

**BIS AUF
DEN LETZTEN
KRÜMEL**

BOOKLET FOR FOOD RESCUERS:



CREATE SUPPORT FOR YOUR RESCUE MISSION

Wuse will accompany you over the following pages. This magical creature is a real food rescuer. She prefers to eat food that's healthy and good for our planet. And she keeps a very close eye on how much food ends up in the bin each day. She wonders to herself whether it really has to be that way? Would you like to go on a food rescue tour with Wuse? Then cut her out and stick her on an empty toilet roll. That way, Wuse will be with you on your rescue missions without falling over.



HELLO, I'M WUSE.

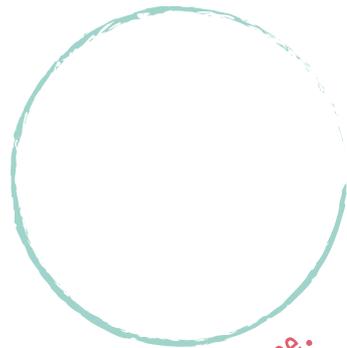
I've secretly moved in with a nice human family
and live hidden away under their floorboards.

Whenever nobody's looking, I go on a rescue mission.
I grab the things that people want to throw away. I can
still put them to good use. I have made a bathtub out
of a broken coffee cup.

I have turned a bottle cap and some wool into a swing – yay!
I often rescue food. I can't stand it when it ends up in the
bin. I love sweet fruit. I especially enjoy the taste of
strawberries. If I were a fruit, I'd definitely be a strawberry!
And what do you enjoy? You can tell me all about yourself
over the next few pages. I'm really looking forward to it.



ME AND MY FOOD



This is me.

This is what I really enjoy eating:

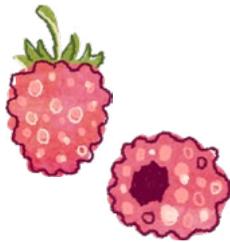
I don't enjoy the taste of:

If I were a fruit, I would be:

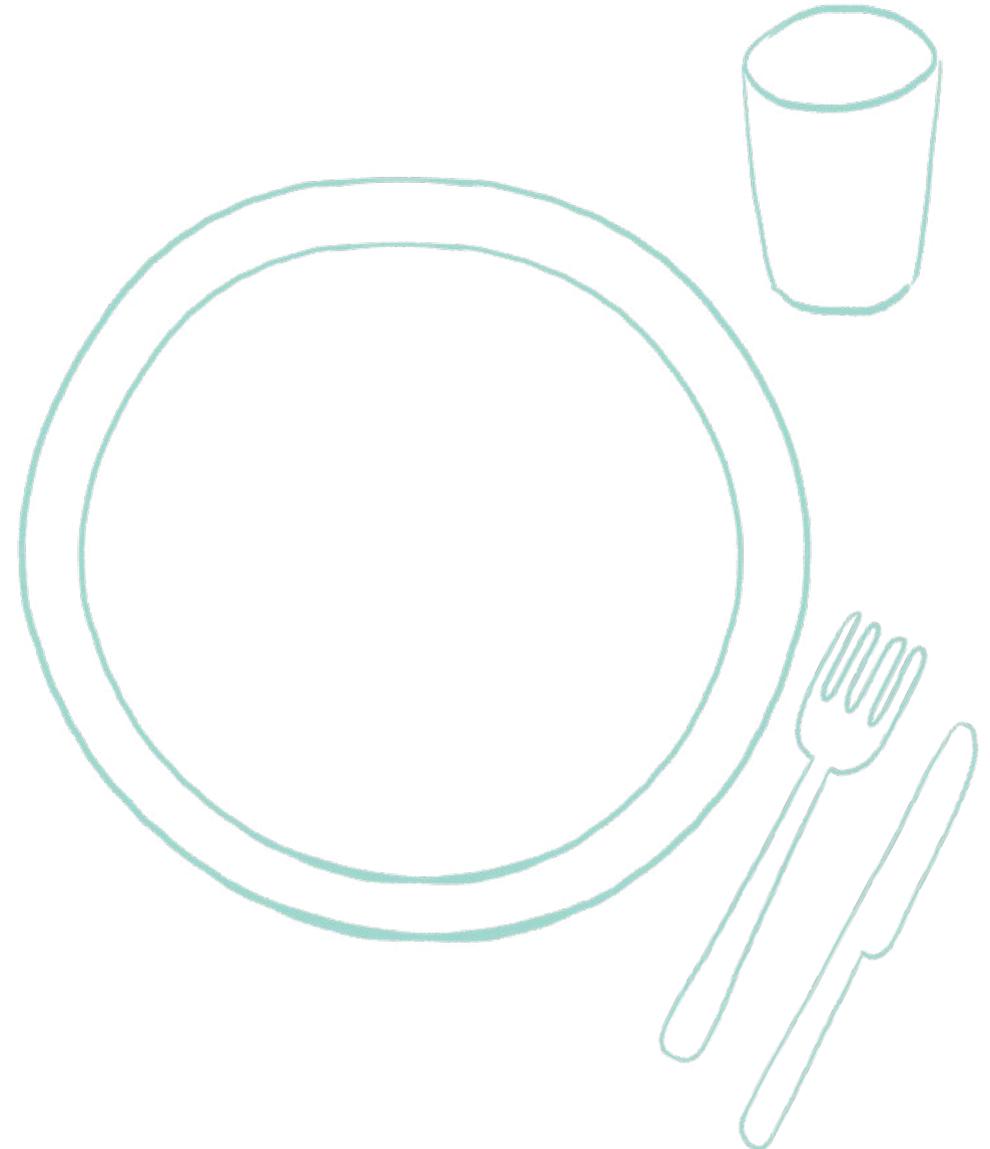
My favourite way to eat is:

- lying down
- standing up
- sitting down
- alone
- together with others
- with lots of talking
- when it's nice and quiet

- very quickly
- very slowly
- completely different:



My favourite lunch:



Here you can colour in Wuse.



I rescued this coloured pencil. It had already been completely nibbled and sharpened too short. Benja's a school kid and didn't want to throw it away. Oh dear, maybe something was going on! Have you ever rescued something from the rubbish bin? Perhaps even food – a banana with brown spots or a hard bread roll? You can make delicious things out of it, such as smoothies and French toast. You can find two super simple recipes on the following pages.

* In the book "Benja & Wuse – Food Rescuers Mission" you can find out more about Wuse and her adventures.



SMOOTHIE



1



2



3



4





* In German, the dish French toast is known as "Arme Ritter".
Translated into English, this means poor knight.

Here you can colour in Wuse.



Come with me! In the kitchen on the next page, there's bound to be something about to be thrown away. Shall we rescue it together?



Circle what you can rescue.
What else can be made from it?



Psst, I'll tell you the solution: you can sew the teddy bear and sock and reuse the scrap paper. Maybe you could even make something out of the egg carton? You can eat the bitten bread later on and simply cut away the bruise on the apple. And the brown banana doesn't need to go in the bin either: you can use it to make a smoothie. You can also save the carrot peel. With a little oil you can bake them in the oven to make crispy carrot peel crisps.* Yummy!

So, have you found everything? You can continue the puzzle on the next page. Have fun!



* When working with peelings, it's important to wash the food well beforehand and that it is organic, i.e. not treated with chemical pesticides.



QUIZ FOR RESCUERS

Can you eat crooked carrots just like straight ones?

- a) No, because they stab you in your stomach.
- b) Yes, they taste the same as all other carrots.
- c) Only if I sit crooked while eating them.



b) Although a crooked carrot tastes just as delicious as a straight one, it's often left lying around in the field, because many people think nobody would buy them in the supermarket.

What can you make with old bread?



- a) The leftovers recipe "French toast".
- b) Feed it to animals.
- c) Fried bread cubes for salad (croutons).
- d) Nothing - just throw it away.

a), b) and c) But be careful: not all animals can tolerate dry bread; you shouldn't feed it to ducks, for example.

What's the best way to go shopping?

- a) With a shopping list.
- b) Whilst very hungry.
- c) Just load up on whatever you fancy.

a) If you go shopping whilst hungry, you'll often buy much more than you actually need. The food then usually goes bad at home. It's a good idea to write a list beforehand and check carefully what's still left in the fridge and what needs to be bought again.

What does the date (best-before date) on the food tell?



- a) When the product was produced.
- b) When it will start to go mouldy.
- c) How long at least it will look and taste the way the manufacturer wants it to.

the consistency/texture, colour and smell will remain unchanged.
yourself whether the food is still good. The date only tells you how long
c) If you look, smell and taste carefully, you can find out for

Do apples and bananas go well together in a fruit bowl?

- a) Yes, because fruit belongs together.
- b) No, because the apples ripen the bananas faster.
- c) No, because the bananas tell the apples stupid jokes.



b) Some fruit and vegetables emit ripening gases and cause other fruit and vegetables in the fruit bowl to ripen more quickly. This is the case with apples, for example. You can take advantage of this. If you want the bananas to ripen faster, they'll be happy to have the apples next to them.
If not, it's better to put them in two separate fruit bowls.

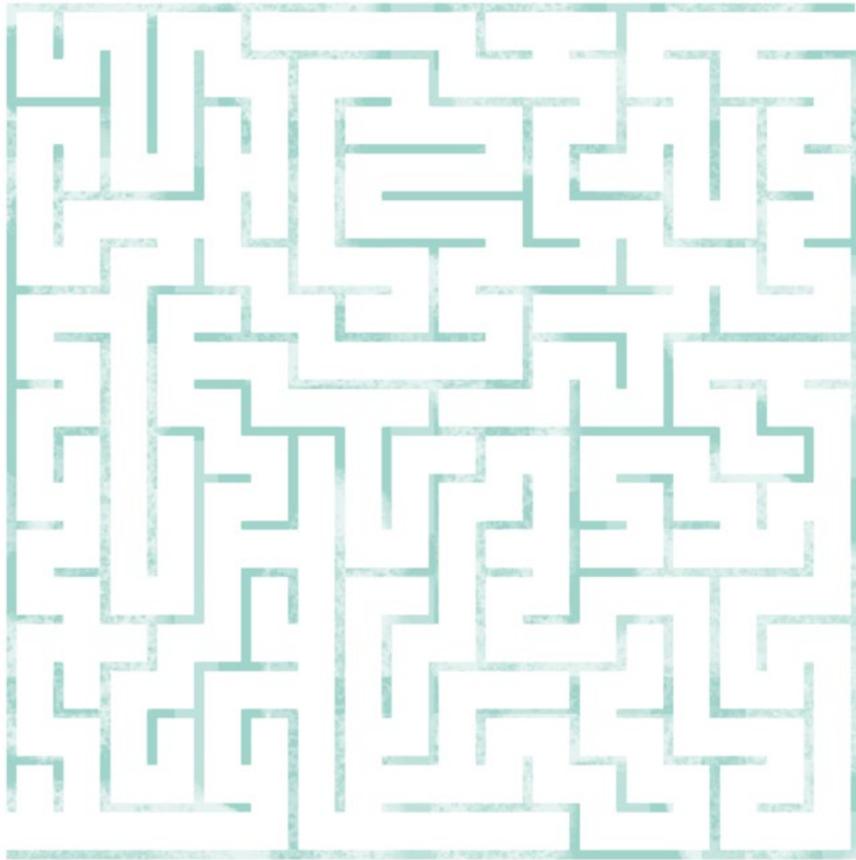
WELL DONE TO YOUR SENSES!

If a yoghurt is past its best-before date, look at it and smell it. Does it smell tasty and not have any mould? Then try it carefully. If you're not sure, ask an adult and let them look, sniff and taste it too. Yoghurt often still tastes good for a few days after its best-before date.





START: Will you help Wuse reach the bananas?



Thank you for working so hard in this booklet. You already know a lot and are now part of the team of food rescuers.

Maybe you'll think of me next time you pick up a wrinkled carrot, a crooked cucumber or soggy pear. And join me and the other food rescuers tomorrow in making sure that less delicious food ends up in the bin.

Well, now I'm hungry! And those bananas over there look very delicious. I'm going to go grab them. Bye, see you soon!



You can draw a picture for Wuse here. She's sure to be delighted!



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AN EDUCATIONAL PROJECT FOR FOOD APPRECIATION AND WASTE PREVENTION IN BERLIN DAYCARE CENTRES

The illustrations of Wuse, the bread chips and banana on the colouring page are taken from the children's book "Benja and Wuse - Food Rescuers Mission", publisher: RESTLOS GLÜCKLICH e. V., author: Wenke Heuts, illustrator: Inka Vigh, published 2021 by oekom verlag, ISBN: 978-3-96238-246-9

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