

Poland – Food-sharing Fridges



Fun fact

The first Polish Foodsharing fridge was established in May 2016 in Warsaw. Today, they are located in most major Polish cities.

Why is it important?

According to the United Nations, one-third of the food produced in the world is wasted.

We can combat this in our local environments by sharing food with others, setting up a food-sharing point, or participating in group cooking with our friends.

Remember💡

Foodsharing helps to avoid wasting food. Volunteers collect unsold or near-expiry items from supermarkets, grocery stores, and more.

It's open to everyone, regardless of social status, and maintains full anonymity for both donors and those accessing the food.

Food-sharing Fridges

The Foodsharing Poland community provides a space where anyone can share or take food. They are set up in popular spots in the city, such as universities, dormitories, and nearby markets. Stores, restaurants, and individuals are encouraged to share surplus food that could go to waste.

https://www.facebook.com/foodsharingwroclaw/?locale=pl_PL

How does it work?

Foodsharing is an idea that originated in Germany. Volunteers visit supermarkets, smaller grocery stores, bakeries and food outlets every day to collect food products that have not been sold or are nearing their expiration date.

The products are placed in foodsharing fridges or on shelves, which are open, free of charge and anyone can use them, regardless of social status. The idea of foodsharing prevents food from being wasted and supports the poor, hungry, and homeless. An additional plus is that the use of the eateries is fully anonymous, both for donors and those in need.

How can you participate?

If you would like to participate in foodsharing fridge activities outside of Poland, here are some simple steps to get started. First, choose a visible location that is easily accessible and located in a busy area. Next, seek permission from the person who owns the chosen location to set up the foodsharing fridge. Once you have the green light, set up a cabinet and refrigerator where people can leave food items and meals. You can often find a second-hand fridge on Facebook in your local “take for free” groups. Make sure to display informative posters explaining the rules of using the foodsharing fridge. To spread the word, promote the initiative among your family, friends, and on social mediaplatforms. Lastly, take care of your foodsharing fridge by regularly monitoring and maintaining it to ensure its cleanliness and functionality. By following these steps, you can actively contribute to reducing food waste and supporting your community!

Poland – Recycling Cruise



A Recycling Cruise for a Cleaner Baltic Sea

Dominik Dobrowolski, an environmental advocate, has embarked on a mission to cleanse the Baltic Sea and its tributaries through collective activism. His "recycling cruise" involves collecting litter while canoeing on rivers and the sea. This initiative has not only gained widespread attention but has also inspired school-age children and teens to actively participate in the cause, fostering a sense of responsibility towards the environment.

Fun fact

Did you know that a community in Mumbai, India, known as "The Beach Warriors," transformed their local beach by collecting over 20,000 pounds of trash in just two years? Their dedicated efforts not only cleaned the beach but also inspired others to join the cause, showing that united communities can create significant positive change for the environment.

Why is it important?

During the summer of 2022, a mass mortality event involving fish and other wildlife occurred in the Oder River. Several major Polish scientific organizations – including the Polish Academy of Sciences – said the disaster was caused by the combination of environmental neglect and worsening conditions due to climate change. Over 100 tonnes of dead fish were removed from the Polish section of the river and the ecosystem was severely damaged.

Remember💡

Dominik Dobrowolski's eco-driven initiatives, encompassing the Baltic Sea cleaning action and "recycling cruise," exemplify the fusion of adventure and environmental activism. By involving school-age children and teens and inspiring similar projects, Dominik is cultivating a culture of environmental consciousness that extends its influence across communities and landscapes and brings attention to the poor state of Polish rivers

How does it work?

Dominik Dobrowolski's innovative approach blends adventure with eco-awareness. His Baltic Sea cleaning action and "recycling cruise" involve canoeing along rivers and the sea while collecting trash. This combination of leisure and eco-consciousness delivers a powerful message about preserving our waterways. The cruises are of different lengths and difficulty to suit all age groups and are organised regularly. You can sign up by yourself, with friends or with your school.

How can you participate?

If you are looking for a fun activity to do together with your friends, look no further. Choose a local water body, gather supplies like gloves and bags, and clean up trash while documenting your efforts. Sharing your experience on social media can inspire others to take similar actions and contribute to a cleaner environment. You can also look up other organisations that deal with community cleanups in your area, i.e. Trash Heroes, and join their efforts.

Find out more here: <https://www.cycling-recycling.eu>

Poland – InvEKO



InvEKO: Ecological Awareness Campaign

InvEKO is a social media initiative undertaken by a team of highschoolers as part of the "Zwolnieni z Teorii" Olympiad for high school students from Poland. They also host a Patrzęć da!EKO podcast with special guests and experts. Its mission is to educate and empower young individuals to take action for sustainability.

https://www.instagram.com/_inveco/

Fun fact

Despite starting as a relatively small project, Patrzęć da!EKO has managed to attract a dedicated following of over 700 individuals, partner with 30 companies and gather over 1400 participants on their events: all in a remarkably short span of time.

Why is it important?

With their engaging content and outreach efforts, InvEKO contribute to creating a more environmentally conscious and responsible generation. In recognition of their outstanding work, they have been nominated for the "Złote Wilki" award for the best projects in Poland, highlighting the significance of their contribution to youth communities.

Remember💡

InvEKO is an inspiring project led by young adults. It aims to educate and engage young people in environmental issues through various means, including a podcast, social media, partnerships with brands and events like community swaps.

How does it work?

Over the course of five months, the invEKO team has successfully harnessed the power of both online and offline platforms. Their digital presence has been marked by thought-provoking posts, compelling videos, and engaging social media narratives that have already captivated the attention of over 700 individuals. In tandem with this, they've created a podcast, Patrzęć da!EKO, offering a unique medium for educating and inspiring listeners.

They've organised events: a well-executed protest, a stimulating competition in collaboration with @theclimatelabproject, and the Open Change event, where you could exchange items with others.

How can you participate?

If you're passionate about the environment, consider creating your own eco-conscious social media accounts. Share informative content, eco-tips, and stories about environmental progress to inspire your followers. You can even partner up with your favourite companies to raise some money or organise an event. You could also start a podcast, just like invEKO: it doesn't take much! You can always join a similar activist group. Whether it's joining an existing group or creating your own, connecting with local or online youth environmental organizations allows you to work collectively and share ideas to drive positive change.

Find out more!

<https://open.spotify.com/show/2kRZcElaQEY1ycu0LoYitx?si=e40fd5d818bb4314>