

# 2025 CALENDAR

Smart Choices,  
Sustainable Futures



Erasmus+  
Ανοίγει δρόμους, αλλάζει ζωές.



Co-funded by  
the European Union

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# JANUARY

# 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

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9	10	11	12	13	14	15
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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
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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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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	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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NOTES



# With *DIY* eggshell seed starters



2025

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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	5
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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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NOTES

LEARN TO STORE FOOD  
CORRECTLY



AUGUST





- 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

2025

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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

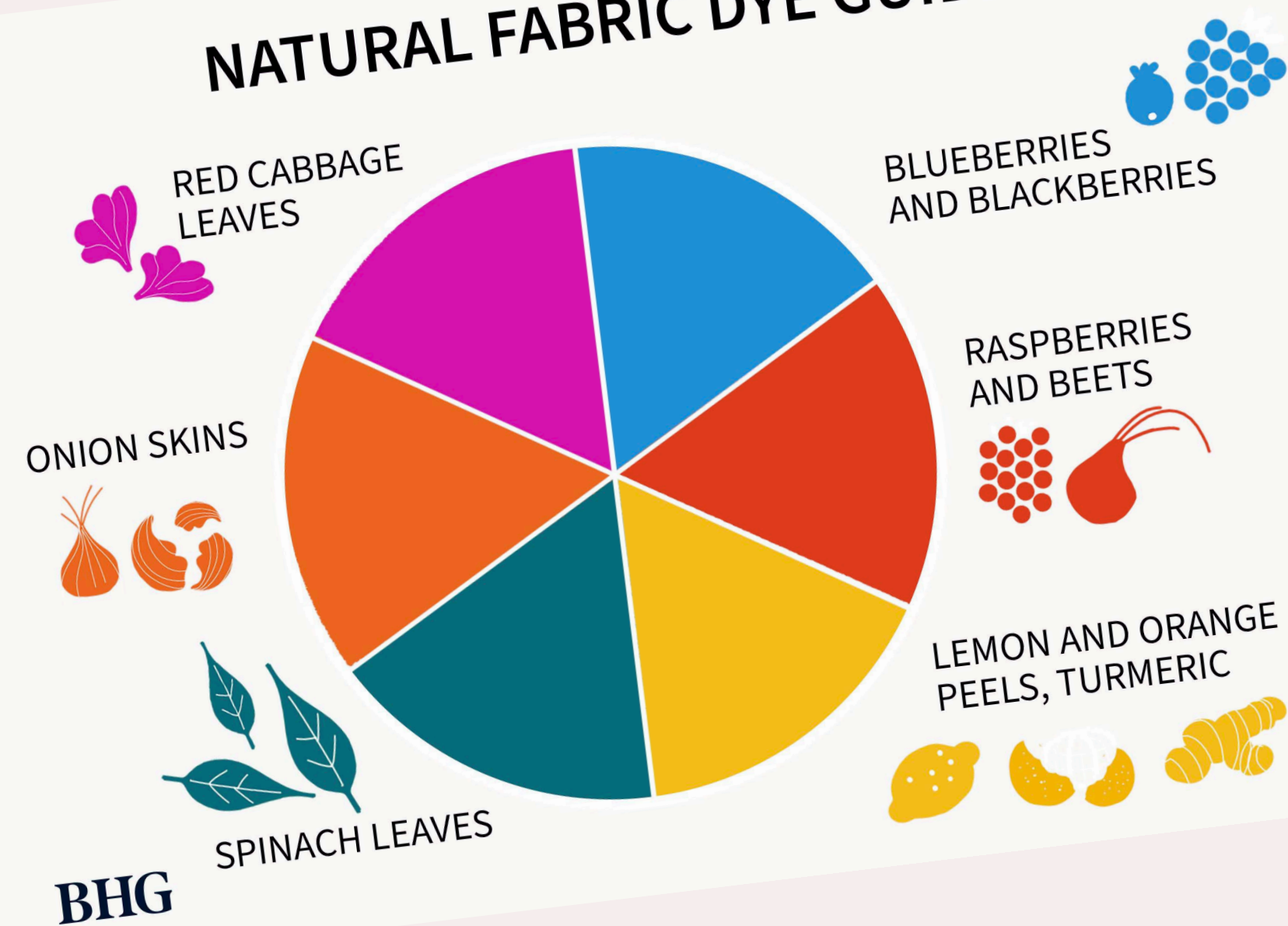
MAKE FABRIC DYE



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!*”

