



NEWSLETTER

DECEMBER 2025

THE ECO-CUISINE JOURNEY

The EcoCuisine's zero waste journey is slowly coming to an end. After almost a year of working on this project, we hope that we have inspired practical, sustainable habits and empowered people to reduce food waste in their daily lives!



The Eco-Cuisine booklet is out!

We are excited to announce that our Eco-Cuisine recipe booklet is now out!

This booklet serves as a practical and accessible guide for anyone who is interested in sustainable cooking. The booklet provides clear, comprehensive insights into sustainable cooking practices and food-waste reduction.

Co-funded by
the European Union

ECOCUISINE RECIPE BOOKLET



Eco-cuisine
Cooking for a sustainable future

Uimoda



BRUNNEN

BOUE

Project code: 2024-2-CY05-KA20-ADU-00008871

Find the booklet on our website



Co-funded by
the European Union

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or IDEP. Neither the European Union nor the granting authority can be held responsible for them."

ZERO WASTE EVENTS

BOULGARIA

On December 20th at Prostranstvoto, Balkan Bridge a local dissemination event was hosted as part of the EcoCuisine project, dedicated to promoting sustainable cooking and reducing food waste.

The event presented the project's activities, results, and educational resources, while engaging participants in a hands-on workshop featuring one of the practical techniques learned during the international EcoCuisine training sessions. Participants were encouraged to bring leftovers from home, which were creatively reused during the workshop.

DENMARK

On January 6th, 2026 at Denmark Vigerslev Allé 18, 2500 Valby, RUB & STUB, a local multiplier event will be held there as part of the EcoCuisine project.

People will have the chance to explore the new Eco-cuisine booklet and also have a walkthrough of it's content, including tools for food waste reduction and good practices. Participants will have the chance to exchange experiences and celebrate New Year with toast and snacks.

CYPRUS

On January 10th, 2026 at Agioi Omologites, Nicosia, Cyprus, a workshop will take place at OPU collective.

EcoCuisine and the team of "Zero Food Waste Cyprus" are collaborating, and together they will teach participants how to use and cook delicious foods by applying the techniques developed in the EcoCuisine project.



SLOVENIA

On December 11th, 2025 at Slovenia, Cigaletova ulica 5, Ljubljana an event was held where participants learned about the EcoCuisine project and got introduced to the brand-new EcoCuisine Recipe Booklet. Lastly participants had the opportunity to get their hands dirty and finished the event by making scented candles from used cooking oil!



Co-funded by
the European Union

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or IDEP. Neither the European Union nor the granting authority can be held responsible for them."