

# CIAO FROM ITALY!

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"Reduce your ecological food print 4" is a Youth Exchange founded by the European Commission which involved 42 youngsters from 6 different countries to raise awareness about the impact of food choices on the environment.

## ABOUT THE PROJECT

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# WHAT WE CAN DO

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## THE SUSTAINABLE TOOLKIT

TO REDUCE OUR IMPACT  
ON THE ENVIRONMENT

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**WHAT  
WE CAN  
DO**

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A group of people are gathered around long wooden tables in a kitchen, rolling out dough. The scene is brightly lit, and the tables are covered with flour. The people are focused on their task, using rolling pins to flatten the dough. The background shows a wall with a corkboard and some kitchen items.

**DAILY  
ACTIONS**

TO REDUCE OUR IMPACT  
ON THE ENVIRONMENT

## VISITING FARMERS MARKETS

*It helps to:*

Eat healthier food while reducing CO2 emissions caused by food transportation.

## STORING FOOD CORRECTLY

*It helps to:*

Make the food lasts long and reduce the food waste.

## SHARING INFORMATION

*It helps to:*

Reach a larger amount of people and raise awareness about the topic.

## EATING LESS MEAT

*It helps to:*

Reduce industrial production of animals and be healthier. It reduces the water consumption and pollution caused by meat production.

# WHAT WE CAN DO

# WHAT WE CAN DO



## PLANNING YOUR MEAL

*It helps to:*  
Have a regular  
and healthy diet  
and not to buy  
unnecessary  
products.

## REDUCE

*It helps to:*  
Decrease  
industrial  
overproduction.  
The most eco-  
friendly product  
is the one you  
don't buy!

## BUY LOCAL FOOD

*It helps to:*  
Reduce  
transportation  
and eat  
healthier and  
tastier food.

## RECYCLE

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*It helps to:*

Decrease quantity of garbage going into the incinerator and reduce the use of raw material. Check if you can use the product in a different way before recycling it!

## SHOP & EAT WITH MODERATION

*It helps to:*

Have healthier lifestyle, cutting unnecessary products, reduce food waste and overproduction.

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## DRINK TAP WATER & GET YOUR OWN BOTTLE

*It helps to:*

Reduce the waste of plastic bottled water and the CO2 emissions caused by transportation .

## BEING RESPONSIBLE WITH THE QUANTITIES

*It helps to:*

Know your body better and have a healthier lifestyle by cutting unnecessary products

**WHAT  
WE CAN  
DO**

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## SUPPORT NGOS WORKING ON SUSTAINABILITY

*It helps to:*  
Reach relevant  
stakeholders  
who can make  
bigger changes.

## COMPOSTING & GROWING YOUR OWN PLANTS

*It helps to:*  
Recycle organic  
food and have a  
fertile soil.

## REUSE LEFTOVERS

*It helps to:*  
Be creative in  
the kitchen and  
reduce waste.

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## WHAT WE CAN DO

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## USE ECO-FRIENDLY MEANS OF TRANSPORTATION

*It helps to:*  
Reduce the air pollution  
and also will keep you more fit.





# WHAT WE CAN DO

## COOK YOUR OWN FOOD

*It helps to:*

Reduce unnecessary packaging  
have control on ingredients and  
help to know your body better.

## USE OWN SHOPPING BAG

*It helps to:*

Reduce the waste of single-use  
plastics and CO2 emissions caused  
by plastic production.

# GO GARBAGE SHOPPING!

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*It helps to:*

Clean the environment where we live and helps reducing pollution.

## **Challenge yourself:**

take a bag, go to a local park or parking lot, and try to find the most interesting trash!



## SHARING IN SOCIAL MEDIA

*It helps to:*

Spread consciousness in our social circle and raise awareness about the environment and the danger we are creating for nature and humanity.

# WHAT WE CAN DO

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# WHAT WE CAN DO

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## RECIPES

TO REDUCE OUR IMPACT  
ON THE ENVIRONMENT

**WHAT  
WE CAN  
DO**

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**VEGETARIAN  
RECIPES**

TO REDUCE OUR IMPACT  
ON THE ENVIRONMENT

## INGREDIENTS

- 1 KG OF FLOUR
- 5 EGGS
- 1.25 KG OF MARGARINE
- 125 GR OF SUGAR
- 8 PINCHES OF SALT
- GRATED CHEESE
- PAPRIKA SLICES

# QUICHE AND CROSTATATA



## PROCEDURE . 1

- CUT MARGARINE INTO SMALL CUBES.
- POUR THE FLOUR ON THE MARGARINE.
- KNEAD THE FLOUR UNTIL IT FORMS A BALL.
- BREAK THE EGGS.
- MIX 8 PINCHES OF SALT.
- MIX 125 G OF SUGAR.
- PUT IT IN THE FRIDGE FOR 1 HOUR OR IN THE FREEZER FOR 15 MINUTES.
- WE TAKE OUR PRE COOKED PAPRIKA SLICES MIX THEM WITH GRATED CHEESE AND EGGS AND SEASON AS YOU WANT.

## PROCEDURE . 2

- AFTER MAKING THE BASE, CUT THE STRIPS ON THE TOP, PUSH THE EDGES UP, SO THE FILLING WILL STAY BETTER. GRAB A FORK AND MAKE HOLES ON THE MASS.
- PUT THE MASS 10 MINUTES IN THE OVEN.
- TAKE IT OUT OF THE OVEN AND PUT THE FILING.
- AFTER PUT IN STRIPS OF DOUGH TO COVER THE FILLING AND DECORATED AS YOU WANT.
- PUT IT IN THE OVEN AGAIN.

READY TO EAT.



# OMELETTE

## INGREDIENTS

- 6 GARLICS (+1 FOR PEPPERS)
- 3 ONIONS (+1 FOR PEPPERS)
- SPINACH
- RED, YELLOW AND GREEN SWEET PEPPERS
- OLIVE OIL
- EGGS (2 PER OMELETTE)
- ROSEMARY

GROUP 5

## PEPPERS PROCEDURE

- CUT ONE ONION, ONE GARLIC AND PEPPERS IN SMALL PIECES
- WARM A PAN WITH OLIVE OIL AND ADD THE ONION WITH SOME SALT
- AFTER 5 MINUTES ADD PEPPERS, GARLIC AND ROSEMARY

## GARNISH PROCEDURES:

- SPINACH AND GARLIC PROCEDURE
  - CUT THE GARLIC IN SMALL PIECES
  - COOK THEM IN A HOT PAN WITH 4 SPOONS OF OLIVE OIL
  - WHEN GARLIC START TO BE COOKED ADD SPINACH TO IT, THEN ADD SOME SALT FOR THE TASTE
- ONIONS PROCEDURE
  - CUT ONIONS IN SMALL PIECES
  - COOK THEM IN A HOT PAN WITH WITH 4 SPOONS OF OLIVE OIL, ADD SOME SALT TO MAKE WATER COMING OUT ONIONS

## OMELETTE PROCEDURE

- MIX 2 EGGS WITH 2 BIG SPOONS OF GARNISH
- WARM A PAN WITH 2 SPOONS OF OLIVE OIL
- PUT YOUR MIX IN THE PAN AND STIR IT IN THE FIRST MINUTE FOR A BETTER COOKING
- AFTER 2 MINUTES RETURN THE OMELETTE USING A PLATE AND LET IT COOK 1 OR 2 MINUTES MORE. (BE CAREFUL WITH HOT OIL WHILE RETURNING THE OMELETTE).

# STUFFED ZUCCHINI

## INGREDIENTS

- 25 ZUCCHINIS
- 100 GR OF MINT LEAVES
- 2-3 ONIONS
- 5 EGGS
- 300 GR OF RICE
- 100 GR OF BREADCRUMBS
- SALT
- PEPPER
- OLIVE OIL
- NUTMEG

## PROCEDURE

- CUT ZUCCHINIS HORIZONTALLY AND VERTICALLY IN FOUR PIECES.
- REMOVE THE INSIDE OF ZUCCHINIS WITH A COFFEE SPOON AND LEAVE IT IN A BIG BOWL FOR STUFFING.



- CUT ONIONS AND MINT LEAVES INTO VERY SMALL PIECES
- MIX IT WITH BEFOREHAND REMOVED INSIDES OF ZUCCHINIS AND SEASON IT WITH SALT, PEPPER, OLIVE OIL&A LITTLE BIT OF NUTMEG.
- FILL ZUCCHINIS WITH THE STUFFING(RICE,BREAD CRUMBS, INSIDES OF ZUCCHINIS&MINT LEAVES).
- BAKE THE STUFFED ZUCCHINIS IN THE OVEN FOR 45 MINUTES AT 180 DEGREES..

# VEGETA'BALLS

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- TAKE OFF THE SKIN OF THE POTATOES.
- SMASH THE POTATOES.
- SMASH THE EGGPLANTS.
- SCRAMBLE THE EGGS WITH SPICES.
- ADD THE SMASHED POTATOES IN THE MIX OF EGGPLANTS.
- KEEP MIXING AND SMASHING THE ALL.
- MIX THE ALL AND ADD NUTMEG PARSLEY GARLIC SALT OIL.
- ADD AND KEEP MIXING.
- DO SMALL BALLS.
- ROLL THE BALLS IN THE BREADCRUMBS.
- FRIE THE BALLS IN BOILING OIL.
- ENJOY IT !

- POTATOES
- EGGPLANTS
- EGGS
- SPICES
- SALT
- PARSLEY
- GARLIC
- NUTMEG
- OIL
- BREADCRUMBS

# JACK'S FRESH SALAD

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- 5 CUCUMBER
- 8 PIECES OF GARLIC
- 1 LEMON
- 6 CARROTS
- 1 ONION
- 8 TOMATOES
- LITTLE PIECES OF PARSLEY
- SALT
  
- FOR THE SAUCE
  - OLIVE OIL
  - VINEGAR
  - GARLIC

- PEELING THE VEGETABLES.
- CUTTING INTO LITTLE PIECES.
- PUTTING INTO BIG SALAD PLATE.
- ADDING SAUCE AND SALT AND MIX THEM.



**WHAT  
WE CAN  
DO**

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**VEGAN  
RECIPES**

TO REDUCE OUR IMPACT  
ON THE ENVIRONMENT

# FALAFEL BALLS

- DRY CHICKPEAS
- GARLIC
- ONION
- FRESH CORIANDER
- FRESH PARSLEY
- BLACK PEPPER
- SALT
- OLIVE OIL
- CURCUMA
- BREADCRUMBS
- FLOUR

ALWAYS USE DRY CHICKPEA BEANS. CANNED VERSION DOES NOT WORK FOR THIS RECIPE! PUT CHICKPEAS TO SOAK IN WATER THE DAY BEFORE.

CUT THE GARLIC AND THE ONION TO SMALL PIECES (BETTER WITH FOOD PROCESSOR AS IT LEAVES A LESS DRY RESULT)



DRAIN THE CHICKPEAS WELL.

PUT THEM IN A BLENDER WITH ALL THE SPICES AND THE FRESH HERBS. ADD THE MIX OF ONION AND GARLIC TO IT.

IF IT'S TOO DRY, ADD OLIVE OIL, IF TOO RUNNY, ADD FLOUR.. IT SHOULD BE EASY TO ROLL INTO SMALL BALLS.

DRAIN THE CHICKPEAS WELL. IF THE MIXTURE IS COMPACT ENOUGH AND NOT STICKY, MAKE BALLS OUT OF THEM BY HAND, OR BETWEEN TWO TABLESPOONS (RESULTS IN FLATTER AND CRISPIER FALAFELS)

DEEP FRY THEM AND ENJOY WITH SOME HOME MADE PITA BREAD!

# VEGAN MARBLE CAKE

- DRY INGREDIENTS:
  - 300 GR OF FLOUR
  - 1 PACK OF BAKING SODA/POWDER
  - ¼ TSP OF SALT
  - 100 GR OF SUGAR
- WET INGREDIENTS:
  - 200 GR OF SOY MILK
  - 120 GR OF SUNFLOWER OIL
  - 1 PIECE OF LEMON
  - JAM

- ADD DRY INGREDIENTS AND THEN MIX.
- IN ANOTHER RECIPIENT ADD AND MIX THE WET INGREDIENTS.
- PUT THE DRY AND WET INGREDIENTS AND MIX ALL TO HAVE A DOUGH.
- PREPARE A BOWL WITH MARGARINA AND FLOUR SO THE DOUGH DOESN'T STICK.
- ADD PART OF THE DOUGH IN THE BOWL.
- WE DRAW JAM CIRCELS ON THE TOP OF THE DOUGH.
- PUT A FINAL LAYER OF DOUGH AND WE MIX IT WITH A KNIFE DOING CIRCULAR MOVES.
- PUT IN THE OVEN FOR 45-50 MINUTES AT 180 DEGREES

# MIDDLE- EASTERN SALAD

- 1 KG OF CUCUMBER
- 1 KG OF TOMATO
- 8 PIECES OF ONION
- 4 PIECES OF LEMON
- A PUNCH OF MINT
- 1 CUP OF OLIVE OIL
- 2 PIECES OF GARLIC
- ¼ TSP OF SALT
- 1 OF CUP BALSAMIC VINAGRE



- CLEAN ALL THE INGREDIENTS. PEAL THE CUCUMBERS AND THE ONIONS. CUT ALL THE INGREDIENTS IN REALLY SMALL PIECES. MIX IT ALL TOGETHER AND ADD LEMON JUICE AND THE MINT.
- ADD THE MIXTURE OF OLIVE OIL, GARLIC AND BALSAMIC VINEGAR. MIX IT ALL TOGETHER AND ENJOY.

# HUMMUS

- DRY INGREDIENTS:
  - 500 GR OF SHAKED CHICKPEAS / OR SHAKED SUNFLOWERS SEEDS
  - BASIL / OR CURCUMA / OR CHILI
  - SALT
  - BLACK PEPPER
  - NUTMEG
  - 3 PIECES OF GARLIC
- WET INGREDIENTS:
  - 3 BIG SPOONS OF OLIVE OIL
  - 1 PIECE OF LEMON

- MIX CHICKPEAS / SUNFLOWERS SEEDS FOR 2 MINUTES,
- CUT IN SMALL PIECES 3 PARTS OF GARLIC,
- ADD BASIL / OR CURCUMA / OR CHILI,
- ADD BLACK PEPPER, NUTMEG,
- ADD 3 BIG SPOONS OF OLIVE OIL,
- PRESS 1 LEMON, THEN ADD LEMON JUICE TO THE OTHERS INGREDIENTS,
- FINALLY, MIX EVERYTHING AGAIN,
- TASTE IT AND ENJOY IT.

# PITA BREAD

- DRY INGREDIENTS:
  - 3 COFFEE COUPS OF FLOUR
  - 1 PACK OF BAKING SODA/POWDER
  - ½ TSP OF SALT
  - ONE SPOON OF SUGAR
- WET INGREDIENTS:
  - 1 TSP OF OLIVE OIL
  - 1 CUP OF WARM WATER
  - SUNFLOWER OIL (LITTLE BIT FOR EACH PITA)
- YEAST:
  - MIX YEAST, SPOON OF SUGAR AND HALF CUP OF WARM WATER.
  - LIVE THE YEAST TO REST 5 MIN.
- DOUGH:
  - MIX FLOUR, YEAST, OLIVE OIL, REST OF WARM WATER AND SALT.
  - WAIT 1 HOUR FOR THE REST OF DOUGH.
  - FOR ONE PORCION USE 15 GR OF DOUGH.
  - GIVE ALL YOUR PLEASURE WITH YOUR PALM OF HAND (BOTH OF THEM) DURING 15 MIN OR BIT MORE.
- COOKING:
  - FIRST WAIT PAN TO REACH 300 CELCIUS.
  - PUT SOME SUNFLOWER OIL TO THE PAN.
  - COOK THE HELL OUT OF IT.



**IT'S  
YOUR  
TURN!**

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TRY THE  
DAILY  
ACTIONS

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TRY A RECIPE  
FROM THE  
COOKBOOK

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HAVE FUN!

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...AND DON'T FORGET TO CLEAN UP AFTERWARDS! :)



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