

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

**THE NO LEFTOVER CULINARY ARTS
TECHNIQUES FROM NORDIC/BALTIC
CUISINE AT DIFFERENT STAGES –
PLANNING, COOKING, SERVING,
MARKETING, CLEANING**



THE NO LEFTOVER CULINARY ARTS TECHNIQUES FROM NORDIC/BALTIC CUISINE AT DIFFERENT STAGES – PLANNING, COOKING, SERVING, MARKETING, CLEANING

Abstract

"The **NO LEFTOVER** culinary arts techniques from **Nordic/Baltic cuisine at different stages – planning, cooking, serving, marketing, cleaning**" including Denmark, Estonia, Iceland, Latvia, Lithuania with the focus "use local" and relation to sustainability.

Nordic/Baltic Value: Nordic/Baltic cuisine has very old interesting history, traditions, recipes, methods. Nowadays Culinary Arts involve old traditions, sustainability aspects such as keeping cultural heritage and using local products, integration of the modern technologies, innovations and digitalisation, avoiding and minimising waste.

We intend to strengthen the ideology of NO LEFTOVER not only at household and amateur level, but also at professional level within the adult educational programmes. The project partners will demonstrate the approaches to integrate the classy and modern traditional Nordic/Baltic culinary arts with mastery of NO LEFTOVER at all levels of culinary arts in a detailed, creative, informative and inspirational way.



Reference: Zvereva, O. et al (2024). The NO LEFTOVER culinary arts techniques from Nordic/Baltic cuisine at different stages – planning, cooking, serving, marketing, cleaning.. Nordplus Adult. NO LEFTOVER Nordic/Baltic Culinary Arts: digital course with training materials and tools for adult educators. Project ID: NPAD-2022/10049. ISBN Code: 978-9934-643-07-1
Website: www.no-leftover-nordic-baltic-culinary-arts.com



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Photo: Cranberry in sugar, by Alexander62 from Getty Images, Canva,



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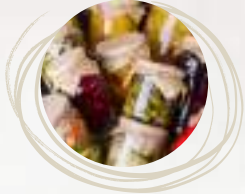
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THE NO LEFTOVER CULINARY ARTS TECHNIQUES FROM NORDIC/BALTIC CUISINE AT DIFFERENT STAGES



LATVIA



LITHUANIA



ESTONIA



DENMARK



ICELAND



SWEDEN



NORWAY



FINLAND



GREENLAND



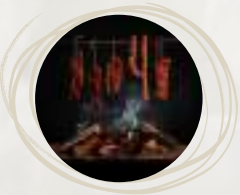
THE NO LEFTOVER CULINARY ARTS TECHNIQUES FROM NORDIC/BALTIC CUISINE AT DIFFERENT STAGES – PLANNING, COOKING, SERVING, MARKETING, CLEANING



PLANNING



PURCHASING



STORING



MARKETING



SELLING



COOKING



SERVING



AFTER-SERVING STAGE



THE NO LEFTOVER CULINARY ARTS TECHNIQUES FROM NORDIC/BALTIC CUISINE AT DIFFERENT STAGES – PLANNING, COOKING, SERVING, MARKETING, CLEANING



CLEANING



LEFTOVER HANDLING



WASTE HANDLING

Description of the Project

'The aim of the project "NO LEFTOVER Nordic/Baltic Culinary Arts: Digital Course with Training Materials and Tools for Adult Educators", No. NPHZ-2021/10049, is to enhance teaching methods of adult educators in Culinary Arts focusing on Nordic/Baltic traditional and contemporary cuisine with approach of NO LEFTOVERS at different stages including planning ingredients and portions, cooking, serving, selling, marketing the dishes and cuisine concepts, finding reasonable consumption ways for leftovers, responsible handling of final stage waste.

Nordic/Baltic added value

The Culinary Arts, and specifically Nordic/Baltic cuisine, has very old interesting history, traditions, recipes, methods, and the contemporary Culinary Arts involve these old traditions, sustainability aspects such as keeping cultural heritage and using local products, integration of the modern and traditional preservation and no leftover techniques, innovations and digitalisation.

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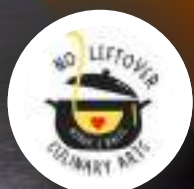


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The Project Partners

COUNTRY	PARTNER NAME	WEBSITE
LATVIA	"HOTEL SCHOOL" Viesnīcu biznesa koledža	www.hotelschool.lv
LITHUANIA	Vilniaus kolegija	www.viko.lt
ESTONIA	MITRA	www.mitra.ee
ICELAND	STEP BY STEP COUNCULTING	www.sfsradgjof.is
DENMARK	Com&Train	www.comtrain.dk

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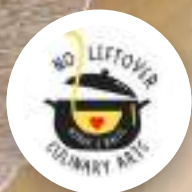
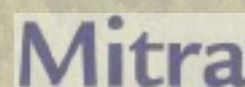
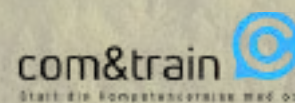


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Introduction

The project NPAD-2022/10049 outcomes of the development projects lead to the developed new course 'Digital Course in NO LEFTOVER Nordic/Baltic Culinary Arts for Adult Educators' including the development of the course content and module setup, choice of digital format, methods and materials to be used.

The purpose is to improve methods of adult teaching, adults' access to learning, improving the quality of adult learning and meeting new or changing needs for the changing environment of specifics of hospitality business offers, culinary arts variety and diversification approaches, trends in tourism for new experiences and tastes, modern society needs for technical and digital enhancement and reformatting, the focus on sustainability to sustain the traditions and cultural heritage as well as global and national resources by responsible consumption and using local ingredients and other resources. The course development supports the development of training opportunities for teachers, mentors and other pedagogical staff in adult education of the project coordinator, all project partners and other organizations and private companies, public organizations as the course will be optimized product for different categories of adult educators.

Nordic/Baltic added value

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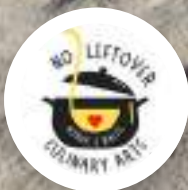


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The Aim and the Objectives of the Guidebook

'Nordic/Baltic cuisine has very old interesting history, traditions, recipes, methods. Nowadays Culinary Arts involve old traditions, sustainability aspects such as keeping cultural heritage and using local products, integration of the modern technologies, innovations and digitalisation, avoiding and minimising waste. We intend to strengthen the ideology of NO LEFTOVER not only at household and amateur level, but also at professional level within the adult educational programmes. The project partners will demonstrate the approaches to integrate the classy and modern traditional Nordic/Baltic culinary arts with mastery of NO LEFTOVER at all levels of culinary arts in a detailed, creative, informative and inspirational way. The five project results shaping the course will serve as attractive materials, tools to aid adult educators for raising extrinsic and intrinsic motivation of their adult learners in applying the principles of NO LEFTOVER in Culinary Arts.

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Nordic/Baltic added value
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Description of the target audience for the guidebook and Learning Outcomes, expected results after reading the Guidebook

Primary target group of adult educators include adult educators working with Culinary Arts programmes at professional and amateur level.

·In addition, secondary target group are adult educators working with adults within the social programmes, leisure activities, business trainings and coaching, lifelong learning workshops, seminars, networking events, where the activities of culinary arts, events with serving food are embedded.

·Across formal, informal and/or non-formal adult learning;

·Both general and vocational learning;

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WHAT DO YOU KNOW ABOUT NO LEFTOVER culinary arts techniques from Nordic/Baltic cuisine, covering different stages?

PLANNING:

How do Nordic/Baltic chefs incorporate zero-waste principles when planning their menus to minimize food waste from the outset?

COOKING:

What specific cooking techniques or methods are used in Nordic/Baltic cuisine to ensure that every part of an ingredient is utilized, reducing waste?

SERVING:

3. How do Nordic/Baltic restaurants present dishes in a way that encourages diners to appreciate and consume every element, aligning with the NO LEFTOVER philosophy?

MARKETING:

In what ways do Nordic/Baltic restaurants promote their commitment to zero-waste culinary practices to attract environmentally conscious customers?

CLEANING:

What strategies are implemented in Nordic/Baltic kitchens for handling and processing organic waste and by-products during the cleaning stage to adhere to NO LEFTOVER principles?



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NORDIC-BALTIC

Review and Summary on Traditional Nordic-Baltic Culinary Arts

The Nordic-Baltic region encompasses Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway, and Sweden, as well as the autonomous regions of Greenland, Åland and the Faroe Islands. Historically, these countries have been interlinked and have interacted with one another for centuries. Mutual trade has been the decisive factor facilitating this interaction. In recent decades, the Nordic and Baltic countries have grown closer, collaborating on issues like circular economic models, regional security and digital transformation. (Nordic Council of Ministers, 2020.)

**Nordic/Baltic added value
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USE LOCAL



Nordplus



Definitions: Theory Review
"Use Local"

Some tips to help you cook local:

- 1. Go to farmers' markets:** this way, you can help support local producers, the local economy and encourage local employment. Plus, you can try products you might not find in supermarkets!
- 2. Check product origin:** nowadays, food is often transported halfway across the world so it can be available on supermarket shelves year-round. But local, seasonal products tend to be cheaper, fresher, with less additives or preservatives and choosing them is another way of helping support the local economy.
- 3. Plan seasonal menus:** find out what is in season and plan menus around this. This will ensure variety in your diet throughout the year and mean that you use fresh, tasteful produce. If you're feeling particularly adventurous, eating invasive, non-native species of plants and animals can be the source of unique recipes while helping to balance local ecosystems.
- 4. Turn your backyard, windowsill or rooftop into a kitchen garden:** no matter how little space you have, there are plenty of things you can grow yourself cheaply and easily. Herbs such as parsley, mint or basil require very little space to grow and can really help transform your dishes.
- 5. Use less processed food:** buy better quality, fresh food and then use it more efficiently, reducing food waste by saving leftovers and planning meals ahead of time. This saves money while supporting a more efficient use of resources. (The SDG Fund. (n.d.)



THE REGULATIONS AND GUIDELINES for managing food safety and handling leftovers in Nordic and Baltic countries

In the Nordic and Baltic regions, regulations surrounding food safety and waste management are primarily designed to ensure public health while promoting sustainability. Below are some key regulatory documents and guidelines relevant to using leftovers in restaurants, including information about how long table ingredients can be kept and best practices for handling food waste.



SWEDEN: THE REGULATIONS AND GUIDELINES FOR MANAGING FOOD SAFETY AND HANDLING LEFTOVERS IN NORDIC AND BALTIC COUNTRIES

SWEDISH NATIONAL FOOD AGENCY (LIVSMEDELSVERKET)

Title: Livsmedelshygien och HACCP (Food Hygiene and HACCP)

Description: Provides guidelines on food safety management, including handling and storing leftovers.

Link: Livsmedelsverket - Food Hygiene

SWEDISH FOOD ACT (LIVSMEDELSLAGEN)

Title: Lag (2006:804) om livsmedel (Food Act)

Description: Includes provisions related to food safety and hygiene practices in Sweden.

Link: Swedish Food Act

SWEDISH AGENCY FOR MARINE AND WATER MANAGEMENT

Title: Fiskerilagen (Fisheries Act)

Description: Guidelines for handling seafood, which can also impact how seafood leftovers are managed.

Link: Fiskerilagen



DENMARK: THE REGULATIONS AND GUIDELINES FOR MANAGING FOOD SAFETY AND HANDLING LEFTOVERS IN NORDIC AND BALTIC COUNTRIES

DANISH VETERINARY AND FOOD ADMINISTRATION

Title: Bekendtgørelse om fødevarerhygiejne (Regulation on Food Hygiene)

Description: Details the requirements for food hygiene, including handling of leftovers.

Link: Danish Food Hygiene Regulation

DANISH FOOD ACT (FØDEVARELOVEN)

Title: Lov om fødevarer (Food Act)

Description: Provides regulations on food safety and handling in Denmark.

Link: Danish Food Act

DANISH ENVIRONMENTAL PROTECTION AGENCY

Title: Affaldsbekendtgørelse (Waste Regulation)

Description: Includes guidelines on managing food waste and sustainability.

Link: Waste Regulation



NORWAY: THE REGULATIONS AND GUIDELINES FOR MANAGING FOOD SAFETY AND HANDLING LEFTOVERS IN NORDIC AND BALTIC COUNTRIES

NORWEGIAN FOOD SAFETY AUTHORITY (MATTILSYNET)

Title: Forskrift om næringsmiddelhygiene (Regulation on Food Hygiene)

Description: Guidelines on food hygiene and handling, including management of leftovers.

Link: [Norwegian Food Hygiene Regulation](#)

NORWEGIAN FOOD ACT (MATLOVEN)

Title: Lov om matvarer (Food Act)

Description: Outlines food safety requirements for businesses, including leftover management.

Link: [Norwegian Food Act](#)

NORWEGIAN ENVIRONMENT AGENCY

Title: Forskrift om avfall (Waste Regulation)

Description: Provides information on handling and reducing waste, including food waste.

Link: [Waste Regulation](#)



FINLAND: THE REGULATIONS AND GUIDELINES FOR MANAGING FOOD SAFETY AND HANDLING LEFTOVERS IN NORDIC AND BALTIC COUNTRIES

FINNISH FOOD AUTHORITY

Title: Elintarvikelaki (Food Act)

Description: Sets regulations for food safety and hygiene, including guidelines on handling leftovers.

Link: Finnish Food Act

FINNISH HYGIENE REGULATION

Title: Elintarvikehygieniasäädökset (Food Hygiene Regulations)

Description: Guidelines on maintaining hygiene in food establishments, including leftover handling.

Link: Finnish Hygiene Regulations



ESTONIA: THE REGULATIONS AND GUIDELINES FOR MANAGING FOOD SAFETY AND HANDLING LEFTOVERS IN NORDIC AND BALTIC COUNTRIES

ESTONIAN HEALTH BOARD

Title: Toiduhügieeniseadus (Food Hygiene Act)

Description: Covers food hygiene practices, including the management of leftovers.

Link: Estonian Food Hygiene Act

ESTONIAN FOOD ACT

Title: Toiduseadus (Food Act)

Description: Provides regulations on food safety and handling, including waste management.

Link: Estonian Food Act



LATVIA: THE REGULATIONS AND GUIDELINES FOR MANAGING FOOD SAFETY AND HANDLING LEFTOVERS IN NORDIC AND BALTIC COUNTRIES

STATE FOOD AND VETERINARY SERVICE

Title: Pārtikas higiēnas prasības (Food Hygiene Requirements)

Description: Guidelines on food hygiene, including handling leftovers.

Link: [Latvian Food Hygiene Requirements](#)

LAW ON THE SUPERVISION OF THE HANDLING OF FOOD

Title: Pārtikas aprites uzraudzības likums (Law on the Supervision of the Handling of Food)

Description: Outlines food safety regulations, including management of leftovers.

Link: [Law on the Supervision of the Handling of Food](#) of the Republic of Latvia (LR Saeima, 1998)

EPIDEMIOLOGICAL SAFETY LAW

Title: Epidemiological Safety Law (Epidemioloģiskās drošības likums, LR Saeima, 2017)

Description: Law includes guidelines to regulate epidemiological safety.

Link: [Epidemiological Safety Law](#)



LITHUANIA: THE REGULATIONS AND GUIDELINES FOR MANAGING FOOD SAFETY AND HANDLING LEFTOVERS IN NORDIC AND BALTIC COUNTRIES

STATE FOOD AND VETERINARY SERVICE OF LITHUANIA

Title: Maisto saugos įstatymas (Food Safety Law)

Description: Provides regulations on food safety and hygiene practices, including leftover management.

Link: [Lithuanian Food Safety Law](#)

LITHUANIAN HYGIENE STANDARDS

Title: Higienos normos (Hygiene Norms)

Description: Covers guidelines for food hygiene and handling leftovers.

Link: [Lithuanian Hygiene Standards](#)

These documents outline the regulations and guidelines for managing food safety and handling leftovers in Nordic and Baltic countries. For detailed, specific information, you may need to consult local regulations or directly contact the relevant food safety authorities in each country.

A background image featuring a "Weekly Meal Plan" document, a glass meal prep container with bread, tomatoes, and cheese, a bunch of cherry tomatoes, and a bowl of green grapes. The meal plan document lists meals for Monday, Tuesday, and Wednesday. Monday: Tofu and green beans with brown rice, Fruit or vegetable smoothie. Tuesday: Feta and green beans with brown rice, Fruit or vegetable smoothie. Wednesday: Chicken with broccoli, green peas, and sweet potato, Fruit or vegetable smoothie. Snacks: Caviar sticks, apple slices, nuts, grapes.

PLANNING TECHNIQUES

for chefs and managers in
NO LEFTOVER culinary arts
of the Nordic and Baltic
countries



PLANNING TECHNIQUES

FOR CHEFS AND MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

These techniques emphasize efficiency, sustainability, and tradition. Planning techniques aim to optimize kitchen operations, ensure sustainability, and maintain the rich culinary heritage of the Nordic and Baltic regions.

SEASONAL MENU DEVELOPMENT:

Crafting menus based on seasonal availability to ensure freshness and sustainability.

LOCAL SUPPLIER COLLABORATION:

Establishing strong relationships with local farmers and producers for fresh, high-quality ingredients.

FORAGING:

Incorporating foraged ingredients like wild herbs, berries, and mushrooms into the menu.

INVENTORY OPTIMIZATION:

Implementing a just-in-time inventory system to reduce waste and ensure ingredient freshness.

WASTE REDUCTION STRATEGIES:

Analyzing kitchen waste to implement practices that minimize waste.

SUSTAINABLE SOURCING:

Prioritizing sustainable and ethically sourced ingredients.

BATCH COOKING AND FREEZING:

Preparing large quantities of food and freezing portions to reduce daily prep time and waste.



PLANNING TECHNIQUES

FOR CHEFS AND MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

NOSE-TO-TAIL COOKING:

Utilizing the entire animal in cooking to minimize waste and maximize flavor.

ROOT-TO-STEM COOKING:

Using all parts of vegetables, including leaves, stems, and roots.

PRESERVATION TECHNIQUES:

Using traditional methods like pickling, fermenting, and curing to extend the shelf life of ingredients.

MENU DIVERSIFICATION:

Offering a variety of dishes to cater to different dietary preferences and trends.

CROSS-TRAINING STAFF:

Training kitchen staff in multiple roles to increase flexibility and efficiency.

RECIPE STANDARDIZATION:

Developing standardized recipes to ensure consistency and control costs.

PORTION CONTROL:

Implementing precise portioning to reduce waste and manage costs.

HEALTH AND SAFETY PROTOCOLS:

Adhering to strict health and safety standards to ensure food safety.

HEALTH AND SAFETY TRAINING:

Continuous training on health and safety standards for all staff.



PLANNING TECHNIQUES

FOR CHEFS AND MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

ENERGY-EFFICIENT PRACTICES:

Using energy-efficient equipment and practices to reduce costs and environmental impact.

WATER CONSERVATION TECHNIQUES:

Implementing water-saving practices in the kitchen.

CUSTOMER FEEDBACK SYSTEMS:

Collecting and analyzing customer feedback to improve menu offerings and service.

EVENT PLANNING AND EXECUTION:

Organizing and managing special events and catering services.

PROFIT MARGIN ANALYSIS:

Regularly reviewing profit margins to adjust pricing and portion sizes.

TREND ANALYSIS:

Keeping up with culinary trends to keep menus current and appealing.

NUTRITIONAL ANALYSIS:

Ensuring menu items meet nutritional standards and customer health needs.

FOOD SAFETY TRAINING:

Continuous training for staff on food safety and hygiene practices.



PLANNING TECHNIQUES

FOR CHEFS AND MANAGERS

IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

SUPPLIER AUDITS:

Regularly auditing suppliers to ensure quality and sustainability.

COST CONTROL MEASURES:

Implementing measures to control food and labor costs.

MISE EN PLACE EFFICIENCY:

Organizing and preparing ingredients in advance to streamline kitchen operations. This French term means “everything in its place.” The goal of this culinary practice is to have everything ready to go when it comes time to cook, bake, or assemble your final dish. (www.escoffier.edu, n/d)

ALLERGEN MANAGEMENT:

Clear labeling and handling procedures to manage allergens and dietary restrictions.

KITCHEN WORKFLOW OPTIMIZATION:

Streamlining kitchen workflow to improve efficiency and reduce bottlenecks.

MENU ROTATION:

Regularly updating the menu to keep it fresh and interesting for customers.

FLAVOR PROFILING:

Developing unique flavor profiles that reflect Nordic and Baltic culinary traditions.

CUSTOMER DEMOGRAPHICS ANALYSIS:

Understanding customer preferences to tailor the menu accordingly.



PLANNING TECHNIQUES

FOR CHEFS AND MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

SUSTAINABLE PACKAGING:

Using eco-friendly packaging for takeout and delivery.

COMMUNITY ENGAGEMENT:

Involving the local community through events and partnerships.

CULTURAL PRESERVATION:

Incorporating traditional Nordic and Baltic cooking techniques and ingredients.

TECHNOLOGY INTEGRATION:

Utilizing kitchen management software to streamline operations and track performance.

MARKETING COLLABORATION:

Working with marketing teams to promote seasonal and special menu items.

STAFF SCHEDULING OPTIMIZATION:

Effective rostering to ensure the right number of staff at peak times.

EMERGENCY PREPAREDNESS:

Having plans in place for unexpected issues like power outages or supply shortages.

FLAVOR PRESERVATION:

Techniques like vacuum sealing to preserve the freshness of ingredients.



PLANNING TECHNIQUES

FOR CHEFS AND MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

DIETARY TRENDS ADAPTATION:

Keeping up with dietary trends like veganism and gluten-free to adapt menu offerings.

PEST CONTROL MEASURES:

Regular inspections and maintenance to keep the kitchen pest-free.

SUSTAINABILITY CERTIFICATIONS:

Pursuing certifications like organic or fair trade to enhance credibility.

RECIPE TESTING:

Rigorous testing of new recipes before adding them to the menu

ETHICAL SOURCING:

Prioritizing suppliers who adhere to ethical and sustainable practices.

FOOD PAIRING EXPERIMENTS:

Experimenting with traditional and modern pairings to create unique dishes.

COST-EFFECTIVE SUBSTITUTIONS:

Using less expensive ingredients without compromising quality.

MENU ENGINEERING:

Analyzing the profitability and popularity of menu items to optimize the menu.



PLANNING TECHNIQUES

FOR CHEFS AND MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

STAFF RETENTION PROGRAMS:

Implementing programs to retain talented kitchen staff.

SOUS VIDE COOKING:

Precision cooking to maintain consistency and reduce waste.

CONTINUOUS IMPROVEMENT:

Regularly reviewing and improving kitchen practices and processes to enhance efficiency and quality.

COLLABORATIVE MENU DEVELOPMENT:

Involving the entire kitchen team in menu planning for diverse input and innovation.

SUSTAINABLE PRACTICES:

Implementing eco-friendly practices in the kitchen, such as composting and recycling.

EQUIPMENT MAINTENANCE:

Regularly maintaining kitchen equipment to ensure efficiency and longevity.

TIME MANAGEMENT:

Efficient scheduling of kitchen tasks to maximize productivity.

BUDGETING:

Meticulous financial planning to keep the kitchen operations within budget.

SOURCING ALTERNATIVE PROTEINS:

Incorporating plant-based and alternative proteins to diversify the menu.



THE CHOICE ... IS YOURS ...



PURCHASING TECHNIQUES for chefs and managers in **NO LEFTOVER** culinary arts of the Nordic and Baltic countries



PURCHASING TECHNIQUES

FOR CHEFS AND F&B, CULINARY MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

LOCAL SOURCING:

Prioritizing local suppliers to reduce transportation costs and support local economies.

SEASONAL PURCHASING:

Buying ingredients that are in season to ensure peak freshness and lower prices.

DIRECT FARM PURCHASING:

Establishing direct relationships with local farms to obtain the freshest produce and meats.

BIODYNAMIC FARMS:

Sourcing from biodynamic farms that follow holistic, ecological, and ethical farming practices.

FORAGING PARTNERSHIPS:

Collaborating with local foragers for wild herbs, berries, and mushrooms.

COMMUNITY SUPPORTED AGRICULTURE (CSA):

Joining CSA programs to receive regular deliveries of fresh, local produce.

BULK BUYING:

Purchasing non-perishable items in bulk to save money and reduce packaging waste.

SMALL BATCH ORDERS:

Ordering perishables in smaller quantities to reduce waste.

FLEXIBLE MENU DESIGN:

Designing menus that can be adapted based on what ingredients are available and fresh.

SUPPLIER AUDITS:

Regularly auditing suppliers to ensure they meet quality and sustainability standards.



PURCHASING TECHNIQUES

FOR CHEFS AND F&B, CULINARY MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

SUSTAINABLE SEAFOOD:

Choosing seafood from sustainable sources to preserve marine ecosystems.

WHOLE ANIMAL PURCHASING:

Buying whole animals and using all parts to minimize waste and create diverse dishes.

COOPERATIVE BUYING:

Joining forces with other restaurants to buy in bulk and share costs.

DYNAMIC PRICING AGREEMENTS:

Negotiating prices with suppliers based on market conditions.

ETHICAL SOURCING:

Ensuring all purchased items adhere to ethical standards, such as fair trade.

ORGANIC INGREDIENTS:

Prioritizing organic produce and meats for better health and environmental impact.

HEIRLOOM VARIETIES:

Sourcing heirloom vegetables and fruits for their unique flavors and genetic diversity.

SEASONAL CONTRACTS:

Setting up seasonal contracts with farmers to ensure a steady supply of seasonal ingredients.

TRACEABILITY:

Ensuring all products can be traced back to their source for transparency and quality control.



PURCHASING TECHNIQUES

FOR CHEFS AND F&B, CULINARY MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

MINIMAL PACKAGING:

Choosing suppliers who use minimal and eco-friendly packaging

SUSTAINABLE PACKAGING:

Opting for products that come in sustainable packaging materials.

REUSABLE CONTAINERS:

Using suppliers who provide ingredients in reusable containers to reduce waste.

FAIR TRADE PRODUCTS:

Purchasing fair trade certified products to ensure fair labor practices.

ZERO WASTE GOALS:

Working with suppliers committed to zero waste goals.

LOCAL GRAIN MILLS:

Buying flour and grains from local mills to ensure freshness and support local businesses.

PRESERVATION INGREDIENTS:

Stocking up on items like salt, vinegar, and sugar for preservation purposes.

HERB GARDENS:

Growing herbs on-site to reduce the need to purchase them.

LONG SHELF-LIFE INGREDIENTS:

Focusing on ingredients with a long shelf-life to reduce spoilage.



PURCHASING TECHNIQUES

FOR CHEFS AND F&B, CULINARY MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

WILD GAME:

Purchasing wild game from sustainable sources for unique and authentic dishes.

SEASONAL FISH:

Buying fish in season to ensure it is fresh and sustainably harvested.

LOCAL DAIRY:

Sourcing dairy products from local creameries for freshness and quality.

CUSTOM BUTCHERY:

Working with butchers who can provide custom cuts to reduce waste.

PLANT-BASED ALTERNATIVES:

Including plant-based ingredients to diversify the menu and reduce environmental impact.

CROP SHARING:

Engaging in crop-sharing arrangements with local farmers.

HONEY AND SYRUPS:

Sourcing honey and syrups from local beekeepers and producers.

SPECIALTY FOOD MARKETS:

Utilizing local specialty food markets for unique and high-quality ingredients.



PURCHASING TECHNIQUES

FOR CHEFS AND F&B, CULINARY MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

FERMENTATION SUPPLIERS:

Sourcing supplies specifically for fermentation projects.

SEASONAL WILD HERBS:

Incorporating wild herbs that grow seasonally in the Nordic/Baltic regions.

SEAWEED HARVESTERS:

Purchasing seaweed from local harvesters for unique flavor profiles and nutritional benefits.

MULTI-USE INGREDIENTS:

Choosing ingredients that can be used across multiple dishes to reduce waste.

FARMERS MARKETS:

Regular visits to farmers markets to discover new and fresh products.

SEASONAL BERRIES:

Prioritizing the purchase of seasonal berries for use in various dishes and preserves.

LOCAL BREWERY PARTNERSHIPS:

Collaborating with local breweries for fresh and unique beer options.

HERITAGE BREEDS:

Sourcing meat from heritage breeds for their unique flavors and support of biodiversity.



PURCHASING TECHNIQUES

FOR CHEFS AND F&B, CULINARY MANAGERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

COLD STORAGE INVESTMENTS:

Investing in adequate cold storage to extend the life of fresh ingredients.

ROTATIONAL BUYING:

Rotating purchases among several suppliers to ensure a diverse supply chain.

PRESERVED ITEMS:

Stocking up on preserved items like jams, pickles, and fermented foods.

LOCAL COOPERATIVE NETWORKS:

Joining local food cooperatives to access a wider range of products.

DIRECT IMPORTING:

Importing unique Nordic/Baltic ingredients directly from producers.

SUSTAINABILITY CERTIFICATIONS:

Prioritizing suppliers with sustainability certifications to ensure responsible sourcing.

These purchasing techniques emphasize sustainability, local sourcing, and waste reduction, aligning with the principles of NO LEFTOVER culinary arts in Nordic and Baltic cuisines.



Project ID: NPAD-2022/10049



Nordplus

STORING TECHNIQUES

**for chefs and managers in
NO LEFTOVER culinary arts
of the Nordic and Baltic
countries**

Photo: by Catuncia from Getty Images, Canva.



STORING TECHNIQUES

FOR CHEFS, RESTAURANT MANAGERS, WAREHOUSES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

Practical and technical storing techniques for chefs, restaurants, and warehouses, focused on minimizing waste and optimizing food storage within the NO LEFTOVER culinary arts framework of the Nordic and Baltic regions.

For detailed review of the preservation techniques, please see the Guidebook on the Preservation techniques in NO LEFTOVER Nordic / Baltic Culinary Arts.

COLD STORAGE:

Utilize refrigerators and freezers to store perishable items at optimal temperatures to maintain freshness.

VACUUM SEALING:

Remove air from packaging to extend the shelf life of stored foods by preventing oxidation and freezer burn.

ROOT CELLARING:

Use a cool, dark, and humid environment to store root vegetables like potatoes, carrots, and beets.

PICKLING:

Preserve vegetables, fruits, and fish in vinegar or brine to extend shelf life and enhance flavors.

FERMENTATION:

Use natural fermentation to store vegetables, dairy, and grains, adding probiotic benefits.

DRYING:

Remove moisture from foods like mushrooms, herbs, and fish to prevent spoilage.

SMOKING:

Smoke fish, meat, and vegetables to preserve them while adding a distinct flavor.



STORING TECHNIQUES

FOR CHEFS, RESTAURANT MANAGERS, WAREHOUSES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

SALTING:

Cure fish and meats with salt to extend their shelf life and enhance flavors.

CANNING:

Seal cooked or raw ingredients in airtight containers for long-term storage.

JAM AND PRESERVE MAKING:

Cook fruits with sugar to create jams and preserves for extended shelf life.

OIL PRESERVATION:

Store herbs, garlic, and vegetables in oil to keep them fresh longer

DEHYDRATION:

Use a dehydrator to remove moisture from fruits, vegetables, and meats for long-term storage.

GRAIN STORAGE:

Keep grains in airtight containers to prevent spoilage and pest infestation.

SPROUTING:

Germinate seeds and grains to extend their usability and nutritional value.

HERB DRYING:

Dry fresh herbs to use them throughout the year.



STORING TECHNIQUES

FOR CHEFS, RESTAURANT MANAGERS, WAREHOUSES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

LACTO-FERMENTATION:

Ferment vegetables with lactobacillus bacteria for preservation.

CONFIT:

Cook meat slowly in its own fat and store it submerged in the fat.

CONTROLLED ATMOSPHERE STORAGE:

Use modified atmosphere packaging (MAP) to extend the shelf life of fresh produce.

HUMIDITY CONTROL:

Use humidity-controlled storage to keep vegetables and fruits fresh longer.

TEMPERATURE ZONING:

Store foods at the correct temperature zones within refrigerators and freezers.

TEMPERATURE MONITORING:

Use thermometers and monitoring systems to ensure storage areas remain at the correct temperatures.

FIFO INVENTORY METHOD:

Implement First In, First Out (FIFO) to ensure older stock is used before new stock.

AIR-TIGHT CONTAINERS:

Use airtight containers to store dry goods and prevent contamination.

LABELING AND DATING:

Clearly label and date all stored items to monitor freshness and prevent spoilage.



STORING TECHNIQUES

FOR CHEFS, RESTAURANT MANAGERS, WAREHOUSES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

BLAST CHILLING:

Quickly reduce the temperature of cooked foods to preserve quality and extend shelf life.

STORING UNDER ICE:

Store seafood under a layer of ice to keep it fresh.

USING ETHYLENE ABSORBERS:

Place ethylene absorbers in storage areas to slow the ripening of fruits and vegetables.

CHEESE AGING:

Store cheese in controlled conditions to develop flavor and extend shelf life.

BUTTER CHURNING AND STORAGE:

Make and store butter from cream, keeping it refrigerated.

SILICA GEL PACKS:

Use silica gel packs in dry goods storage to absorb moisture.

ROTATING STOCK:

Regularly rotate stock to ensure all items are used within their shelf life.

REGULAR INVENTORY CHECKS:

Conduct regular inventory checks to ensure all stored items are used in a timely manner.

SEPARATE STORAGE FOR RAW AND COOKED FOODS:

Prevent cross-contamination by storing raw and cooked foods separately.



STORING TECHNIQUES

FOR CHEFS, RESTAURANT MANAGERS, WAREHOUSES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

SANITIZING STORAGE AREAS:

Regularly clean and sanitize storage areas to prevent contamination and pest infestations.

REFRIGERATED DISPLAY CASES:

Use refrigerated display cases for items that need to be both stored and displayed.

PROPER VENTILATION:

Ensure storage areas are well-ventilated to prevent mold and spoilage.

PEST CONTROL:

Implement a pest control program to protect stored foods from pests.

USE OF BAKING SODA:

Place open boxes of baking soda in refrigerators and freezers to absorb odors.

COOL, DARK STORAGE FOR OILS:

Store oils in cool, dark places to prevent rancidity.

AVOID OVERLOADING REFRIGERATION UNITS:

Ensure refrigeration units are not overloaded to maintain proper airflow and cooling.

STORING BERRIES ON PAPER TOWELS:

Store berries on paper towels to absorb excess moisture and extend freshness.



STORING TECHNIQUES

FOR CHEFS, RESTAURANT MANAGERS, WAREHOUSES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

OPTIMAL SHELF ORGANIZATION:

Organize shelves to keep older items at the front and newer items at the back to ensure proper rotation.

VACUUM STORAGE BAGS FOR DRY GOODS:

Use vacuum storage bags for dry goods to prevent spoilage and pest infestation.

HYDRO-COOLING VEGETABLES:

Use hydro-cooling (submerging in cold water) to quickly cool and store vegetables.

MILK AND DAIRY IN COLDEST PART OF FRIDGE:

Store milk and dairy products in the coldest part of the refrigerator to extend freshness.

PROPER BREAD STORAGE:

Store bread in paper bags or bread bins to maintain freshness and prevent mold.

FREEZER PAPER FOR MEATS:

Wrap meats in freezer paper before freezing to prevent freezer burn.

GLASS CONTAINERS FOR VISIBILITY:

Use glass containers for storing leftovers and prepped ingredients to easily see contents.

USE OF PRESERVING JARS:

Store preserves and pickled items in sterilized jars with airtight seals.

REDUCING AIR EXPOSURE IN FREEZERS:

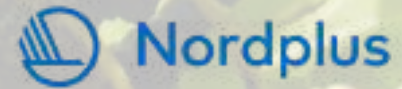
Store foods in tightly sealed containers or wrap tightly to reduce air exposure.

STORING BERRIES ON PAPER TOWELS:

Store berries on paper towels to absorb excess moisture and extend freshness.



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MARKETING TECHNIQUES in **NO LEFTOVER** culinary arts of the Nordic and Baltic countries

Photo: by lizakorobkova from Getty Images,
Canva.



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

LOCALIZED MENU PROMOTION

Description: Promote menu items based on local ingredient availability and seasonal produce.

Example: Feature LOCAL FISH (for example, Swedish Salmon) during the allowed peak fishing season to attract customers.

Software: **MenuDrive** for localizing and updating digital menus.

<https://go.lavu.com/menudrive-online-marketing-and-delivery-platform-for-restaurants>

SUSTAINABILITY CERTIFICATIONS

Description: Obtain and promote sustainability certifications to attract eco-conscious customers. Promote any sustainability certifications your restaurant has received.

Example: Earn a **Nordic Swan Ecolabel** for your restaurant to showcase your commitment to sustainability (or other certificates and labels)

Application: **EcoLabel certification** platform.

<https://www.ecolabelindex.com/>

FOOD WASTE AWARENESS CAMPAIGNS

Description: Run campaigns to raise awareness about food waste and your efforts to combat it.

Example: Create a campaign on social media about reducing waste in Cuisine of your country or other thematical campaign, for example, Finnish Cuisine.

Software: **Canva** for creating engaging campaign visuals.

<https://www.canva.com/>

INTERACTIVE DIGITAL MENUS

Description: Use interactive digital menus to provide detailed descriptions and ingredient lists, also with interactive features, such as ingredient sourcing stories and cooking videos.

Example: Implement an interactive menu for Baltic Fish Dishes (or other dishes) highlighting sustainable practices.

Software: **Ordermark** for digital and interactive menu solutions.

<https://www.ordermark.com/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

CUSTOMER ENGAGEMENT PROGRAMS

Description: Engage customers with programs that reward sustainable choices.

Example: Offer loyalty points for customers who opt for smaller portion sizes.

Application: LoyaltyLion for managing customer rewards.

<https://loyaltylion.com/>

SUSTAINABLE AND ECO-FRIENDLY PACKAGING PROMOTION

Description: Highlight the use of eco-friendly packaging in your marketing.

Example: Promote the use of biodegradable containers for Takeout.

Software: Packhelp for designing custom sustainable packaging.

<https://packhelp.com/>

SOCIAL MEDIA TRANSPARENCY AND ENGAGEMENT

Description: Use social media to show behind-the-scenes efforts in waste reduction.

Example: Share posts about how leftover (Swedish) Meatballs are repurposed.

Software: Hootsuite for scheduling and managing social media content.

<https://hootsuite.com/>

FOOD WASTE TRACKING APPS

Description: Implement apps to track and manage food waste.

Example: Use an app to monitor waste from the buffets and adjust inventory accordingly.

Application: Winnow for food waste tracking and analytics.

<https://www.winnowsolutions.com/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

PARTNERSHIPS WITH LOCAL FARMS

Description: Partner with local farms to source ingredients and promote local produce.

Example: Collaborate with a local farm for Root Vegetables to reduce transportation waste.

Software: LocalHarvest for finding and managing farm partnerships.

<https://www.localharvest.org/>

RECIPE ADJUSTMENT BASED ON FEEDBACK

Description: Adjust recipes based on customer feedback to reduce waste.

Example: Modify Norwegian Stew recipes based on reviews indicating portion size preferences.

Software: SurveyMonkey, Google Forms, Visidati.lv for gathering and analyzing customer feedback.

<https://www.surveymonkey.com/>

<https://www.google.com/intl/en-GB/forms/about/>

<https://www.visidati.lv/>

EDUCATIONAL WORKSHOPS

Description: Host workshops to educate customers about reducing food waste.

Example: Offer workshops on how to use leftovers in Nordic and Baltic Cuisine, or any other.

Application: Eventbrite for organizing and promoting workshops.

<https://www.eventbrite.com/>

HIGHLIGHTING SUSTAINABLE SUPPLIERS

Description: Promote suppliers that practice sustainable methods.

Example: Feature a local, eco-friendly supplier for local (Baltic or Nordic Fish) on your menu.

Software: Supplier Hubs for managing and highlighting sustainable suppliers.



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

SEASONAL SPECIAL OFFERS AND SEASONAL MENUS

Description: Create special offers that feature seasonal ingredients to manage supply. Create seasonal menus that highlight fresh, local ingredients to keep offerings exciting and relevant.

Example: Offer a Season Special (for instance, Finnish Winter Special) using seasonal ingredients to prevent overstock.

Software: **Toast** for managing special offers and promotions.

<https://pos.toasttab.com/>

FOOD WASTE REDUCTION CERTIFICATIONS

Description: Achieve certifications for food waste reduction and promote them.

Example: Obtain a **Zero Waste Certification** for your restaurant.

Application: **Zero Waste Europe** for certification and promotional support.

<https://zerowasteeurope.eu/>

INTERACTIVE FOOD WASTE MAPS

Description: Use interactive maps to show the impact of your waste reduction efforts.

Example: Create a map showing the journey of repurposed Ingredients.

Software: **Mapbox** for creating interactive maps.

<https://www.mapbox.com/>

PROMOTING LEFTOVER RECIPES

Description: Share recipes that use leftovers to inspire customers.

Example: Post recipes for Leftover Casserole (Finnish Leftover Casserole, for instance) on your website in a creative way that does not damage the reputation of fresh and safe food.

Software: **WordPress** for publishing recipes and blog content.

<https://wordpress.com/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

CUSTOMER-GENERATED CONTENT

Description: Encourage customers to share their own sustainable practices and experiences.

Example: Run a contest for the best recipe using Leftovers.

Software: **Instagram** and **Facebook** for collecting and showcasing user-generated content.

<https://www.instagram.com/>

<https://www.facebook.com/>

REGULAR WASTE AUDITS

Description: Conduct and publish regular waste audits to show transparency.

Example: Share annual waste reduction reports for your catering company.

Software: **AuditBoard** for managing and reporting waste audits.

<https://www.auditboard.com/>

INCENTIVES FOR ECO-FRIENDLY CHOICES

Description: Offer incentives for customers who make eco-friendly choices.

Example: Provide discounts for customers who bring their own containers for Takeout.

VIRTUAL COOKING CLASSES

Description: Host virtual cooking classes that emphasize using leftovers.

Example: Offer online classes on making Leftover Pies (for instance).

Software: **Zoom** for hosting live cooking classes.

<https://zoom.us/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

COLLABORATIONS AND PARTNERSHIPS WITH INFLUENCERS

Description: Partner with influencers to promote sustainable practices. Collaborate with food bloggers and influencers to reach a broader audience.

Example: Collaborate with a food blogger to showcase Sustainable Recipes of Nordic and Baltic countries.

Software: AspireIQ for managing influencer partnerships.
<https://www.aspireiq.com/>

SUSTAINABLE EVENT PLANNING

Description: Plan events that focus on sustainability and waste reduction.

Example: Organize a Nordic or Baltic **Green Dinner** featuring zero-waste practices.

Application: Social Tables for event planning and management.
<https://www.socialtables.com/>

EDUCATIONAL CONTENT ON WASTE REDUCTION

Description: Create and share educational content about reducing food waste.

Example: Develop a video series on Waste Reduction Techniques exactly in your catering company and regions.

Software: Adobe Premiere Pro for video editing and creation.
<https://www.adobe.com/products/premiere.html>

GUEST SURVEYS ON PORTION SIZES

Description: Conduct surveys to gather data on portion sizes and waste.

Example: Use surveys to adjust portion sizes for Nordic and Baltic Fish Dishes.

Software: SurveyMonkey, Google Forms, Visidati.lv for creating and analyzing surveys.

<https://www.surveymonkey.com/>

<https://www.google.com/intl/en-GB/forms/about/>

<https://www.visidati.lv/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

HIGHLIGHTING FOOD WASTE SUCCESS STORIES

Description: Share success stories of food waste reduction.

Example: Post success stories of how Nordic and Baltic Restaurants have reduced waste.

Software: Canva for designing success story graphics.

<https://www.canva.com/>

INTERACTIVE WASTE REDUCTION TOOLS

Description: Provide interactive tools for customers to calculate their waste impact.

Example: Develop a tool for calculating the impact of reducing food waste in the Households.

Software: Typeform for creating interactive surveys and tools.

<https://www.typeform.com/>

PROMOTING LEFTOVER-FRIENDLY MENUS

Description: Promote menus designed to use up leftovers effectively.

Example: Highlight a Nordic or Baltic Country Leftover Menu that repurposes surplus ingredients.

Software: MenuPad for designing and promoting menus.

<https://www.menupad.com/>

CUSTOMER LOYALTY PROGRAMS FOR SUSTAINABLE CHOICES

Description: Reward customers for making sustainable choices with loyalty points. Implement loyalty programs to reward repeat customers.

Example: Implement a loyalty program offering points for choosing eco-friendly options in Baltic and Nordic Eateries.

Application: Yotpo for managing customer loyalty and reviews.

<https://www.yotpo.com/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

COLLABORATE WITH LOCAL ENVIRONMENTAL GROUPS

Description: Partner with local environmental organizations to promote sustainability.

Example: Collaborate with a Nordic and Baltic Environmental Groups to promote waste reduction initiatives.

Software: **MightyCause** for managing charity partnerships and campaigns.

<https://www.mightycause.com/>

TRANSPARENT INGREDIENT SOURCING

Description: Be transparent about ingredient sourcing and waste reduction efforts.

Example: Share information on the sustainable sourcing of Nordic and Baltic Fish.

Software: **TraceOne** for managing and promoting supply chain transparency.

<https://www.traceone.com/>

USING DATA ANALYTICS FOR MENU OPTIMIZATION

Description: Use data analytics to optimize menus and reduce waste.

Example: Analyze sales data to adjust portion sizes for Baltic and Nordic Soups.

Software: **Tableau** for data visualization and analysis.

<https://www.tableau.com/>

EDUCATIONAL CAMPAIGNS ON PORTION SIZES

Description: Run campaigns educating customers on appropriate portion sizes.

Example: Promote educational content on portion control for Finnish Dishes.

Software: **Mailchimp** for email campaigns and newsletters.

<https://mailchimp.com/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

HIGHLIGHTING CUSTOMER CONTRIBUTIONS

Description: Recognize and highlight customers who contribute to waste reduction.

Example: Feature customers who bring their own containers for Takeout.

Software: **Hootsuite** for social media recognition and engagement.

<https://hootsuite.com/>

SUSTAINABLE RECIPE BOOKS

Description: Create and sell recipe books featuring sustainable and leftover-friendly recipes.

Example: Publish a Nordic and Baltic Recipe Book focusing on repurposing ingredients for your catering company and region.

Software: **Blurb** for creating and publishing recipe books.

<https://www.blurb.com/>

PROMOTE REUSABLE ITEMS

Description: Encourage the use of reusable items such as containers and utensils.

Example: Offer discounts for customers using Reusable Containers.

Software: **EcoCups** for designing and promoting reusable products.

<https://ecocup.com/>

SHARE IMPACT METRICS AND ENVIRONMENTAL IMPACT REPORTS

Description: Share metrics on the impact of your waste reduction efforts. Share reports on the restaurant's environmental impact and sustainability efforts.

Example: Publish quarterly reports on waste reduction achievements for your Restaurant.

Software: **Google Data Studio** for creating and sharing impact reports.

<https://datastudio.google.com/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

IMPLEMENTING INTERACTIVE FEEDBACK SYSTEMS

Description: Use interactive systems to gather real-time feedback from customers.

Example: Implement digital feedback kiosks for Swedish Buffets to gather waste-related input.

Software: **Zonka Feedback** for interactive feedback collection.

<https://www.zonkafeedback.com/>

PROMOTING LOCAL INGREDIENTS

Description: Market dishes made with local, sustainably sourced ingredients.

Example: Highlight dishes featuring Nordic and Baltic Berries in seasonal promotions.

Software: **Farmigo** for connecting with local ingredient suppliers..

<https://www.farmigo.com/>

ENGAGING WITH FOOD WASTE APPS

Description: Collaborate with apps that help manage and reduce food waste.

Example: Partner with **Too Good To Go** to offer discounted leftover (for instance, Finnish Meals).

Application: **Too Good To Go** for managing and promoting surplus food sales.

<https://www.toogoodtogo.com/>

SUSTAINABLE DINING EXPERIENCE

Description: Create a dining experience focused on sustainability and waste reduction.

Example: Offer a Baltic and Nordic Eco-Dining Experience featuring sustainable practices and dishes.

Software: **Resy** for managing reservations and guest experiences (in Denmark).

<https://resy.com/>



MARKETING TECHNIQUES

IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

OFFER CULINARY RETREATS AND WORKSHOPS ON SUSTAINABLE COOKING

Description: Provide workshops teaching sustainable cooking techniques. Organize culinary retreats or workshops that focus on Nordic/Baltic cuisine.

Example: Host workshops on Finnish Sustainable Cooking methods.

Software: **Eventbrite** for organizing and promoting cooking workshops.

<https://www.eventbrite.com/>

ENGAGE IN CROSS-PROMOTIONS

Description: Partner with other businesses to promote waste reduction efforts.

Example: Collaborate with a local Nordic or Baltic Bakery to promote waste-free products.

Software: **Co-Promote** for managing cross-promotion campaigns.

CREATE A WASTE REDUCTION BLOG

Description: Start a blog focused on waste reduction tips and practices.

Example: Write blog posts about reducing waste in Baltic and Nordic Cuisine.

Software: **WordPress** for creating and managing a blog.

<https://wordpress.com/>

HOST FARM-TO-TABLE EVENTS

Description: Organize events that highlight farm-to-table practices.

Example: Host a Nordic or Baltic Farm-to-Table Dinner showcasing local, sustainable ingredients.

Software: **Social Tables** for event planning and guest management.

<https://www.socialtables.com/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

LEVERAGE LOCAL MEDIA

Description: Use local media to promote your waste reduction initiatives.

Example: Feature your Nordic or Baltic Restaurant's sustainability efforts in local newspapers.

Software: **PR Newswire** for media outreach and press releases.

<https://www.prnewswire.com/>

DEVELOP INTERACTIVE SUSTAINABILITY DASHBOARDS

Description: Create dashboards to show real-time sustainability metrics.

Example: Develop a dashboard showing waste reduction progress in Nordic and Baltic Restaurants.

Software: **Tableau** for creating interactive dashboards.

<https://www.tableau.com/>

OFFER COOKING DEMONSTRATIONS

Description: Provide live cooking demonstrations focusing on waste reduction.

Example: Demonstrate recipes for using Leftovers at local events.

Software: **Facebook Live** for streaming live cooking demonstrations.

<https://www.facebook.com/facebookmedia/solutions/facebook-live>

CREATE EDUCATIONAL INFOGRAPHICS

Description: Design infographics to educate customers about food waste and sustainability.

Example: Develop infographics on Nordic and Baltic Food Waste Statistics.

Software: **Canva** for designing infographics.

<https://www.canva.com/>



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

COLLABORATE WITH SUSTAINABILITY CONSULTANTS

Description: Work with consultants to develop and market sustainable practices.

Example: Partner with a consultant to enhance waste reduction strategies for Finnish Restaurants.

Software: Sustainability Consulting firms for expert advice and implementation.

<https://www.sustainability.com/>

These techniques and tools can help restaurants, catering companies, and homes in the Nordic and Baltic regions effectively manage and minimize food waste through strategic marketing and operational practices.



MARKETING TECHNIQUES

IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

FARM-TO-TABLE STORYTELLING:

Share stories about the farmers and suppliers who provide ingredients to build a connection with customers.

FOOD PHOTOGRAPHY:

Invest in high-quality food photography to showcase dishes on social media, websites, and menus.

CHEF PROFILES:

Feature profiles of chefs and their culinary philosophies to build a personal connection with customers.

INTERACTIVE COOKING CLASSES:

Offer cooking classes and workshops to engage customers and showcase culinary skills.

COLLABORATIONS WITH LOCAL ARTISANS:

Partner with local artisans and businesses for events and promotions.

EMAIL NEWSLETTERS:

Send regular email newsletters with updates, promotions, and stories about the restaurant.

CUSTOMER TESTIMONIALS:

Share positive customer reviews and testimonials on social media and the restaurant's website.

POP-UP EVENTS:

Host pop-up events in different locations to reach new audiences.



MARKETING TECHNIQUES

IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

FOOD FESTIVALS:

Participate in local food festivals and markets to showcase your cuisine.

RECIPE SHARING:

Share recipes of popular dishes on the restaurant's blog or social media.

VIDEO CONTENT:

Create video content, such as cooking demonstrations, kitchen tours, and interviews with chefs.

LIMITED-TIME OFFERS:

Create limited-time offers and seasonal specials to create urgency.

ONLINE RESERVATIONS:

Make it easy for customers to make reservations online through your website or third-party platforms.

UNIQUE BRANDING:

Develop a unique brand identity that reflects the restaurant's philosophy and values.

FOOD PAIRING EVENTS OR FOOD AND DRINK PAIRING GUIDES:

Host events that pair food with local wines, beers, or spirits. Provide guides on how to pair your dishes with local beverages.

BEHIND-THE-SCENES TOURS:

Offer behind-the-scenes kitchen tours to customers.



MARKETING TECHNIQUES

IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

SUSTAINABLE TOURISM PARTNERSHIPS:

Partner with sustainable tourism operators to attract eco-conscious travelers.

BRANDED MERCHANDISE:

Sell branded merchandise, such as aprons, cookbooks, and reusable bags.

SEASONAL RECIPE DIGITAL BOOKLETS:

Create seasonal recipe booklets that customers can use at home.

INTERACTIVE WEBSITE:

Develop an interactive website with features like virtual tours, chef blogs, and reservation systems.

LOCAL FOOD GUIDES:

Create guides that highlight local food producers and sustainable practices.

THEMED DINNERS:

Host themed dinners that focus on specific ingredients or cooking techniques.

ZERO-WASTE CHALLENGES:

Challenge customers to participate in zero-waste cooking challenges.

FOOD RESCUE PARTNERSHIPS:

Partner with food rescue organizations to donate excess food.



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

ECO-FRIENDLY DECOR:

Use eco-friendly decor in your restaurant and promote this aspect to customers.

INGREDIENT OF THE MONTH:

Feature a different local ingredient each month and create special dishes around it.

INTERACTIVE WORKSHOPS FOR KIDS:

Host workshops for kids to teach them about sustainable cooking and zero-waste practices.

PARTNER WITH LOCAL SCHOOLS:

Partner with local schools to provide healthy, sustainable meal options.

RECIPE DEVELOPMENT CONTESTS:

Invite customers to submit recipes using local, seasonal ingredients and feature the winners.

URBAN GARDENING PROJECTS:

Start an urban gardening project and use the produce in your restaurant.

COMPOSTABLE UTENSILS AND PLATES:

Use and promote compostable utensils and plates for takeout and events.

CHARITY PARTNERSHIPS:

Partner with charities that focus on food security and sustainability, and promote these partnerships.



MARKETING TECHNIQUES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

ECO-FRIENDLY DELIVERY OPTIONS:

Use and promote eco-friendly delivery options such as bicycle couriers.





Project ID: NPAD-2022/10049



SELLING TECHNIQUES

**FOR RESTAURANTS AND
CATERING COMPANIES IN**

**NO LEFTOVER culinary arts
of the Nordic and Baltic
countries**

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SELLING TECHNIQUES

FOR RESTAURANTS AND CATERING COMPANIES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

Selling food in restaurants and catering companies to optimize leftovers both on the restaurant side and at the consumer/buyer side requires strategic planning and innovative approaches. Here are some effective methods to achieve this:

MENU DESIGN AND OFFERING

DAILY SPECIALS:

Feature daily specials that utilize leftover ingredients.

CUSTOMIZABLE DISHES:

Offer build-your-own meals that allow customers to choose portion sizes and ingredients.

SMALLER PORTIONS:

Provide smaller portion options for customers with smaller appetites to reduce plate waste.

TASTING MENUS:

Offer tasting menus with small portions of several dishes to minimize food waste.

COMPOSTABLE UTENSILS AND PLATES:

Use and promote compostable utensils and plates for takeout and events.

CHARITY PARTNERSHIPS:

Partner with charities that focus on food security and sustainability, and promote these partnerships.



SELLING TECHNIQUES

FOR RESTAURANTS AND CATERING COMPANIES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

OPERATIONAL STRATEGIES

ACCURATE FORECASTING:

Use historical sales data to predict demand and minimize over-preparation.

BATCH COOKING:

Cook in smaller batches to adjust production based on actual demand.

REAL-TIME INVENTORY TRACKING:

Implement real-time inventory tracking to adjust orders and reduce overstock.

PRE-ORDER SYSTEMS:

Allow customers to pre-order meals to better predict demand.



SELLING TECHNIQUES

FOR RESTAURANTS AND CATERING COMPANIES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

PACKAGING AND TAKEAWAY OPTIONS

ECO-FRIENDLY CONTAINERS:

Offer eco-friendly, portion-appropriate takeaway containers for leftovers.

PROMOTE TAKEAWAY:

Encourage customers to take leftovers home by offering easy-to-use packaging.

DISCOUNTS ON LEFTOVERS:

Provide discounts on next visits when customers bring back containers for reuse.

SINGLE-SERVE PACKAGING:

Use single-serve packaging for catered events to reduce over-serving.



SELLING TECHNIQUES

FOR RESTAURANTS AND CATERING COMPANIES IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

TECH AND INNOVATION

WASTE TRACKING APPS:

Implement apps that track food waste and provide actionable insights.

SMART INVENTORY SYSTEMS:

Use smart inventory systems that suggest recipes based on surplus ingredients.

SURPLUS FOOD PLATFORMS:

Partner with apps and platforms that sell surplus food at discounted rates.

DONATION PROGRAMS:

Establish partnerships with local charities to donate excess food.



SELLING TECHNIQUES for **CONSUMERS AND BUYERS**

**in NO LEFTOVER culinary arts
of the Nordic and Baltic
countries**



SELLING TECHNIQUES

FOR CONSUMERS AND BUYERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

EDUCATIONAL OUTREACH

COOKING CLASSES:

Offer cooking classes focused on using leftovers creatively.

RECIPE SHARING:

Share recipes that use common leftover ingredients.

STORAGE TIPS:

Provide tips on how to store food to extend its shelf life.

MEAL PLANNING:

Educate on meal planning to reduce food waste at home.



SELLING TECHNIQUES

FOR CONSUMERS AND BUYERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

PORTION MANAGEMENT

FAMILY-STYLE SERVING:

Encourage family-style servings at catered events to allow guests to take only what they need.

CUSTOMIZABLE ORDERS:

Allow customers to customize their orders based on their appetite.

HALF-PORTIONS:

Offer half-portions or smaller sizes for customers who want to avoid leftovers.

SPLIT DISHES:

Allow customers to split dishes between multiple people.



SELLING TECHNIQUES

FOR CONSUMERS AND BUYERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

INCENTIVES AND REWARDS

LOYALTY PROGRAMS:

Implement loyalty programs that reward customers for minimizing waste.

DISCOUNTS FOR BULK ORDERS:

Provide discounts for bulk orders with the option to take home leftovers.

COMMUNITY FRIDGES:

Set up community fridges where customers can leave or take leftovers.



SELLING TECHNIQUES

FOR CONSUMERS AND BUYERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

PACKAGING INNOVATIONS

RESEALABLE CONTAINERS:

Use resealable containers for takeout to keep food fresh longer.

PORTION-CONTROL PACKAGING:

Offer packaging that helps customers manage portions at home.

ECO-FRIENDLY MATERIALS:

Use biodegradable or compostable packaging materials.

FREEZING INSTRUCTIONS:

Provide freezing instructions on takeaway packaging to extend food life.



SELLING TECHNIQUES

FOR CONSUMERS AND BUYERS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

CUSTOMER INTERACTION

FEEDBACK MECHANISMS:

Implement feedback mechanisms to understand customer preferences and reduce unpopular dishes.

PRE-EVENT SURVEYS:

Conduct surveys before catered events to gauge guest preferences and avoid over-preparation.

POST-EVENT FOLLOW-UP:

Follow up with customers post-event to get feedback on food consumption and waste.



PHOTO: TRADITIONAL DANISH LUNCH

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SELLING TECHNIQUES

COLLABORATION AND COMMUNITY EFFORTS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

COLLABORATION AND COMMUNITY EFFORTS COMMUNITY ENGAGEMENT

PARTNER WITH FOOD BANKS:

Regularly donate surplus food to local food banks.

SUPPORT LOCAL FARMS:

Source ingredients from local farms to reduce transportation waste.

COMMUNITY EVENTS:

Host community events to raise awareness about food waste.

VOLUNTEER PROGRAMS:

Encourage staff and customers to volunteer with local food rescue organizations.

PHOTO: TRADITIONAL DANISH LUNCH

Photo by Daniela Baumann from Getty
ImagesCanva



SELLING TECHNIQUES

COLLABORATION AND COMMUNITY EFFORTS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

CONTINUOUS IMPROVEMENT AND INNOVATIVE PROGRAMS

FARM-TO-TABLE INITIATIVES:

Implement farm-to-table initiatives that use seasonal and local produce.

WASTE-TO-RESOURCE PROGRAMS:

Develop programs that convert food waste into compost or animal feed.

COLLABORATE WITH CHEFS:

Work with chefs to create dishes that utilize typically wasted ingredients.

FOOD PRESERVATION WORKSHOPS:

Offer workshops on canning, pickling, and other preservation techniques.

POLICY AND ADVOCACY

ADVOCATE FOR POLICY CHANGE:

Advocate for policies that support food donation and reduce food waste.

SUSTAINABILITY CERTIFICATIONS:

Pursue certifications that highlight your commitment to sustainability and zero waste.



SELLING TECHNIQUES

COLLABORATION AND COMMUNITY EFFORTS IN NO LEFTOVER NORDIC/BALTIC CULINARY ARTS

REGULAR ASSESSMENTS:

Conduct regular waste audits to identify areas for improvement.

INNOVATION CHALLENGES:

Hold innovation challenges for staff to develop new waste reduction methods.

PILOT PROGRAMS:

Test new waste reduction techniques on a small scale before full implementation.

AQUAPONICS AND HYDROPONICS:

Implement in-house growing systems for herbs and greens.

REGULAR MEETINGS:

Hold regular meetings to discuss waste management and optimization.



COOKING TECHNIQUES

**TO MINIMIZE LEFTOVERS
in
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COOKING TECHNIQUES TO MINIMIZE LEFTOVERS

FOOD PREPARATION STRATEGIES

PRE-PORTIONING:

Description: Pre-portion meals to avoid over-serving.

Example: Serve Rökt laks (smoked salmon) in pre-portioned sizes to avoid leftovers.

BATCH COOKING:

Description: Cook larger quantities of dishes and portion them out as needed to prevent excess. Prepare large batches of base ingredients for multiple dishes.

Example: Prepare a large pot of Kålrotslåda (Swedish rutabaga casserole) and freeze portions for later use.

SCRAP UTILIZATION:

Description: Use vegetable scraps and trimmings to make stocks and broths, meat bones for stocks and broths.

Example: Boil vegetable scraps to create a base for Köftes (Baltic meatballs soup).

PRECISION CUTTING:

Train staff on precise cutting techniques to maximize yield from ingredients.

CREATIVE REUSE OF INGREDIENTS AND UPCYCLING LEFTOVERS:

Description: Use leftover ingredients from one dish in a different recipe. Create new dishes from leftovers, such as soups, stews, or casseroles.

Example: Use leftover Gravad lax (cured salmon) in a salad or sandwich.

SINGLE-POT MEALS, ONE-PAN AND ONE-DISH COOKING

Description: Cook meals in a single pot to streamline the process and reduce waste.

Example: Make Sima (Finnish fermented lemon drink) in a large pot to avoid extra vessels and wastage.

Description: Prepare meals that can be cooked and served in a single dish.

Example: Cook Mulgikapsad (Estonian pork and sauerkraut stew) in one pot to avoid extra cleanup and wastage

Example: Make Fiskpudding (fish pudding) in one pan to cook and serve from.



COOKING TECHNIQUES TO MINIMIZE LEFTOVERS

SEASONAL COOKING

Description: Use seasonal ingredients to ensure freshness and reduce spoilage.

Example: Prepare Herring in Cream Sauce (Silakka) using seasonal herring and root vegetables.

SMALL-BATCH COOKING

Description: Cook smaller batches more frequently to match demand and minimize leftovers.

Example: Bake Pulla (Finnish sweet bread) in smaller loaves to avoid surplus.

LARGE BATCH COOKING:

Description: Cook larger quantities of dishes and portion them out as needed to prevent excess. Prepare large batches of base ingredients for multiple dishes.

Example: Prepare a large pot of Kålrotslåda (Swedish rutabaga casserole) and freeze portions for later use.

FLEXIBLE RECIPES

Description: Adapt recipes based on available ingredients to reduce waste.

Example: Create Pyttipanna (Swedish hash) with leftover vegetables, meats, and potatoes.

PORTION CONTROL:

Description: Serve appropriate portions to match customer demand and prevent leftovers.

Example: Adjust serving sizes of Rye Bread (Ruisleipä) slices based on typical consumption patterns.

PRESERVATION TECHNIQUES

Description: Preserve excess food through techniques like pickling and fermenting. Use preservation methods to extend the life of surplus ingredients.

Example: Pickle surplus vegetables like cucumbers and carrots to make Kurkku (Finnish pickles). Preserve extra Kål (cabbage) through fermentation to use in future dishes. For detailed spectrum of the Nordic and Baltic preservation techniques, please see our book on Preservation Technologies in NO LEFTOVER Nordic and Baltic Culinary Arts.



COOKING TECHNIQUES TO MINIMIZE LEFTOVERS

SOUP AND STEWS

Description: Make soups and stews that can incorporate various leftovers and be easily portioned.

Example: Prepare Sauerbraten (Baltic sour beef stew) using leftover meats and vegetables.

FREEZING LEFTOVERS

Description: Freeze surplus dishes for future use to minimize food waste.

Example: Freeze portions of Borscht (Beet soup) for easy future meals.

MENU ROTATION

Description: Rotate menus to use up ingredients and prevent overstock.

Example: Feature a different Suppe (soup) each week to utilize varying seasonal ingredients.

UTILIZE ALL PARTS

Description: Use every part of an ingredient to reduce waste.

Example: Use fish bones and heads to make a broth for Kalakeitto (Finnish fish soup).

LEFTOVER INTEGRATION

Description: Incorporate leftovers into new dishes.

Example: Use leftover Rödskål (Swedish red cabbage) as a filling for pies or wraps.

CREATIVE GARNISHES

Description: Use leftovers creatively as garnishes or toppings.

Example: Sprinkle leftover Skånsk Senap (Scania mustard) on salads or meats.



COOKING TECHNIQUES TO MINIMIZE LEFTOVERS

MODULAR INGREDIENTS

Description: Prepare ingredients that can be used in various dishes.

Example: Cook a batch of Svensk Potatis (Swedish potatoes) to use in salads, stews, or as a side.

PROPER STORAGE

Description: Store ingredients properly to extend their shelf life and reduce waste.

Example: Store Lefse (Norwegian flatbread) in airtight containers to keep it fresh.

UTILIZE LEFTOVER MEATS

Description: Repurpose leftover meats into new dishes.

Example: Make Köttbullar (Swedish meatballs) from leftover roasted meats.

SMART SHOPPING

Description: Buy ingredients in quantities that match expected use to minimize excess.

Example: Purchase the exact amount of Lutefisk (preserved fish) needed for a meal.

ADAPTIVE COOKING AND RECIPE ADJUSTMENTS

Description: Adapt recipes based on available ingredients and reduce food waste.

Example: Make Kalkun (Baltic turkey stew) with whatever vegetables are left in the fridge. Modify Raggmunk (Swedish potato pancakes) to use up extra potatoes and onions.

DISH VERSATILITY

Description: Cook dishes that can be versatile and used in multiple ways.

Example: Prepare Rödkål (red cabbage) that can be used in salads, as a side, or in sandwiches.

BALANCED SIZING

Description: Adjust portion sizes based on consumption trends.

Example: Serve smaller portions of Kranskake (Norwegian cake) at events to match guest preferences.



COOKING TECHNIQUES TO MINIMIZE LEFTOVERS

INGREDIENT SUBSTITUTION

Description: Substitute ingredients based on availability to avoid waste.

Example: Use leftover Surströmming (fermented fish) in a new recipe if fresh fish isn't available.

VERSATILE COOKING

Description: Cook dishes that can be adapted or modified based on ingredient availability.

Example: Make Pannukakku (Finnish oven pancake) with various fruits and toppings based on what's available.

CREATIVE SALADS

Description: Incorporate leftover proteins and vegetables into salads.

Example: Add leftover Köttbullar (meatballs) to a mixed salad.

UTILIZE LEFTOVER BAKING GOODS

Description: Repurpose leftover baked goods into new recipes.

Example: Use stale Kardemummabullar (cardamom buns) in bread pudding.

PRESERVE FRESH HERBS

Description: Preserve excess fresh herbs through drying or freezing.

Example: Freeze excess Dill to use in soups and fish dishes later

LEFTOVER PASTA UTILIZATION

Description: Use leftover pasta in salads, casseroles, or stir-fries.

Example: Turn leftover Tagliatelle into a cold pasta salad with vegetables.

REPURPOSE SAUCES

Description: Use leftover sauces in new dishes or as a base for other recipes.

Example: Use leftover Bechamel sauce in gratins or as a topping for baked dishes.



COOKING TECHNIQUES TO MINIMIZE LEFTOVERS

EFFICIENT ROASTING

Description: Roast vegetables and meats together to use up ingredients and reduce waste.

Example: Roast a mix of leftover root vegetables and meats together for a hearty dish.

LEFTOVER SMOOTHIES

Description: Blend leftover fruits and vegetables into smoothies.

Example: Use leftover berries and bananas in a smoothie.

WASTE-FREE BAKING

Description: Use baking techniques that minimize waste, like using leftover bread in stuffing.

Example: Make Brödpudding (bread pudding) from leftover bread.

LEFTOVER RICE DISHES

Description: Use leftover rice in new recipes like stir-fries or casseroles.

Example: Prepare a Fried Rice dish using leftover rice and vegetables.

SEASONAL INGREDIENT USE

Description: Use seasonal ingredients to ensure they are consumed before spoiling.

Example: Prepare Kålrotssoppa (Swedish rutabaga soup) using seasonal rutabaga.

MENU PLANNING

Description: Plan menus based on available ingredients and adjust as needed to minimize waste.

Example: Design a weekly menu that incorporates all available ingredients efficiently. The detailed techniques on planning are reviewed in the previous pages of this guidebook.

REPURPOSE SAUCES

Description: Use leftover sauces in new dishes or as a base for other recipes.

Example: Use leftover Bechamel sauce in gratins or as a topping for baked dishes.



SERVING TECHNIQUES

**FOR RESTAURANTS AND
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SERVING TECHNIQUES

FOR RESTAURANTS AND CATERING COMPANIES TO MINIMIZE LEFTOVERS

SMALLER PORTIONS

Description: Serve smaller portions to prevent excessive leftovers.

Example: Offer smaller servings of Gravad Lax (cured salmon) to accommodate different appetites.

PRE-SET MEALS AND PRE-ORDER FOOD

Description: Offer pre-set meal and pre-order options to control portions and minimize waste.

Example: Serve a set menu of Pyttipanna (Swedish hash) with fixed portions.

SELF-SERVICE BUFFETS

Description: Allow guests to serve themselves, which helps manage portion sizes.

Example: Create a Smörgåsbord (Swedish buffet) where guests can take as much or as little as they want.

FLEXIBLE MENU OPTIONS

Description: Offer a variety of portion sizes or dishes to suit different preferences.

Example: Provide choices of Köttbullar (meatballs) in different portion sizes for diners.

MEAL CUSTOMIZATION

Description: Allow diners to customize their meals to suit their preferences and avoid waste.

Example: Offer a customizable Nordic Salad where customers can choose their ingredients.

A LA CARTE DINING

Description: Serve food a la carte to avoid over-preparing and wasting food.

Example: Offer Rökt Lax (smoked salmon) as an individual dish rather than a large pre-made platter.

SERVING RECOMMENDATIONS

Description: Provide portion recommendations to guide customers in making appropriate choices.

Example: Recommend a serving size for Kåldolmar (cabbage rolls) based on typical appetite.



SERVING TECHNIQUES

FOR RESTAURANTS AND CATERING COMPANIES TO MINIMIZE LEFTOVERS

REUSING PLATE SCRAPS

Description: Use plate scraps creatively to avoid food wastage.

Example: Collect and repurpose unused sides from plates for staff meals.

INTERACTIVE DINING

Description: Create interactive dining experiences where diners can customize their dishes.

Example: Offer a Pickled Herring Bar where diners choose their own types of herring and accompaniments.

PRE-PORTIONED DISHES

Description: Serve dishes that are pre-portioned to manage portions effectively.

Example: Pre-portion servings of Lutefisk (dried fish) to avoid excessive leftovers.

TABLE SHARING

Description: Encourage sharing dishes among diners to manage portion sizes and reduce waste.

Example: Serve Fiskpudding (fish pudding) in a communal style for sharing.

SEASONAL MENU ADJUSTMENTS

Description: Adjust menus based on seasonal ingredients to use up available produce efficiently.

Example: Feature Root Vegetable Stew when root vegetables are in season.

BANQUET STYLE SERVING

Description: Serve meals banquet style for large groups to manage portions and reduce waste.

Example: Serve Estonian Pork Stew in large communal dishes for group dining.

FOOD WASTE AWARENESS

Description: Educate staff and diners about the impact of food waste.

Example: Include a brief on waste reduction in menus or on tables at a Nordic Bistro.



SERVING TECHNIQUES

FOR RESTAURANTS AND CATERING COMPANIES TO MINIMIZE LEFTOVERS

MINI PORTIONS FOR TASTING

Description: Offer mini portions for tasting menus to reduce overall food waste.

Example: Create a tasting menu with Scandinavian Tapas featuring small portions of various dishes.

INTERACTIVE FOOD STATIONS

Description: Set up interactive food stations where guests can customize their dishes.

Example: Offer a Nordic Crepe Station where guests add their own fillings to minimize waste.

BUFFET WITH LIMITED CHOICES

Description: Create a buffet with a limited but diverse range of options to control quantities.

Example: Serve a Baltic Brunch Buffet with a carefully selected range of dishes to manage portions.

LEFTOVER MANAGEMENT STATIONS

Description: Set up stations for guests to take home leftovers in sustainable packaging.

Example: Offer eco-friendly containers for Swedish Meatball leftovers.

SEASONAL DISH ROTATION

Description: Rotate dishes based on seasonal availability to avoid overstocking ingredients.

Example: Rotate Finnish Salmon Soup with other seasonal fish dishes

PORTION CONTROL TOOLS

Description: Use tools to measure and control portion sizes accurately.

Example: Use portioning spoons for Swedish Gravlaks to ensure consistent serving sizes.

ECO-FRIENDLY PACKAGING

Description: Use eco-friendly packaging for takeout and leftovers to minimize environmental impact.

Example: Package Nordic Meatloaf in biodegradable containers for takeout.



SERVING TECHNIQUES

FOR RESTAURANTS AND CATERING COMPANIES TO MINIMIZE LEFTOVERS

SUSTAINABLE SERVING UTENSILS

Description: Use sustainable serving utensils to reduce waste and environmental impact.

Example: Use wooden utensils for serving Baltic Fish Cakes instead of plastic.

DYNAMIC PRICING

Description: Adjust pricing based on demand and leftovers.

Example: Offer discounted rates for Swedish Meatloaf toward the end of the day.

PORTION CONTROL PLATES

Description: Use plates with portion control markings to guide servings.

Example: Use marked plates for Finnish Potato Salad to ensure consistent portion sizes.

EFFICIENT BUFFET DESIGN

Description: Design buffets to guide guests in making portion choices.

Example: Place Swedish Roast Beef at the end of the buffet to encourage smaller servings.

PORTION-BASED PRICING

Description: Price dishes based on portion sizes to encourage appropriate servings.

Example: Price Swedish Meatballs based on portion size to manage leftovers.

POST-MEAL SURVEYS

Description: Use surveys to gauge satisfaction and adjust portion sizes accordingly.

Example: Conduct post-meal surveys for Norwegian Roast Lamb to adjust future portions.

These techniques focus on effective serving practices to help minimize leftovers and waste, optimizing both food management and customer satisfaction in Nordic and Baltic culinary contexts..



AFTER- SERVING TECHNIQUES

**FOR RESTAURANTS AND
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AFTER-SERVING TECHNIQUES TO MINIMIZE LEFTOVERS

PROPER STORAGE

Description: Store leftover food promptly and properly to maintain quality.

Example: Refrigerate leftover Swedish Meatballs in airtight containers within two hours of serving.

FOOD RECOVERY SYSTEMS

Description: Implement food recovery systems to repurpose leftovers.

Example: Use leftover Baltic Stew to create a new soup or casserole.

PORTION ASSESSMENT

Description: Assess portion sizes post-service to adjust future servings.

Example: Evaluate leftover Norwegian Fish Cakes to determine if portions need adjustment.

LABELING LEFTOVERS

Description: Label leftover containers with date and content for easy identification.

Example: Label Finnish Rye Bread leftovers with the date to track freshness.

REFRIGERATION

Description: Ensure leftovers are cooled quickly and stored in the refrigerator.

Example: Cool and refrigerate leftover Estonian Pork Roast within two hours.

UTILIZING LEFTOVERS

Description: Repurpose leftovers into new dishes to reduce waste.

Example: Use leftover Swedish Cabbage Rolls as filling for a new casserole.

COMPOSTING

Description: Compost vegetable scraps and other organic waste to reduce landfill waste.

Example: Compost vegetable peels from Norwegian Root Vegetable Stew.



AFTER-SERVING TECHNIQUES TO MINIMIZE LEFTOVERS

DONATING SURPLUS

Description: Donate surplus food to local charities or food banks.

Example: Donate leftover Baltic Rye Bread to a local community kitchen.

STAFF MEALS

Description: Use leftovers for staff meals to reduce waste.

Example: Prepare Scandinavian Meatballs sandwiches for staff from leftover portions.

RECYCLING FOOD WASTE

Description: Recycle food waste into compost or animal feed.

Example: Recycle leftover Finnish Potato Salad scraps into compost.

INVENTORY MANAGEMENT

Description: Track leftover inventory to adjust future purchasing and cooking.

Example: Monitor leftover Swedish Gravlaks to adjust future quantities.

TEMPERATURE CONTROL

Description: Maintain proper temperatures for leftovers to ensure safety.

Example: Keep leftover Baltic Fish Pie at the correct refrigerated temperature.

FOOD QUALITY CHECKS

Description: Regularly check the quality of stored leftovers.

Example: Inspect leftover Norwegian Salmon Soup for freshness before use.

DAILY WASTE REVIEW

Description: Review daily waste and leftovers to identify patterns and adjust practices.

Example: Analyze leftover Swedish Potatoes to see if portion sizes need adjusting.



AFTER-SERVING TECHNIQUES TO MINIMIZE LEFTOVERS

CLEAR OUT OLD STOCK

Description: Regularly clear out old stock to prevent spoilage.

Example: Dispose of expired leftover Finnish Meatloaf and restock fresh supplies.

FREEZE LEFTOVERS

Description: Freeze leftovers for longer-term storage and future use.

Example: Freeze leftover Baltic Meat Stew in portion-sized containers.

RECIPE DEVELOPMENT

Description: Develop new recipes using leftover ingredients.

Example: Create a Swedish Potato Soup using leftover Nordic Root Vegetables.

PORTION AND MENU ADJUSTMENT

Description: Adjust portion sizes and menu based on leftover analysis to minimize waste.

Example: Reduce portion sizes for Finnish Meatballs if leftovers are consistently high.

REHEAT SAFELY

Description: Reheat leftovers to the appropriate temperature to ensure safety.

Example: Reheat Baltic Fish Soup to 165°F before serving to guests.

LEFTOVER USE IN SPECIALS

Description: Feature leftovers as specials to encourage their use.

Example: Offer a Finnish Leftover Pie special made from excess ingredients.

STAFF TRAINING

Description: Train staff on proper handling and storage of leftovers.

Example: Conduct training on storing and reheating Swedish Meatballs correctly.



AFTER-SERVING TECHNIQUES TO MINIMIZE LEFTOVERS

MONITOR WASTE TRENDS

Description: Track waste trends to identify areas for improvement.

Example: Analyze leftover Baltic Fish trends to adjust ordering practices.

USE LEFTOVER STOCKS

Description: Use leftover stocks and broths in new dishes.

Example: Incorporate leftover Finnish Mushroom Stock into risottos or soups.

EDUCATIONAL SIGNAGE

Description: Use signage to educate staff about waste reduction practices.

Example: Display signage on how to handle leftovers for Swedish Casserole.

PORTION ADJUSTMENT

Description: Adjust portion sizes based on leftover analysis to minimize waste.

Example: Reduce portion sizes for Finnish Meatballs if leftovers are consistently high.

LEFTOVER TRACKING SYSTEM

Description: Implement a system to track and manage leftovers effectively.

Example: Use software to track leftover Norwegian Salmon and adjust inventory.

PROPER DISPOSAL OF NON-RECYCLABLES

Description: Ensure proper disposal of non-recyclable waste.

Example: Dispose of non-recyclable Swedish Pie Containers according to local regulations.

LEFTOVER RECIPE DATABASE

Description: Create a database of recipes to use up leftovers.

Example: Develop a database for repurposing leftover Swedish Fish into new dishes.

FOR MORE DETAILS PLEASE CHECK NO LEFTOVER HANSLING AND WASTE HANDLING TECHNIQUES IN THE NEXT CHAPTERS .



CLEANING TECHNIQUES

**FOCUSING ON SUSTAINABLE
AND EFFECTIVE PRACTICES**

in

**NO LEFTOVER culinary arts
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CLEANING TECHNIQUES

FOCUSING ON SUSTAINABLE AND EFFECTIVE PRACTICES IN NORDIC / BALTIC NO LEFTOVER CULINARY ARTS

ECO-FRIENDLY CLEANING PRODUCTS

BIODEGRADABLE DETERGENTS:

Use detergents that break down naturally without harming the environment.

NON-TOXIC CLEANERS:

Opt for plant-based, non-toxic cleaning agents to reduce chemical exposure.

GREEN CERTIFIED PRODUCTS:

Use cleaning products certified by environmental organizations, like the Nordic Swan Ecolabel.

EFFICIENT CLEANING SYSTEMS

HIGH-EFFICIENCY DISHWASHERS:

Employ dishwashers that minimize water and energy consumption

AUTOMATED CLEANING EQUIPMENT:

Use automated floor scrubbers and dishwashers for consistent and efficient cleaning.

ROBOTIC VACUUM CLEANERS:

Implement robotic vacuums to maintain clean floors with minimal manual effort.



CLEANING TECHNIQUES

FOCUSING ON SUSTAINABLE AND EFFECTIVE PRACTICES IN NORDIC / BALTIC NO LEFTOVER CULINARY ARTS

SUSTAINABLE PRACTICES

FLOUR

MICROFIBER CLOTHS:

Use reusable microfiber cloths instead of disposable paper towels to reduce waste.

WATER CONSERVATION:

Install low-flow faucets and fixtures to minimize water usage.

COLD WATER DETERGENTS:

Use detergents formulated for cold water to save energy

REGULAR CLEANING PROTOCOLS

SCHEDULED DEEP CLEANING:

Establish regular deep cleaning schedules for kitchens and storage areas.

DAILY SURFACE SANITIZING:

Ensure all surfaces, including counters and equipment, are sanitized daily.

FREQUENT HAND WASHING:

Promote regular hand washing among staff to maintain hygiene.



CLEANING TECHNIQUES

FOCUSING ON SUSTAINABLE AND EFFECTIVE PRACTICES IN NORDIC / BALTIC NO LEFTOVER CULINARY ARTS

WASTE MANAGEMENT

COMPREHENSIVE RECYCLING:

Set up comprehensive recycling programs for glass, plastic, and metal.

ORGANIC WASTE SEPARATION:

Separate organic waste for composting or bioenergy production.

ECO-FRIENDLY TRASH BAGS:

Use biodegradable trash bags to reduce plastic waste.

TRAINING AND MONITORING

STAFF TRAINING:

Conduct regular training sessions on hygiene and cleaning protocols.

CLEANING CHECKLISTS:

Utilize checklists to ensure all cleaning tasks are completed systematically.

REGULAR INSPECTIONS:

Schedule routine inspections to maintain cleaning standards.



CLEANING TECHNIQUES

FOCUSING ON SUSTAINABLE AND EFFECTIVE PRACTICES IN NORDIC / BALTIC NO LEFTOVER CULINARY ARTS

INNOVATIVE TECHNOLOGIES

UV STERILIZATION:

Use UV light for sterilizing kitchen tools, cutting boards, and other surfaces.

STEAM CLEANING:

Employ steam cleaners to sanitize without chemicals. However, check the hygiene requirements in your country for chemical usage in the catering companies.

ELECTROSTATIC SPRAYERS:

Use electrostatic sprayers for thorough disinfection of surfaces.

KITCHEN CLEANING

DEGREASING:

Use eco-friendly degreasers to clean stovetops, ovens, and hoods.

DESCALING:

Regularly descale coffee machines and dishwashers to maintain efficiency.

HOOD AND VENT CLEANING:

Clean hoods and vents to prevent grease buildup and ensure proper ventilation.



CLEANING TECHNIQUES

FOCUSING ON SUSTAINABLE AND EFFECTIVE PRACTICES IN NORDIC / BALTIC NO LEFTOVER CULINARY ARTS

SURFACE CLEANING

GLASS AND WINDOW CLEANERS:

Use eco-friendly cleaners for streak-free windows and glass surfaces.

FLOOR CLEANING:

Employ sustainable floor cleaners suitable for different floor types (tile, wood, etc.).

WALL CLEANING:

Regularly clean walls to prevent grease and grime buildup.

EQUIPMENT CLEANING

REGULAR EQUIPMENT MAINTENANCE:

Maintain and clean kitchen equipment to ensure longevity and hygiene.

SANITIZING UTENSILS:

Use UV or steam sanitizers for utensils.

LEANING SMALL APPLIANCES:

Regularly clean blenders, mixers, and other small appliances.



CLEANING TECHNIQUES

FOCUSING ON SUSTAINABLE AND EFFECTIVE PRACTICES IN NORDIC / BALTIC NO LEFTOVER CULINARY ARTS

BATHROOM CLEANING

ECO-FRIENDLY TOILET CLEANERS:

Use non-toxic toilet bowl cleaners.

SANITIZING FIXTURES:

Clean and sanitize sinks, faucets, and door handles.

MOLD AND MILDEW PREVENTION:

Use natural mold inhibitors like vinegar and baking soda.

STORAGE AREA CLEANING

SHELVING AND RACKS:

Regularly clean and sanitize shelving units and storage racks

WALK-IN FRIDGE AND FREEZER:

Clean and defrost regularly to maintain efficiency

LABELING SYSTEM:

Use a labeling system to identify cleaning schedules for different storage areas.



CLEANING TECHNIQUES

FOCUSING ON SUSTAINABLE AND EFFECTIVE PRACTICES IN NORDIC / BALTIC NO LEFTOVER CULINARY ARTS

DINING AREA CLEANING

TABLE SANITIZING:

Sanitize tables between customer uses.

CHAIR CLEANING:

Regularly clean and sanitize chair surfaces and upholstery.

FLOOR SWEEPING AND MOPPING:

Sweep and mop dining area floors frequently to maintain cleanliness.

FRONT OF HOUSE CLEANING

SHELVING AND RACKS:

Regularly clean and sanitize shelving units and storage racks

WALK-IN FRIDGE AND FREEZER:

Clean and defrost regularly to maintain efficiency

LABELING SYSTEM:

Use a labeling system to identify cleaning schedules for different storage areas.



IS IT ELIGIBLE TO USE LEFTOVERS in the catering companies and restaurants in the Nordic and Baltic countries?



IS IT ELIGIBLE TO USE LEFTOVERS IN THE CATERING COMPANIES AND RESTAURANTS IN THE NORDIC AND BALTIC COUNTRIES?

Yes, it is not only eligible but increasingly encouraged to use leftovers and manage food waste effectively in the restaurants, also fine-dining establishments, in the Nordic and Baltic regions. These practices align with broader sustainability goals and are often embraced as part of a restaurant's commitment to environmental responsibility and culinary creativity. Here's why and how fine dining establishments in these regions approach the use of leftovers:

SUSTAINABILITY AND ENVIRONMENTAL RESPONSIBILITY

Reason: There is a strong emphasis on sustainability and minimizing food waste in the Nordic and Baltic regions, driven by both consumer demand and environmental policies.

Example: Restaurants aim to reduce their carbon footprint and environmental impact by using all parts of their ingredients and repurposing leftovers.

CREATIVE CULINARY INNOVATION

Reason: Using leftovers allows chefs to demonstrate creativity and innovation, transforming what could be waste into high-quality, refined dishes.

Example: Leftovers might be reworked into new dishes or components of a tasting menu, showcasing the chef's skill and imagination.

COST EFFICIENCY

Reason: Reducing waste helps manage costs by making full use of purchased ingredients and minimizing disposal expenses.

Example: Leftover ingredients can be used in new dishes, soups, stocks, or sauces, thereby reducing food cost and waste management expenses.

CONSUMER EXPECTATIONS

Reason: There is growing consumer awareness and preference for establishments that practice sustainability and waste reduction.

Example: Restaurants can attract environmentally-conscious diners by promoting their waste reduction practices and showcasing how they utilize leftovers creatively.

REGULATORY COMPLIANCE

Reason: Compliance with local regulations and sustainability certifications often includes measures to minimize food waste.

Example: Many Nordic and Baltic countries have regulations and incentives that encourage restaurants to adopt sustainable practices



PRACTICES TO USE LEFTOVERS IN FINE-DINING RESTAURANTS, CAFES IN THE CATERING COMPANIES AND RESTAURANTS IN THE NORDIC AND BALTIC COUNTRIES?

REPURPOSING INGREDIENTS

Example: Excess vegetables might be turned into stocks or broths, and leftover proteins could be used in new dishes or as part of a tasting menu.

Restaurant Example: Noma in Denmark, renowned for its creative reuse of ingredients, often transforms surplus items into new, innovative dishes.

Noma, led by chef René Redzepi, is famous for its innovative approach to cooking, where the team frequently uses foraged ingredients and transforms items that might otherwise be considered waste into gourmet dishes. For example, abandoned cod heads and stale bread are turned into delicacies, showcasing their commitment to sustainability and creativity in the kitchen. (Lang, C, 2024).

Best restaurant in the world 2021

Visit this source: <https://www.visitdenmark.com/denmark/things-do/danish-food/restaurant-noma>

Visit this source <https://coveteur.com/noma-projects-rene-redzepi>

Restaurant website <https://noma.dk/>



Photo screenshot from Noma website

UTILIZING EVERY PART

Example: Utilizing every part of an ingredient, such as vegetable stems, peels, or fish bones, in cooking.

Restaurant Example: Fäviken (formerly) in Sweden was known for using every part of their ingredients, including those that might otherwise be discarded.

The restaurant Fäviken Magasinet closed in 2019. Today, the restaurant is only open on special occasions, for private bookings.

Restaurant website <https://faviken.com/>

SPECIAL MENUS

Example: Creating special menus or daily specials that feature repurposed ingredients or leftovers from previous days.

Restaurant Example: Olo in Finland uses creative approaches to incorporate leftover ingredients into new menu items.

Review article: by Wonderlust Cloe, (2024) <https://www.wanderlustchloe.com/review-olo-restaurant-helsinki-finland/>

Website of the restaurant OLO with a Michelin star (Helsinki, Finland) <http://www.olo-ravintola.fi/>



PRACTICES TO USE LEFTOVERS IN FINE-DINING RESTAURANTS

IN THE CATERING COMPANIES AND RESTAURANTS IN THE NORDIC AND BALTIC COUNTRIES?

EDUCATIONAL INITIATIVES

Example: Educating staff and diners about sustainability practices and the importance of reducing food waste.

Restaurant Example: Geranium in Denmark integrates sustainability into their dining experience, including educational aspects about their practices.

'World's Best Restaurant' 2022

Visit this source: <https://www.visitdenmark.dk/node/3454>

Restaurant website: <http://www.geranium.dk/>

Also:

USEFUL BLOG FOR THE RESTAURANTS OF DIFFERENT CATEGORIES

<https://www.tastingtable.com/category/restaurants/>

COLLABORATIONS AND PARTNERSHIPS

Example: Partnering with local organizations or charities to donate surplus food that cannot be used in the restaurant.

Restaurant Example: Many fine dining establishments in these regions collaborate with local food banks or community kitchens to handle excess food responsibly.

REGULATIONS AND CERTIFICATION

Sustainability Certifications: Many restaurants pursue sustainability certifications that include waste reduction as a criterion, such as **the Nordic Swan Ecolabel** or local green certifications.

Local Regulations: Compliance with local environmental regulations and guidelines helps fine dining establishments adopt practices that reduce waste and promote sustainability.

Fine dining establishments in the Nordic and Baltic regions are increasingly recognizing the value of incorporating leftover management into their operations, both for its environmental benefits and its potential to enhance culinary creativity.



PRACTICES TO USE LEFTOVERS IN FINE-DINING RESTAURANTS, CAFES IN THE CATERING COMPANIES AND RESTAURANTS IN THE NORDIC AND BALTIC COUNTRIES?

SMORGASBORD (ICELAND)

Leftover Practices: This Icelandic restaurant emphasizes using leftovers effectively. They often repurpose ingredients into new, creative dishes.

How They Cook: Leftover fish and meats might be used in Icelandic traditional dishes like stews or fritters, while surplus vegetables can be pickled or turned into soups.

Visit this source: <https://privateicelandtour.com/blog/icelandic-dishes-you-must-try>

Visit this source

ADDITIONAL INFORMATION:

The website for more of Icelandic recipes by Shahin, I.

Delicious Icelandic Recipes <https://guidetoiceland.is/best-of-iceland/delicious-icelandic-recipes>

and read our guides on traditional and contemporary recipes NO LEFTOVER

KADEAU (DENMARK)

Leftover Practices: Kadeau focuses on minimizing waste by reusing and repurposing ingredients across different dishes. They emphasize creating dishes from what would otherwise be waste.

How They Cook: Leftover seafood might be used in new creations like seafood spreads or incorporated into new dishes to provide depth of flavor.

Read the full articles here:

Restaurant website <https://kadeau.dk/>

More information here by Rickman, C. (2024). You Should Cross-Utilize Ingredients, But What Does That Mean? <https://www.foodrepublic.com/1588893/what-does-cross-utilize-mean/>

And here: How to Reduce Food Waste in a Restaurant by Kitch (2024).

<https://kitch.io/how-to-reduce-food-waste-in-a-restaurant/>

MAAEMO (NORWAY)

Leftover Practices: Maaemo utilizes leftovers by incorporating them into their culinary process. They have a reputation for using every part of their ingredients creatively.

How They Cook: For example, they might use leftover meats and vegetables in new, refined dishes or as part of innovative tasting menus.

Restaurant website: <http://maaemo.no/>

Read the article "Inside Maaemo: Oslo's Culinary Design Haven" by Bolon (2018)

<https://blog.bolon.com/blog/inside-maaemo>



PRACTICES TO USE LEFTOVERS IN FINE-DINING RESTAURANTS, CAFES IN THE CATERING COMPANIES AND RESTAURANTS IN THE NORDIC AND BALTIC COUNTRIES?

ALCHEMIST (DENMARK)

Leftover Practices: Alchemist emphasizes sustainability through careful management of food waste. They incorporate leftover ingredient into their dishes by using them in innovative ways.

How They Cook: They might repurpose leftover vegetables into new components of a tasting menu or create unique dishes from surplus ingredients.

Restaurant website <https://alchemist.dk/>

Holistic Cuisine Manifest read here

<https://alchemist.filecamp.com/s/c/o3rhnkOceKoVzqBA/srtlCpTT7JlQ47VY>

and read our guides on traditional and contemporary recipes NO LEFTOVER

TÅRTAN (SWEDEN)

Leftover Practices: Tårtan in Stockholm is known for its efficient use of food resources, including repurposing leftovers creatively.

How They Cook: Leftover ingredients are often used in new dishes, such as transforming leftover cakes into new dessert forms or using extra ingredients in savory dishes.

Restaurant website <https://www.tartancafe.com/>

These restaurants and fine dining establishments not only focus on providing exceptional culinary experiences but also integrate innovative practices to minimize food waste and creatively handle leftovers. For detailed information, visit their official websites and check out industry articles and reviews highlighting their sustainability efforts.



SWEDISH TABLES BUFFETS

The guidelines for how long table ingredients can be kept without change before they must be discarded or repurposed



HOW LONG TABLE INGREDIENTS CAN BE KEPT WITHOUT CHANGE BEFORE THEY MUST BE DISCARDED OR REPURPOSED IN THE CATERING COMPANIES AND RESTAURANTS IN THE NORDIC AND BALTIC COUNTRIES?

The guidelines for how long table ingredients can be kept without change before they must be discarded or repurposed vary by country and depend on specific food safety regulations. Here's an overview of the practices and recommendations for Nordic and Baltic countries regarding the handling and time limits for table food.

SWEDEN

Food Safety Guidelines

General Rule: In Sweden, leftovers from tables should ideally be refrigerated within 2 hours to prevent the growth of harmful bacteria. The Swedish National Food Agency (Livsmedelsverket) advises that food should not be left out at room temperature for more than **2 hours**. After this period, it is considered risky to consume, and the food should be discarded or properly repurposed.

Reference: Livsmedelsverket – Food Storage

Specific Recommendations

Time Limits: For best practice, food that has been left out at room temperature should be refrigerated promptly, and any leftovers should be used within 24-48 hours if kept in proper conditions.

Food Safety: Regular checks and proper storage are crucial to ensure food safety.

DENMARK

Food Safety Guidelines

General Rule: Danish food safety guidelines recommend that food should not be left out at room temperature for more than 2 hours. This aligns with broader European food safety standards.

Reference: Danish Veterinary and Food Administration – Food Hygiene

Specific Recommendations

Time Limits: Similar to Sweden, any food left at room temperature for more than 2 hours should be discarded or refrigerated and used within 24-48 hours.

Food Safety: Ensure proper storage and monitoring to maintain food safety.



HOW LONG TABLE INGREDIENTS CAN BE KEPT WITHOUT CHANGE BEFORE THEY MUST BE DISCARDED OR REPURPOSED IN THE CATERING COMPANIES AND RESTAURANTS IN THE NORDIC AND BALTIC COUNTRIES?

NORWAY

Food Safety Guidelines

General Rule: Norwegian guidelines follow the general principle that food should not be left out at room temperature for more than 2 hours. If food has been exposed to room temperature for longer, it should be discarded or properly refrigerated.

Reference: Norwegian Food Safety Authority - Food Hygiene

Specific Recommendations

Time Limits: Leftovers should be refrigerated promptly and consumed within 24-48 hours if kept at proper temperatures.

Food Safety: Adhere to recommended storage practices to ensure safety.

FINLAND

Food Safety Guidelines

General Rule: In Finland, food safety guidelines suggest that food should not be left at room temperature for more than 2 hours. After this time, food should be either discarded or refrigerated.

Reference: Finnish Food Authority - Food Safety

Specific Recommendations

Time Limits: Leftovers should be used within 24-48 hours of refrigeration.

Food Safety: Proper refrigeration and adherence to safety practices are essential.

ESTONIA

Food Safety Guidelines

General Rule: The Estonian Food Safety guidelines also state that food should not be left at room temperature for more than 2 hours. Beyond this time frame, the food should be refrigerated or discarded.

Reference: Estonian Health Board - Food Safety

Specific Recommendations

Time Limits: Leftovers should be refrigerated and used within 24-48 hours.

Food Safety: Follow proper storage guidelines to prevent spoilage.



HOW LONG TABLE INGREDIENTS CAN BE KEPT WITHOUT CHANGE

BEFORE THEY MUST BE DISCARDED OR REPURPOSED IN THE CATERING COMPANIES AND RESTAURANTS IN THE NORDIC AND BALTIC COUNTRIES?

LATVIA

Food Safety Guidelines

General Rule: Latvian regulations advise that food should not be left at room temperature for more than 2 hours. Any food left out longer should be either discarded or refrigerated.

Reference: State Food and Veterinary Service - Food Safety

Specific Recommendations

Time Limits: Refrigerated leftovers should be used within 24-48 hours.

Food Safety: Maintain proper storage practices.

LITHUANIA

Food Safety Guidelines

General Rule: Lithuanian food safety standards follow the principle that food should not be left at room temperature for more than 2 hours. Food that has been left out longer should be discarded or refrigerated.

Reference: State Food and Veterinary Service of Lithuania - Food Safety

Specific Recommendations

Time Limits: Use refrigerated leftovers within 24-48 hours.

Food Safety: Adhere to recommended storage practices to ensure safety

In all these countries, the general guideline for food left at room temperature is that it should not be left out for more than 2 hours. If food is left out longer, it should be discarded or refrigerated promptly and used within 24-48 hours if stored correctly. Adhering to these time limits helps prevent foodborne illnesses and ensures food safety in restaurants and catering establishments..



LEFTOVER HANDLING Techniques

**for Restaurants and Catering
Companies
in the Nordic and Baltic
Regions**



LEFTOVER HANDLING TECHNIQUES FOR RESTAURANTS AND CATERING COMPANIES IN THE NORDIC AND BALTIC REGIONS

DAILY SPECIALS:

Create specials using leftover ingredients to ensure they are consumed quickly.

PORTION CONTROL:

Serve smaller portions to reduce the amount of uneaten food.

PRE-ORDER SYSTEMS:

Implement systems that allow customers to pre-order meals, reducing over-preparation.

BATCH COOKING:

Cook in smaller batches to better match actual demand.

REPURPOSE INGREDIENTS:

Transform leftovers into new dishes, such as soups, stews, or casseroles.

VACUUM SEALING:

Use vacuum sealing to extend the shelf life of leftovers.

FREEZING:

Freeze suitable leftovers for future use.

COMPOSTING:

Compost organic waste to reduce landfill and produce natural fertilizer.

STAFF MEALS:

Offer leftovers as meals for staff.

DONATION PROGRAMS:

Partner with local charities to donate excess food.

FOOD RESCUE SERVICES:

Collaborate with food rescue organizations to redistribute surplus food.

MENU ENGINEERING:

Design menus that use similar ingredients to facilitate the repurposing of leftovers.

ZERO-WASTE COOKING:

Train chefs in techniques that minimize food waste during preparation.

BUFFET MANAGEMENT:

Replenish buffet items in smaller quantities to reduce waste.

INVENTORY MANAGEMENT:

Use inventory management systems to track and use ingredients before they spoil.

SMART LABELING:

Label all leftovers with dates and contents to ensure they are used in a timely manner.



LEFTOVER HANDLING TECHNIQUES FOR RESTAURANTS AND CATERING COMPANIES IN THE NORDIC AND BALTIC REGIONS

INGREDIENT SWAPS:

Substitute ingredients in recipes to use up surplus.

CREATIVE PLATING:

Use garnishes and small sides to creatively incorporate leftovers into new dishes.

CUSTOMER EDUCATION:

Inform customers about portion sizes and encourage them to order appropriately.

DYNAMIC PRICING:

Offer discounts on dishes made with surplus ingredients.

SURPLUS FOOD APPS:

Use apps like Too Good To Go to sell surplus food at reduced prices.

PACKAGING FOR TAKEAWAY:

Provide eco-friendly containers for customers to take leftovers home.

UPCYCLING:

Use leftover bread for croutons or bread pudding, and vegetable scraps for stocks.

EFFICIENT CLEANING:

Separate and clean leftovers promptly to ensure they remain safe to eat.

DRYING AND DEHYDRATING:

Dehydrate fruits, vegetables, and herbs to extend their shelf life.

REGULAR AUDITS:

Conduct regular audits to identify and address areas of high waste.

CANNING AND PICKLING:

Preserve surplus produce through canning and pickling.

LEFTOVER PROMOTIONS:

Promote dishes made from leftovers on social media and in the restaurant.

COMMUNITY KITCHENS:

Participate in community kitchens to share and repurpose surplus food.

SUSTAINABLE PACKAGING:

Use packaging that extends the shelf life of leftovers.

INGREDIENT PRIORITIZATION:

Prioritize using ingredients that are close to expiring.

EMPLOYEE TRAINING:

Train employees on proper food handling and storage techniques.

TEMPERATURE CONTROL:

Ensure all leftovers are stored at the correct temperature to prevent spoilage.



LEFTOVER HANDLING TECHNIQUES FOR RESTAURANTS AND CATERING COMPANIES IN THE NORDIC AND BALTIC REGIONS

EFFICIENT ROTATION:

Implement the FIFO (First In, First Out) method to rotate stock.

FEEDBACK MECHANISMS:

Use customer feedback to adjust portions and menu offerings.

REUSABLE CONTAINERS:

Use reusable containers for storing and transporting leftovers.

SEASONAL MENUS:

Create seasonal menus to use ingredients at their freshest and reduce waste.

LOCAL SOURCING:

Source ingredients locally to reduce transportation waste and ensure freshness.

INTERACTIVE MENUS:

Use digital menus that can be updated in real-time to reflect available ingredients.

EVENT PLANNING:

Collect detailed orders for catered events to prevent over-preparation.

RECIPE ADJUSTMENTS:

Adjust recipes based on available leftovers.

WASTE SEGREGATION:

Segregate waste for composting, recycling, and disposal.

REGULAR INSPECTIONS:

Conduct regular inspections of storage areas to ensure proper food handling.

PARTNERSHIPS WITH FARMERS:

Collaborate with local farmers to use surplus produce.

PUBLIC REPORTING:

Share waste reduction efforts and successes with the public to raise awareness.

COMMUNITY OUTREACH:

Participate in community events to promote waste reduction.

ONLINE ORDERING:

Enable online ordering to better predict demand and reduce over-preparation.

LOYALTY PROGRAMS:

Implement loyalty programs that reward customers for minimizing waste.

SPECIAL EVENTS:

Host events that highlight zero-waste cooking and sustainable practices.

CULINARY CREATIVITY:

Encourage chefs to be creative with leftovers and develop new recipes.



LEFTOVER HANDLING Techniques

**for HOMES
in the Nordic and Baltic
Regions**



LEFTOVER HANDLING TECHNIQUES FOR HOMES IN THE NORDIC AND BALTIC REGIONS

MEAL PLANNING:

Plan meals in advance to use up all ingredients.

SHOPPING LISTS:

Use shopping lists to avoid buying unnecessary items.

PORTION CONTROL:

Cook only what you need to reduce leftovers.

PROPER STORAGE:

Store leftovers in airtight containers to keep them fresh.

LABELING:

Label leftovers with dates to ensure they are used in a timely manner.

FREEZING:

Freeze suitable leftovers for future meals.

REHEATING:

Reheat leftovers safely to avoid foodborne illnesses.

COMPOSTING:

Compost organic waste to reduce landfill.

CREATIVE RECIPES:

Use leftovers in new recipes, like soups, stews, and casseroles.

LEFTOVER NIGHT:

Designate one night a week to eat all the leftovers in the fridge.

SMOOTHIES:

Use leftover fruits and vegetables in smoothies.

SALADS:

Add leftover proteins and vegetables to salads.

STIR-FRIES:

Use leftovers in stir-fries.

OMELETS:

Incorporate leftovers into omelets.

FRITTATAS:

Use leftovers in frittatas.

WRAPS AND SANDWICHES:

Use leftovers in wraps and sandwiches.



LEFTOVER HANDLING TECHNIQUES FOR HOMES IN THE NORDIC AND BALTIC REGIONS

CANNING AND PICKLING:

Preserve surplus produce through canning and pickling.

DEHYDRATING:

Dehydrate fruits and vegetables to extend their shelf life.

STOCK AND BROTH:

Use vegetable scraps and bones to make stock or broth

LEFTOVER SOUP:

Make soup from a variety of leftovers.

HOMEMADE SAUCES:

Use leftovers to make sauces.

PASTA DISHES:

Incorporate leftovers into pasta dishes.

LEFTOVER RICE:

Use leftover rice in fried rice or rice pudding.

BREAD PUDDING:

Use leftover bread in bread pudding.

CROUTONS:

Make croutons from leftover bread.

BREADCRUMBS:

Make breadcrumbs from stale bread.

FRUIT PRESERVES:

Make jams or preserves from leftover fruits.

PIZZA TOPPINGS:

Use leftovers as pizza toppings.

BAKING:

Incorporate leftovers into baked goods, like muffins or quiches.

MEAL PREP:

Use leftovers for meal prep and lunches.

REUSABLE CONTAINERS:

Store leftovers in reusable containers.

PROPER HEATING:

Use the microwave or oven to properly reheat leftovers.

INVENTORY MANAGEMENT:

Keep track of what is in your fridge and pantry.



LEFTOVER HANDLING TECHNIQUES FOR HOMES IN THE NORDIC AND BALTIC REGIONS

ORGANIZE FRIDGE:

Keep your fridge organized to easily see and use leftovers.

SHARE WITH NEIGHBORS:

Share surplus food with neighbors or friends.

DONATE TO FOOD BANKS:

Donate non-perishable surplus food to local food banks.

COOKBOOKS:

Use cookbooks that focus on zero-waste or leftover recipes.

ZERO-WASTE CHALLENGES:

Participate in zero-waste challenges or initiatives.

EDUCATIONAL RESOURCES:

Utilize resources and blogs that provide tips on reducing food waste.

MEAL KITS:

Use meal kits that provide exact portions to reduce waste.

BUY IN BULK:

Buy non-perishable items in bulk to reduce packaging waste.

SEASONAL EATING:

Eat seasonally to ensure the freshest ingredients and reduce waste.

LOCAL SOURCING:

Source ingredients locally to reduce transportation waste.

INTERACTIVE APPS:

Use apps that help plan meals and track leftovers.

LEFTOVER LUNCHES:

Pack leftovers for lunch the next day.

ZERO-WASTE STORES:

Shop at zero-waste stores that offer bulk buying options.

COMMUNITY GARDENS:

Participate in community gardens to grow your own food.

FERMENTATION:

Use fermentation techniques to preserve food.

CULINARY CREATIVITY:

Be creative with leftovers and experiment with new recipes.

MINIMALIST COOKING:

Practice minimalist cooking to use fewer ingredients and reduce waste.



WASTE HANDLING Techniques

**for Restaurants and Catering
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WASTE HANDLING TECHNIQUES FOR RESTAURANTS AND CATERING COMPANIES IN THE NORDIC AND BALTIC REGIONS

COMPOSTING

On-Site Composting: Set up compost bins for food scraps and organic waste.

Commercial Composting Services: Partner with services that handle large quantities of food waste.

ANAEROBIC DIGESTION

Biogas Production: Use anaerobic digesters to convert food waste into biogas and compost.

FOOD DONATION

Charity Partnerships: Donate surplus and unsold food to local charities.

Food Rescue Organizations: Work with groups that collect excess food for redistribution.

WASTE TRACKING AND ANALYSIS

Waste Audits: Regularly analyze food waste to identify problem areas.

Tracking Systems: Implement software to monitor food waste in real-time.

FOOD WASTE REDUCTION TRAINING

Staff Training: Educate staff on waste reduction practices and efficient use of ingredients.

Zero-Waste Cooking Workshops: Offer workshops on zero-waste techniques.

EFFICIENT FOOD PREP

Scrap Utilization: Use food scraps and trimmings to make stocks and broths.

Batch Cooking: Cook in smaller batches to better match demand.

REUSABLE PACKAGING

Returnable Containers: Use returnable containers for takeout and delivery.

Eco-Friendly Packaging: Opt for compostable or biodegradable packaging.

WASTE SEGREGATION

Separate Bins: Implement separate bins for organic waste, recyclables, and general waste.

Clear Labeling: Clearly label bins to promote proper waste sorting.

TECHNOLOGY INTEGRATION

Waste Tracking Software: Use software to track and analyze food waste.

Inventory Management Systems: Implement systems to manage inventory efficiently.

COMMUNITY ENGAGEMENT

Public Awareness: Share your waste reduction efforts with the community.

Local Partnerships: Collaborate with local businesses on sustainability initiatives.

FOOD WASTE REDUCTION GOALS

Set Targets: Establish and track food waste reduction goals.

Incentive Programs: Create incentives for staff to reduce food waste.



WASTE HANDLING TECHNIQUES FOR RESTAURANTS AND CATERING COMPANIES IN THE NORDIC AND BALTIC REGIONS

DYNAMIC PRICING

End-of-Day Discounts: Offer discounts on items nearing expiration.

Flexible Menus: Adjust menu items based on available ingredients.

SUSTAINABLE PRACTICES

Green Certifications: Pursue certifications that recognize sustainable food waste practices.

Eco-Friendly Practices: Incorporate sustainable practices throughout the restaurant.

FOOD WASTE MANAGEMENT POLICIES

Waste Reduction Policies: Develop and enforce policies to reduce food waste.

Regular Reviews: Regularly review and update waste management practices.

EMPLOYEE INVOLVEMENT

Waste Reduction Champions: Designate staff members as waste reduction champions.

Team Meetings: Hold regular meetings to discuss waste reduction strategies.

Bulk Purchasing

Buy in Bulk: Purchase ingredients in bulk to reduce packaging waste and save costs.

Supplier Partnerships: Work with suppliers to minimize excess packaging.

WASTE PREVENTION STRATEGIES

Preventive Measures: Implement measures to prevent waste, such as proper portioning and preparation.

Review Practices: Regularly review and adjust practices to prevent waste.

For other details please check the chapters in the previous pages for planning, cooking, storing, using leftovers and other.



WASTE HANDLING Techniques

**for Restaurants and Catering
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WASTE HANDLING TECHNIQUES FOR HOMES IN THE NORDIC AND BALTIC REGIONS

COMPOSTING

Home Composting Bins: Set up a compost bin for food scraps and garden waste.

Community Composting: Use community composting programs if home composting isn't feasible.

FOOD SCRAPS UTILIZATION

Stock and Broth: Use vegetable scraps and bones to make homemade stock.

Regrow Vegetables: Regrow vegetables like green onions from kitchen scraps.

FOOD DONATION

Share with Neighbors: Share excess food with neighbors or friends.

Donate Non-Perishables: Donate non-perishable items to local food banks.

WASTE TRACKING

Food Waste Diary: Keep a diary to track food waste and identify patterns.

Adjust Practices: Modify shopping and cooking habits based on waste tracking.

EDUCATIONAL RESOURCES

Zero-Waste Blogs: Follow blogs and resources for tips on reducing food waste.

Cooking Classes: Take classes on cooking with leftovers and minimizing waste.

SMART SHOPPING

Buy in Bulk: Purchase bulk items to reduce packaging waste and save money.

Seasonal Produce: Buy seasonal produce for freshness and reduced waste.

WASTE SEGREGATION

Separate Bins: Have bins for composting, recycling, and general waste.

Clear Labeling: Clearly label bins to encourage proper sorting.

COMMUNITY INVOLVEMENT

Neighborhood Swaps: Organize food swaps with neighbors to share surplus.

Community Gardens: Participate in or start a community garden.

DIY CLEANING PRODUCTS

Natural Cleaners: Make cleaning products with natural ingredients to reduce chemical waste.

Reusable Cleaning Supplies: Use reusable cloths and mop heads.

WATER MANAGEMENT

Efficient Appliances: Use water-efficient appliances to conserve water.

Rain Barrels: Collect rainwater for gardening and other uses.

FOOD SHARING APPS

Local Apps: Use local apps to share surplus food with the community.

Food Exchange: Participate in food exchange programs to reduce waste.



WASTE HANDLING TECHNIQUES FOR HOMES IN THE NORDIC AND BALTIC REGIONS

EDUCATIONAL WORKSHOPS

Waste Reduction Workshops: Attend workshops on reducing food waste and sustainable cooking.

Online Courses: Enroll in online courses on minimizing food waste.

Labeling and Tracking

Food Labels: Label food items with purchase dates and use-by dates.

Track Consumption: Monitor food consumption to adjust purchasing habits.

HEALTHY PORTIONS

Adjust Portions: Serve healthy portions to avoid food wastage.

Use Leftovers: Incorporate leftovers into new recipes to avoid waste.

These techniques will help manage food waste effectively, enhancing sustainability and efficiency in both **commercial and home** settings.

Summary

This digital brochure 'The NO LEFTOVER culinary arts techniques from Nordic/Baltic cuisine at different stages – planning, cooking, serving, marketing, cleaning' is the part of the project NPAD-2022/10049 development results within the framework of the digital course 'Digital Course in NO LEFTOVER Nordic/Baltic Culinary Arts for Adult Educators'. The purpose is to improve methods of adult teaching, adults' access to learning, improving the quality of adult learning and meeting new or changing needs for the changing environment of specifics of hospitality business offers, culinary arts variety and diversification approaches, trends in tourism for new experiences and tastes, modern society needs for technical and digital enhancement and reformatting, the focus on sustainability to sustain the traditions and cultural heritage as well as global and national resources by responsible consumption and using local ingredients and other resources.

In this digital brochure the techniques with NO LEFTOVER concept of Planning, Purchase, Storing, Marketing, Selling, Cooking, Serving, After-serving stage, Cleaning, Leftover handling, Waste handling are reviewed from Denmark, Estonia, Latvia, Iceland and Lithuania, and other countries considering the regulations and examples from the Nordic and Baltic companies.

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Photo: View made by Oksana Vejus, Canva.



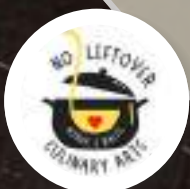
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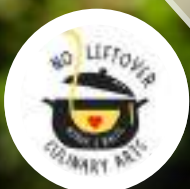
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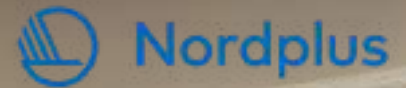
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THE NO LEFTOVER CULINARY ARTS TECHNIQUES FROM NORDIC/BALTIC CUISINE AT DIFFERENT STAGES – PLANNING, COOKING, SERVING, MARKETING, CLEANING

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