



Zero-waste cooking for teams and citizens

Learn recipes to get the most out of food in a practical and fun way.

Activity description

Workshop to work on more balanced and healthy diet, reduction of food losses and waste and energy efficiency in the kitchen, from a theoretical introduction and the development of two recipes. The objectives of the workshop are:

- To make us aware of the problem of food waste.
- To understand the social and environmental impact of our eating habits.
- To recover the culture of food utilization and provide concrete tools to make better use of food.
- To promote a more balanced and healthy diet.
- To experience the kitchen as a community and coexistence space.

All participants play an active role and everyone is encouraged to contribute their knowledge and share their concerns.

PRACTICAL QUESTIONS

Location: Adaptable to the needs of the company or entity (see FAQ section).

Duration of the activity: 1,5-2 hours.

Maximum number of participants: 15 (we can respond to a maximum of 30 people by increasing the number of dynamizers).

Adressed to: Companies, social entities and administration.



Contact us to ask for a quote:

formacio@espigoladors.com



Showcooking #zerofoodwaste

Discover the best tips and recipes for a healthy and sustainable diet from cooking professionals.

PRACTICAL QUESTIONS

Location: Adaptable to the needs of the company or entity (see FAQ section).

Duration of the activity: 1,5-2 horas.

Maximum number of participants: 50 (but it is advisable to do it with smaller groups to favor a more participative dynamic).

Addressed to: Companies, social entities and administration.

Activity description

From the kitchen of our home we constantly make decisions that have a social, economic and environmental impact. By implementing changes in our habits, we can make this have a positive impact. From deciding where we buy, what we buy and how much we buy, to knowing how to preserve food once we get home and how to make the most of it when cooking.

The cooking demonstration session that we propose is designed to get these messages across to all types of public, and focused on learning how to make the most of the food that is most frequently thrown away in the home.

While teaching how to prepare these recipes, we will also share other ideas on how to preserve and make the most of food, what is in season and why it is important to consume food in a healthy way.



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Zero-waste activities

FAQ

Where does the activity take place?

We move to where the receiving entity wishes to carry out the activity. If the entity does not have premises, you can contact us to evaluate alternatives.

How many recipes will be cooked?

Two recipes.

What does the recipient entity or company have to provide in order to carry out the activity?

We ask the organization to provide work tables, access to lighting (4000 W power), access to water and a headset microphone with sound system (only in the case of show-cooking).

In order to discharge the material for the activity and recharge it at the end, it will be necessary to be able to bring our vehicle to the space where the activity will take place and park it in a nearby place. It will be necessary to access the space where the activity will take place one hour before the start of the activity and to have half an hour at the end of the activity to pick up the space.

What does Espigoladors provide?

Espigoladors brings the necessary ingredients and cooking material, aprons and kitchen towels for the participants and copies of the recipes with ideas to make it easier to put into practice at home what we have discussed at the workshop.

What do participants need to bring?

Plastic containers with lids, in the case of the workshop, to take away the cooked dish. In the case of showcooking, there is no need to take anything with you.

What is the maximum number of participants?

Cooking workshop: each workshop is for a maximum of 15 people. Espigoladors can provide a maximum of 30 people, increasing the number of people who will be in charge of the activity.

Showcooking: up to 50 people, but smaller groups are recommended, since this way the dynamics can be more participative.

Thank you for being part of the solution!



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Promotes:



Generalitat de Catalunya
**Departament d'Empresa
i Treball**

Finances:

