



THE EXHIBITION ON
Food Waste

THE EXHIBITION „WITH A BITE“

FOR MORE KNOWLEDGE
AND AWARENESS ABOUT
food waste

Each year, 1.3 billion tons of food are thrown away worldwide – that's one in three edible items! Around half of all food waste occurs in private households. That means: **We all have the power to make a difference!**

'GewissensBISS'
EXPLORES
KEY QUESTIONS:

- ? Why are tons of food wasted every day?
- ? What are the consequences for the environment, the climate, and society?
- ? What can WE ALL do to stop it?

The traveling exhibition tours across Austria – mostly in schools or public spaces – and is aimed especially, though not exclusively, at young people aged 12 and up. The exhibition offers a variety of engaging stations – interactive and accessible. In this booklet you will find short descriptions of each station in English.

Enjoy the exhibition!



Welcome!

Gather your group and start from here: What is the exhibition about? Who made it? Here you will also find the QR code for the GewissensBISS quiz.

| LEBENSMITTELABFALL - WAS IST DAS?

Food waste WHAT IS IT?

Food waste is categorized as avoidable (still edible when thrown away) or unavoidable (e.g. bones or peels). Globally, households are the largest source of food waste. The UN aims to halve food waste by 2030.

| EIN BLICK IN DEN RESTMÜLL

A look at the RESIDUAL WASTE

You see real examples of edible food found in household trash – like pizza, unopened products and fruit. You also find tips including reheating leftovers, freezing baked goods and understanding best-before dates. Many foods are thrown away unopened due to misinterpretation of labeling.

| ICH DOCH NICHT!

Showcase “Not me!”

This exhibit is a duplicate from the “Expiry Date” exhibition at the Natural History Museum Vienna and shows an overturned garbage can from which a wide variety of food is tumbling out. The food looks very real - but it's not, it's a dummy.

The exhibit is intended to draw attention to the fact that **WE ALL CONTRIBUTE TO FOOD WASTE.**

Every household in Austria throws away an average of 150 kg of food per year - that's up to € 800 per year!



IST DAS NOCH GUT?

Is that still good?

What is the difference between “Best Before” and “Use By” dates?
 Many foods are still safe to eat after the best-before date. Proper storage and sensory checks (look, smell, taste) are essential.

LOOK AT THE FOOD ON THE WHITE FLAPS AND GUESS! WHEN THE FLAPS ARE FOLDED UP, YOU CAN CHECK YOUR OWN ASSESSMENT.

TATORT BIOTONNE

Crime scene BIOBIN

Go in search of clues and become a food waste detective! “Tatort Biotonne” sheds light on the habits of the Mayerhofer family, who want to reduce their food waste. The family keeps a record of their shopping, eating habits and the waste they produce in a week. The weekly plan, the shopping list including expenses and the food thrown away help to understand why something has ended up in the bin.

YOU CAN TAKE THE WORKSHEET AND WORK OUT HOW MUCH MONEY THE FAMILY COULD HAVE SAVED – THE RESULT CAN BE CHECKED USING THE QR CODE.

WOCHENPLAN

MONTAG
 Originalbeilage von Marie Noh

DIENSTAG
 Pizza bestellen

MITTWOCH
 Kaffeezeitung – Kaffee trinken (Landjäger, grüner Wänsler und Apfel hersetzen) (Eisbecher für Donnerstag, Würstli, Fleisch, Kartoffeln für Samstag)

DONERSTAG
 Grillen mit dem Nachbarheute

FRIDAY
 Weinessen
 Vegetarisch mit gebratenem Brokkoli

SAUBSPAG
 vegetarischer Tofukaffeezeitung
 Nachkochen heute vom Freitag

SONNTAG
 Familienbraten

STANDORT DER FAMILIE MAYERHOFER

Johannes (Vater) * Weizen und pures Käse * Garenfleisch
 Daglinda (Mutter) * Obst und Gemüse * Putenfleisch
 Max (Vater) * Pizza und Burger * Bratkartoffeln
 Lisa (Vater) * Müllerei mit Haus * Rosinen

FÜR LEBENSMITTEL AUSGEGEBEN

5 kg Bio-Orange – 25€	700g
2 Stück Zucchini (340g) – 2,99€	300g
300g Brokkoli gefroren – 3,29€	1 Stück
4 Äpfel – 3,16€	3 Stück
1/2 Weizen – 0,60€	3 Stück
2 Pflanzen – 20€	10 Pflanz
Größtes Jausemischchen vom Bäcker – 3,45€	1 Stück
1 kg Apfel – 2,49€	1 Stück à 200g
80g Bio-Frischkäse – 3,99€	20g
800g Bio-Brotweizen – 7,25€	1 Stück à 200g
3 Bio-Grillschinken – 10,50€	1 Stück
1 Kilo weisses gemahlenes Kartoffelmehl – 3€	100g
1 kg Protein Nudeln – 1,49€	100g
1 Stück Quark (250g) – 1,99€	40g
10kg Käsefondue – 2,99€	15g
1kg Rosinen – 1,49€	150g

ENTSORGTE MENGE

EINE AUFLISTE FÜR DAS SONN- TAGSFRÜHSTÜCK

- Kaffeezeitung
- 40 ggg Schinken
- 1 Packung Bio-Tofu
- 5 Beeren
- 1 Torte
- 4 Becher Joghurt
- 1 Stück Obst

UNSERE SINNE

OUR Senses & PESTS & MOLD

SCHÄDLINGE & SCHIMMEL

On the three tables and associated panels, you can learn more about the human senses - and how they are used to assess the quality of food. It is also about pests and mold - and how both can be avoided.

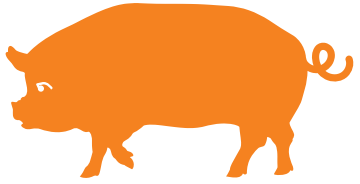
Our body is a “walking lab.” By seeing, smelling, touching, and tasting, we can judge if food is still safe to eat. Sensory checks help avoid unnecessary waste – even after best-before dates have passed.



YOU WILL FIND TASKS ON THE TABLES TO TEST YOUR SENSES AND LEARN MORE ABOUT PESTS AND MOLD!

WIE VIEL TIER LANDET IM MÜLL?

How many animals end up IN THE TRASH?



About 11 % of food waste in Austrian household trash is meat, fish, or meat products. Including dairy and eggs, a quarter of food waste comes from animals. Austria’s average person eats about 60 kg of meat per year, triple the recommended amount. That adds up to more than 1,287 animals per lifetime. Disposing of meat products equals wasting the life of an animal.

YOU CAN BUILD A “STABLE” FOR THE PIG USING THE PUZZLES: USE THE FLOOR TILES TO LAY OUT THE SPACE AVAILABLE PER ANIMAL IN CONVENTIONAL (GRAY = FULLY SLATTED FLOOR) AND ORGANIC (YELLOW = STRAW FLOOR) HOUSING.

The exhibition urges more mindful consumption and explains the space differences between conventional vs. organic animal farming, encouraging awareness of animal welfare.





| INTERAKTIVE WELTKARTE

Interactive WORLD MAP

This section highlights the long journeys of global foods like rice (India), lamb (New Zealand), maple syrup (Canada), grapes (South Africa), bananas (Peru), and mangoes (Brazil). These foods travel tens of thousands of kilometers – contributing significantly to greenhouse gas emissions. If we throw away such globally transported foods, we waste enormous resources. Avoiding waste helps the climate.

BY DRAWING THE TRANSPORT ROUTES ON THE MAP, THE AIM IS TO DEEPEN OUR OWN UNDERSTANDING OF THE LONG JOURNEYS THESE FOODS HAVE TO MAKE. THE SOLUTIONS CAN BE CHECKED BY SCANNING THE QR CODE.



| RICHTIG LAGERN, LÄNGER GENIESSEN!

Store correctly, ENJOY FOR LONGER!

A TURNTABLE IS ATTACHED TO THIS BOARD: THE CUT-OUT CIRCLE CAN BE USED TO FOCUS ON DIFFERENT FOODS. HOW ARE THEY STORED CORRECTLY? CAN THEY BE FROZEN, ETC.? THE INFORMATION TEXT ON THE BOARD PROVIDES INFORMATION ABOUT THE RIPENING GAS ETHYLENE AND WHAT NEEDS TO BE CONSIDERED.

CORRECT FOOD STORAGE SIGNIFICANTLY PROLONGS SHELF LIFE

- ! Use the **fridge**, knowing **cold zones** vary.
- ! **Avoid ethylene contact:** Some fruits (like bananas or tomatoes) release this gas and cause others to ripen/spoil faster.
- ! **Freezing** is often possible, but changes texture. Examples include:
 - Freeze strawberries for desserts.
 - Grapes can be frozen and eaten like candy.
 - Bananas are great for smoothies.
 - Potatoes should be frozen cooked, not raw.



| SOZIALE AUSWIRKUNGEN: HUNGER

Social impact: HUNGER

Despite food surplus, a lot of people face food insecurity – in Austria 1.1 million people suffer from moderate to severe food poverty. And this despite the fact that there is more food than we can eat! Across the world, every third food item that is meant to be eaten is destroyed. The food that is currently being thrown away could feed the whole world. Wasting food also wastes resources from producing countries.

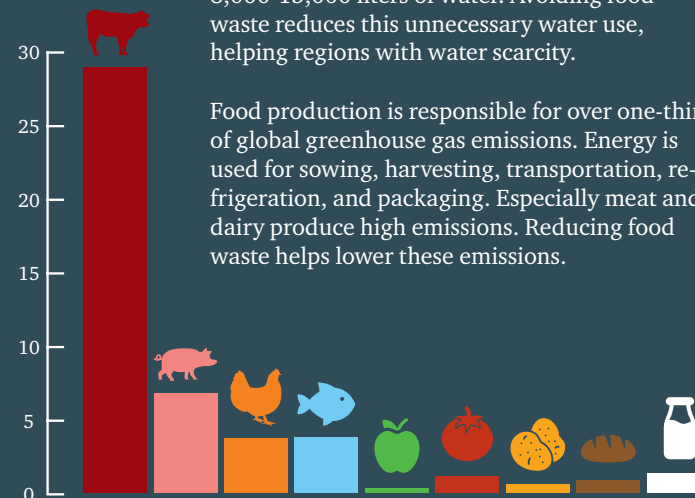
| ÖKOLOGISCHE AUSWIRKUNGEN:
WASSER & TREIBHAUSGASE

Ecological impact: WATER & GREENHOUSE GASES



Food production consumes enormous amounts of water – much of it hidden ("virtual water"). For example, producing 1 kg of beef uses over 8,000-15,000 liters of water. Avoiding food waste reduces this unnecessary water use, helping regions with water scarcity.

Food production is responsible for over one-third of global greenhouse gas emissions. Energy is used for sowing, harvesting, transportation, refrigeration, and packaging. Especially meat and dairy produce high emissions. Reducing food waste helps lower these emissions.



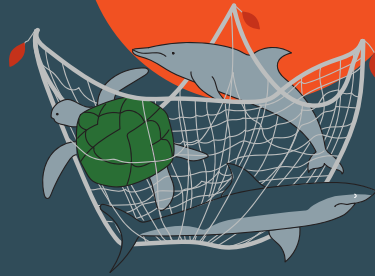
CO₂ produced
by food
production in
EUROPE

ÖKOLOGISCHE AUSWIRKUNGEN:
BIODIVERSITÄT & ARTENVIELFALT

Ecological impact: **BIODIVERSITY & SPECIES DIVERSITY**

The global demand for meat continues to rise. The animals from which the meat comes are often fed with grain. Large areas of agricultural land are needed to grow this grain. Feed grain for animals is already grown on a third of the world's agricultural land. 57% of European grain is fed to animals.

The exhibit also covers "bycatch" in fishing – many marine animals are unintentionally caught and discarded – as well as pesticides that harm not only pests but also beneficial species like bees.



ÖKOLOGISCHE AUSWIRKUNGEN:
EINDRÜCKE

Ecological impact: **IMPRESSIONS**

Agriculture contributes to soil erosion, especially with crops like corn and potatoes. Habitat loss due to farming reduces biodiversity. Monocultures and excessive pesticide use further damage ecosystems. A third of farming land produces food that ends up wasted.

Long-distance food transport (e.g. from New Zealand to Europe) uses massive ships and refrigeration, generating emissions. If this food is wasted, all the resources invested in its transport are also wasted. Smarter consumption could prevent this. In addition, you get more information about bycatch and possible solutions to the problem.



| HANDEL/SUPERMARKT

RETAIL

Supermarkets generate large amounts of food waste – mostly fruit, vegetables, baked goods, and dairy. Reasons include damaged packaging, expired best-before dates, overstocking, and consumer expectations. Around 70% of the food that nobody has bought is thrown away.

Suggestions for reducing waste include buying discounted near-expiry items, avoiding touching products unnecessarily and using app solutions. Consumers can also avoid complaining about empty shelves late in the day – this helps retailers cut overstocking.

| LANDWIRTSCHAFT & PRODUKTION

Agriculture & **PRODUCTION**

Food loss begins in farming and production due to strict cosmetic standards, overproduction, pest damage, harvesting methods, and short shelf lives. For example, misaligned tractors leave carrots behind. In production, waste results from packaging errors, machine cleaning, and returns.

Solutions include buying "imperfect" or surplus produce, supporting direct farm sales (which don't follow supermarket standards), and buying processed goods made from surplus crops (like juice from blemished apples). Some Austrian companies specialize in repurposing surplus food.



| AUSSER-HAUS-VERPFLEGUNG

Food away FROM HOME

Food service establishments (canteens, hotels etc.) waste food due to overproduction, poor communication, hygiene rules, and large buffet portions. 151,500 tons of food waste were recorded in 2020 from this sector.

Ways to reduce restaurant waste could be ordering smaller portions, take leftovers home or avoid unwanted sides. Decorative garnishes (like lemon wedges) and buffet leftovers often go uneaten but could be saved.



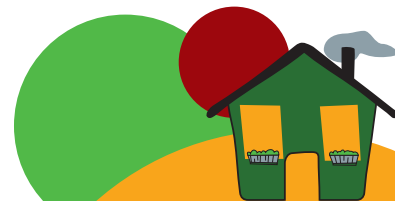
| HAUSHALT

HOUSEHOLD

Households produce the most food waste. Common reasons include overbuying, poor planning, fear of food safety, and lack of cooking knowledge. Each household in Austria throws away around 150 kg of food annually, worth up to €800.

You learn about waste statistics: 36% of avoidable food waste ends up in organic bins, 35% in residual waste. Most discarded items are fruit, vegetables, bread, and dairy.

You will find important tips to prevent food waste, e. g.: don't shop when hungry, stick to shopping lists, cook appropriate amounts, store food properly, freeze leftovers, and understand the difference between best-before and use-by dates. Sharing food with friends or through food-sharing platforms is encouraged.



| NICHT GENÜGEND -
DURCHGEFALLEN

Insufficient, FAIL

This part shows that many foods never reach shelves because they don't meet strict market appearance standards. Carrots too bent, potatoes too knobby or cucumbers too long are rejected. Packaging changes (like using bags instead of trays) have helped save some produce. It emphasizes how small changes can reduce large amounts of "invisible" food waste before consumers ever see the products.



Fridge QUIZ

At this interactive station, the contents of a shopping basket can be put away using the touchscreen. Fridge – shelf – larder: where is what stored and why? If you move the food to the right place, you can find out even more!

TV CORNER

Here you can see some informative and practical videos: there is a video explaining the best-before date and four tutorials for the perfect and simple use of food that is often "left over" in the household. Try at home!



Information for hosts

BRINGING THE EXHIBITION TO YOUR VENUE

Space requirements

- Ideally on the ground floor
- Size: 50 - 60 m²
- Power supply for two TVs
- Storage area for transport trolleys (approx. 5 m²)

Rental period

- Minimum of 5 working days

Setup & dismantling:

- carried out independently by the hosting institution
- Requires 2 - 4 people
- Approx. 2 hours each for setup and takedown

Supervision

- Daily checks and, if needed, supervision by the host

More information & booking

info@gewissensbiss.at



Funded by



A joint project of

