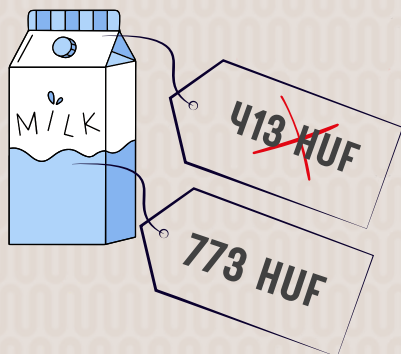
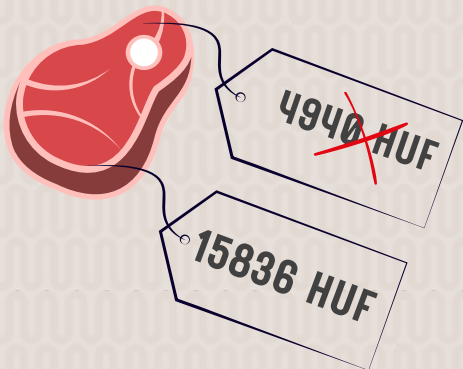


WOULD YOU PURCHASE IF YOU WERE PAYING THE REAL PRICE



LEARN MORE & TAKE ACTION



Watch Cowspiracy, Seaspiracy, or What the Health to learn more. Eating Our Way to Extinction is available on Youtube!



Try plant-based meals more often – even one or two days a week makes a difference. Increase the legumes and vegetables in your diet



You can try “Happy Cow” app to find restaurants nearby



Follow plant-based recipe accounts on social media for budget friendly plant-based recipes such as : @veganblog.hu, @fitgreenmind

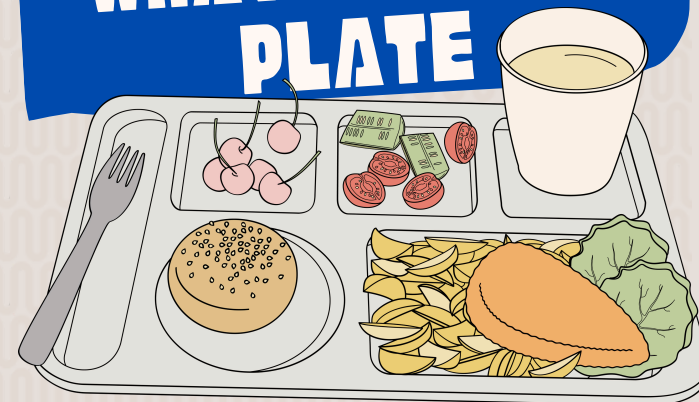


Advocate for more veg options in your university cafeteria



The Importance of

WHAT'S ON OUR PLATE



When you buy a burger or cheese for 3000 HUF, that price doesn't reflect the true cost behind it.

Animal agriculture is a major driver of greenhouse gas emissions, deforestation, excessive resource use, and biodiversity loss. These impacts translate into hidden costs for society, such as increased healthcare expenses and damages from climate-related disasters.

These are called external costs— environmental and social harms not accounted for in the product's price. Understanding this helps us make more informed and responsible food choices.

CONTACT US



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WHY DOES FOOD WASTE MATTER?

Our world faces a food security issue, while 1/3 of food intended to be consumed is wasted globally.

Growing food uses water, energy, land, and labor—when we throw food away, all these resources are wasted too.

Food waste decomposes in landfills and produces methane, a greenhouse gas 80 times more potent than CO₂.

CH₄



PRACTICES FOR LESS FOOD WASTE AS A UNIVERSITY STUDENT

Small changes in shopping, cooking, and storing food can save money and help the planet. Here are some ways you can try to avoid food waste:



- Try Out “Munch” Application, buy surplus food from restaurants at a lower price and help reduce waste.
- Plan your groceries
- Get creative with leftovers – turn yesterday’s meal into today’s lunch. You can check : [@plantyou](#), [@maxlamanna](#) for zero waste food preparation inspiration
- Organize your fridge: Keep older items at the front so you use them before they expire.
- “Best before” ≠ bad after: Many foods are still safe after the date—trust your senses (smell, look, taste)
- Share with friends: Organize a “Fridge clean-out” potluck or food-sharing night with flatmates or neighbors

COMMUNITY AND GLOBAL INITIATIVES

These are some sources you can learn about Food waste issue and get inspired:

THE SLOW FOOD YOUTH NETWORK



The Slow Food Youth Network is a global movement of young people working to build a fairer, more sustainable food system through creative activism, education, and community events like Disco Soup. Why not hosting your own Disco Soup with your friends at the campus?

THE REAL JUNK FOOD PROJECT



This movement rescues edible surplus food from supermarkets, restaurants, and shops and turns it into meals served in pay-what-you-want cafés. It raises awareness creatively and makes food accessible—even in major cities via volunteer-run cafes.

COMMUNITY COMPOSTING



Auróra Klímakert is a community-based permaculture “pocket forest” in Budapest’s 8th district, transformed from a former gravel parking lot into a green oasis.

WASTELESS



National level food waste prevention programme of Hungary, organised by the National Food Chain Safety Office (Nébih).