**You've successfully completed the Serving trail**

To take the Serving quiz, go!

# QUESTION 1

WHY SHOULD YOU USE SMALLER PLATES?

A. Big plates encourage bigger portions

B. The same amount of food looks more satisfying on a small plate

# QUESTION 1

If your answer...

A. Big plates encourage bigger portions

True, use smaller plates to avoid overeating

B. The same amount of food looks more satisfying on a small plate

Yes, you are right!

# QUESTION 2

DO YOU EAT MINDFULLY

A.No, I only eat to survive

B.Yes, I enjoy my food

C.I try to find time for a relaxing meal whenever I can

# QUESTION 2

If your answer...

A.No, I only eat to survive

You could give it a try!  
Mindful eating can be beneficial to your health - it reduces stress and improves digestion, and you are less likely to waste food when you eat mindfully.

B.Yes, I enjoy my food

Good for you - and the food!

C.I try to find time for a relaxing meal whenever I can

You're on the right track...



**The SUSCOF project is a European Union project n. 2018-1-TR01-KA204-058739 supported by the Turkish National Agency. The aim of the project is to investigate and change the behavior of adults on food consumption and to raise awareness about sustainable food consumption.**

**We welcome you to our website and MySusCoF mobile app for detailed information and enriched content.**

**[www.suscof.com](http://www.suscof.com)**

Funded by the Erasmus+ Program of the European Union. However, the European Commission and the Turkish National Agency cannot be held responsible for any use which may be made of the information contained therein