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**Kids Don't Know This.**  
**Delicacies from Leftovers.**  
Eco-Workshops for Seniors



Silesian  
Voivodeship

*gmina*  
**BOJSZOWY**

Integrated LIFE project "Silesia. Blue Sky Restored". Comprehensive implementation of the Air Quality Plan for the Silesian Voivodeship. LIFE20 IPE/PL/000007 - LIFE-IP\_AQP-SILESIA-SKY



# Kids Don't Know This. Delicacies from Leftovers. Eco-Workshops for Seniors

**When:** 16 June 2025, 10:00 - 12:00

**Where:** Centrum Usług Społecznych Senior+, Ruchu Oporu 100,  
43-220 Bojszowy Nowe

**Who:** Joanna Dudek, eco-manager of the Municipality of Bojszowy



Can cooking be tasty, budget-friendly, and waste-free? "Kids Don't Know This. Delicacies from Leftovers." is a culinary workshop for seniors that explores how to use every bit of food and reduce kitchen waste.

## *What's in store for participants?*

- Ideas Bank: What to use instead of throwing away? – Participants will share their creative ways to reuse food scraps. Can potato peels become a crunchy snack? Can stale bread serve as the base for a new dish?
- Brainstorming session – "Waste-Free Recipes" – A discussion on how to create meals that use ingredients efficiently. A mix of traditional cooking techniques and modern zero-waste trends.
- Zero-waste cooking session – Selecting the best idea and preparing a dish that uses every part of the ingredients.

## *Why participate?*

- Save money and protect the environment – Less food waste means lower costs and reduced environmental impact.
- Rediscover the flavors of the past – Older generations knew how to waste nothing. It's time to pass that wisdom on!
- The circular economy in the kitchen – Every ingredient has value when used creatively.

"Kids Don't Know This. Delicacies from Leftovers." reminds us that food waste was once a luxury few could afford. Today, reducing waste is a necessity—for both our planet and our wallets.

***This event is organized as part of the LIFE project "Silesia. Blue Sky Restored."***

*I invite you  
Joanna Dudek*



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10 minut błękitu