

2025 CALENDAR

*Smart Choices,
Sustainable Futures*



Erasmus+
Ανοίγει δρόμους, αλλάζει ζωές.



**Co-funded by
the European Union**

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JANUARY



PLAN YOUR MEALS

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOTES

- **Know** what you have! Check your **fridge** and **cabinets** for what you already have before going shopping.
- Make a **grocery list** and stick to it.
- Plan to **cook** more and try **new recipes**.
- Plan to **use leftovers**, use your imagination, **mix** and **match**!



2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

NOTES

Freeze It!



FEBRUARY

By **freezing** food it stays **fresh** for longer and you can use as much as you need.

When done properly, freezing:

Doesn't require added salt or sugar to prevent spoiling, unlike many canned items.

Helps maintain the quality and nutritional value of foods.

Reduces food waste.

Saves meal prep time on busy nights.

Stretches your food budget by allowing you to buy foods in season or on sale.



LEFTOVER NIGHT



MARCH

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOTES

Set aside **one night per week** to heat up and enjoy leftovers.
It is a great way to prevent food waste.
It also gives the family **a break from cooking.**



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			1	2	3	4
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NOTES

BE *CREATIVE* WITH FOOD SCRAPS



APRIL

Here is a great idea for citrus peels!!

Next time you're peeling a bunch of **oranges** for snack time or juicing a bunch of **lemons**, hang onto those peels!

Grab a miniature **cookie cutter**, punch out some pieces, and **string them** along a piece of **twine** or **hemp**.



Start your garden!



MAY

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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NOTES

With *DIY* eggshell seed starters



2025

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NOTES

No Green Thumb?
No worries ...



JUNE

*There are so many
ways to be creative ...*



Compost!



JULY

2025

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			1	2	3	4
6	7	8	9	10	11	12
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NOTES

Find **advice online** about how to **create**
compost in your garden



**Repurpose kitchen scraps and other organic materials into
something that can help your plants thrive!**

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31						

NOTES

LEARN TO STORE FOOD CORRECTLY



AUGUST



USE BY

.....
YOU'VE GOT UNTIL THE END OF THIS DATE
TO USE OR FREEZE THE FOOD BEFORE IT
BECOMES TOO RISKY TO EAT



BEST BEFORE

VS

YOU CAN EAT FOOD PAST THIS DATE
BUT IT MIGHT NOT BE AT ITS
BEST QUALITY

- To preserve your food you can use **refrigeration**, **freezing**, **canning**, **sugaring**, **salting** or even **vacuum packing**.
- Store food in appropriate **reusable containers**.
- Check and observe the **use – by** and **best before** dates on food products.

SEPTEMBER

THINK
before
you
TRASH
it

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NOTES

Sometimes you can reuse food that's gone bad



Turn **wine** that has **gone bad** into red wine **vinegar**, then use on **salads** or for **cleaning**.

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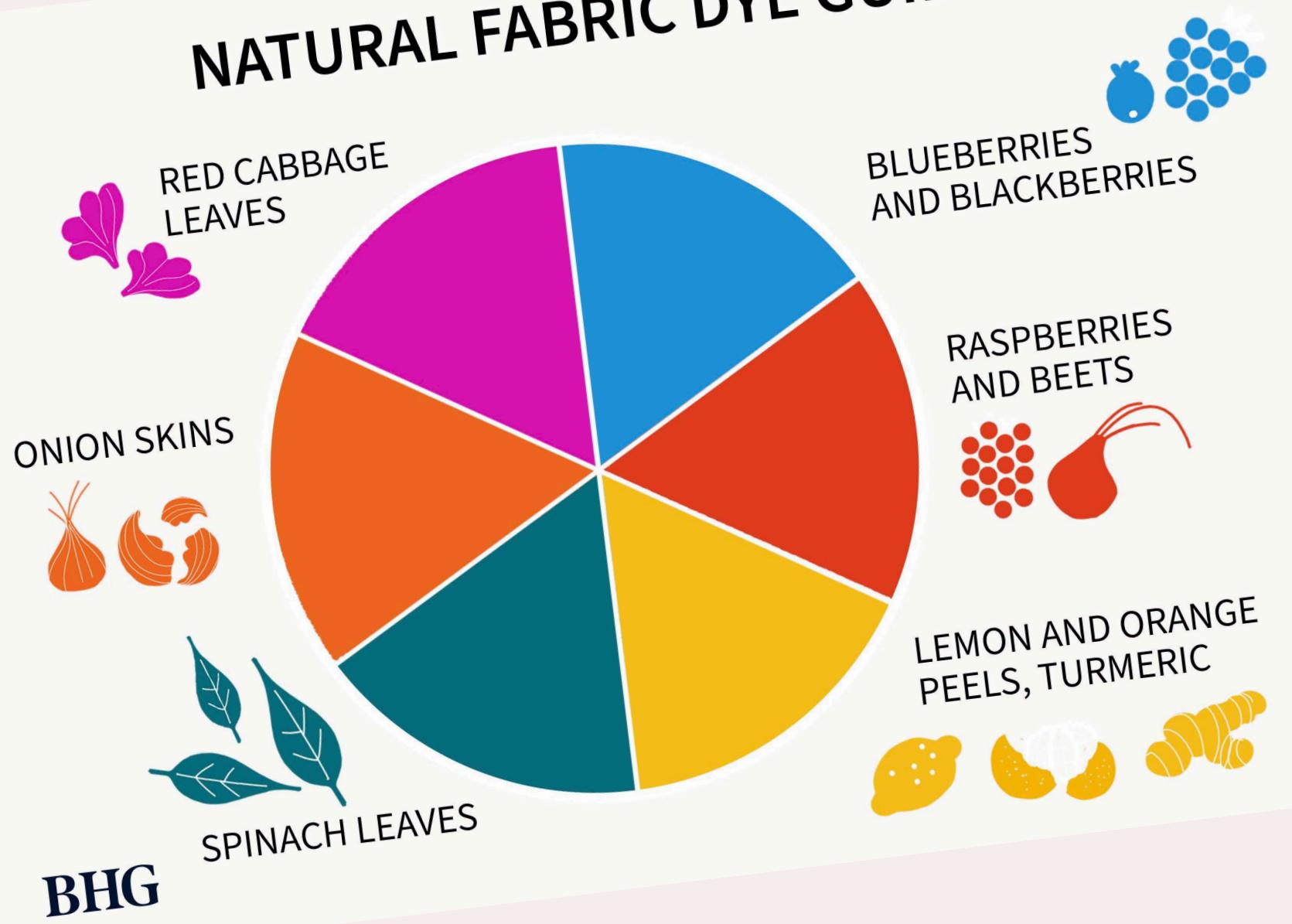
NOTES

MAKE FABRIC DYE



OCTOBER

NATURAL FABRIC DYE GUIDE



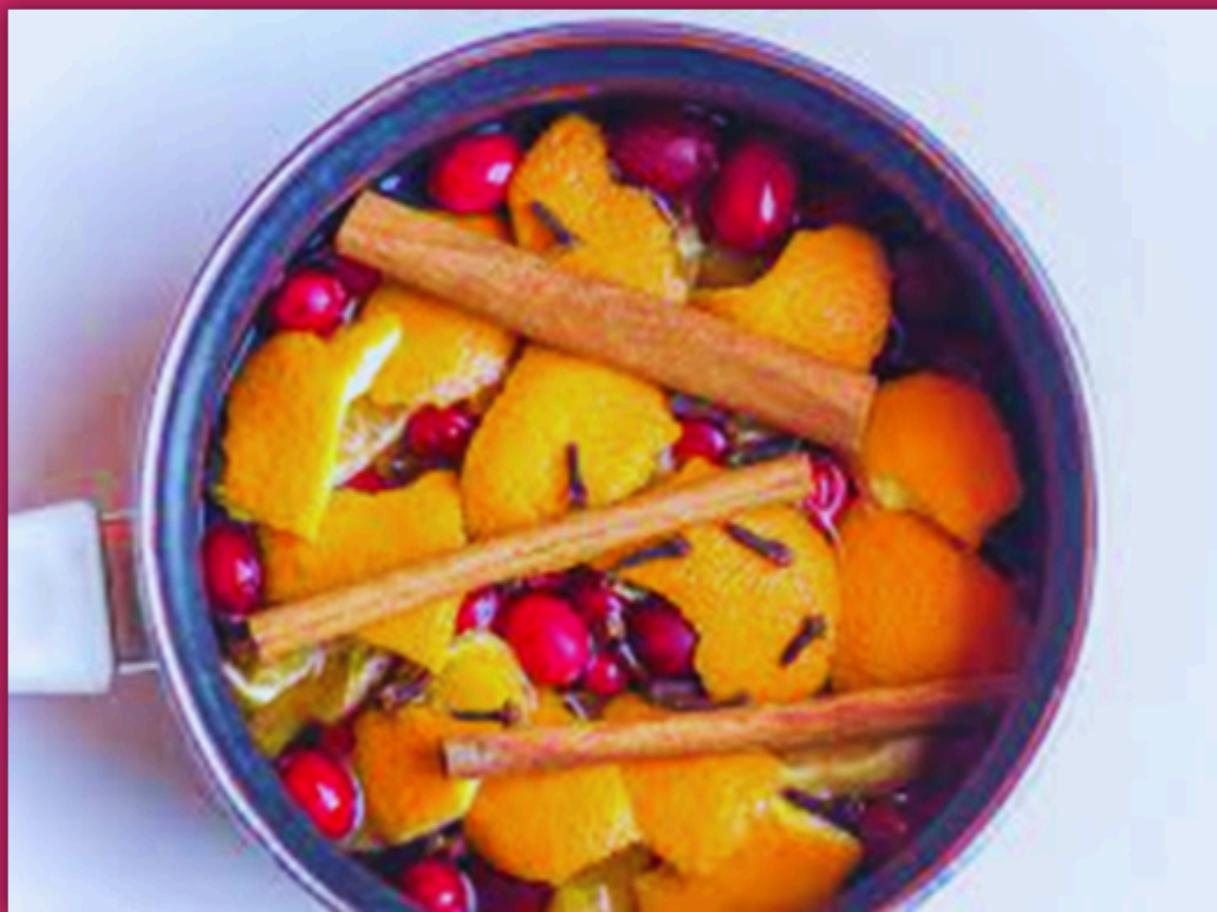
Use **beet ends** for reds and purples, **red cabbage** for blues, **yellow onions** for oranges, and **spinach** for greens

Save **vegetable peels** for **all-natural fabric dye**



Have a look **online** for **inspiration!**

SAVE FRUIT PEELS



NOVEMBER

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NOTES



Use **peels** for homemade **air freshener**



Save **leftover fruit scraps** and **boil** in a little water on the stove to make your home smell **sweet** and **fresh**

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NOTES

Be bold!



DECEMBER

There are many ways to be
creative and **imaginative** with
food scraps and leftovers



Be **bold** and **intuitive** and remember that
**“one (wo)man’s trash is another
(wo)man’s treasure!”**

