



# A DUMPSTER DIVER'S



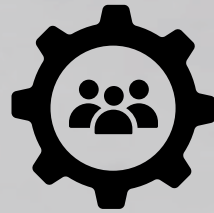
## GUIDE



## TO MUNICH

# WHAT'S IN THIS GUIDE?

ORGANIZATIONS



STORES



APPS AND PLATFORMS



RECIPES AND TIPS



DUMPSTER DIVING 101







Welcome to Munich!

If you're reading this, you probably already know a bit about food waste. If you don't, I invite you to check out [this site](#).

Food waste, like many major environmental and social issues, has its roots in the current capitalist system and requires a radical change to transition to a more sustainable and just system.

However, change rarely comes from the top. It's often the result of collective action. Organized citizens have the power to resist and create alternatives to the current system. From community kitchens to food-sharing platforms and even lonely dumpster divers, all forms of resistance are valid and necessary.

Whether you're looking for alternatives to food waste for the first time or you've just arrived in Munich, it can often be a challenge to know where to start. I've been there, and that's why I wrote this guide.

I don't intend to create an exhaustive guide, but rather to share what I've learned along the way. I want this guide to be a quick and easy introduction to some of the options that Munich offers to those who want to fight food waste. From NGOs to apps to recipes and dumpster diving tips, there's something for everyone!

Let's fight food waste in Munich, one potato at a time!





## FOOD SAVING & MORE



Foodsaving & More is an organisation that aims to reduce food waste in all its forms. They focus on rescuing food that would otherwise go to the bin from their more than 200 partners, which include supermarkets, bakeries and even Paulaner! You can join their team of 500+ volunteers!

[www.foodsavingandmore.de/](http://www.foodsavingandmore.de/)



## COMMUNITY KITCHEN

The Community Kitchen rescues food that would otherwise go to waste, tests it for edibility and turns it into delicious meals that are served in their restaurant, at home or even as a catering service. They also have a wonderful Sunday brunch every week!

[www.community-kitchen.com/](http://www.community-kitchen.com/)







# MÜNCHNER TAFEL



With the help of over 900 volunteers working with local supermarkets and social facilities, Münchener Tafel is a food bank whose mission is to reduce food insecurity by providing food to those who need it most. If you're interested in getting involved, you can volunteer as a driver, intern, or at distribution sites.

[www.muenchner-tafel.de/](http://www.muenchner-tafel.de/)



## EINMAL OHNE, BITTE

Einmal Ohne, Bitte dreams of a world without plastic packaging, raising awareness of the problem of packaging waste and offering concrete, easy-to-implement solutions. It aims to eliminate packaging waste when shopping and eating out.

[www.einmalohnebitte.de/](http://www.einmalohnebitte.de/)

Müllfrei einkaufen - mit eigener Verpackung



[einmalohnebitte.de](http://einmalohnebitte.de)





## FOOD SHARING

**foodsharing**  
München e.V.



Food sharing is an initiative where members "save" unwanted and overproduced food in private households as well as from small and large businesses. It is not only a platform to collect food, but also to get people involved in food saving. You can sign up here: [www.foodsharing-muenchen.de/](http://www.foodsharing-muenchen.de/)



**KARTOFFEL  
KOMBINAT**  
\* München ist ein Dorf

## KARTOFFELKOMBINAT

The Kartoffelkombinat aims to be a counter-model to the anonymous food industry, strengthening small regional businesses, protecting the environment and preserving cultural knowledge about food. Its aim is to gradually enable people to regain social and personal economic sovereignty. [www.kartoffelkombinat.de/](http://www.kartoffelkombinat.de/)







## ETEPETE

**etepetete**  
schlau. frisch. anders.



A large proportion of crops are left in the field, destroyed or used for energy, simply because of their appearance. Etepetete aims to reduce this by connecting with local farmers and delivering these odd-looking veggies straight to your doorstep as weekly boxes.

[www.etepetete-bio.de/](http://www.etepetete-bio.de/)



**FOOD  
HUB  
MÜNCHEN**

## FOOD HUB

Food Hub is a solidarity-based, non-profit, participatory supermarket. It is based on the principle of solidarity farming and aims to bring producers and consumers closer together. The supermarket is owned by all the members of the cooperative, who also support the community with a few hours of work each month.

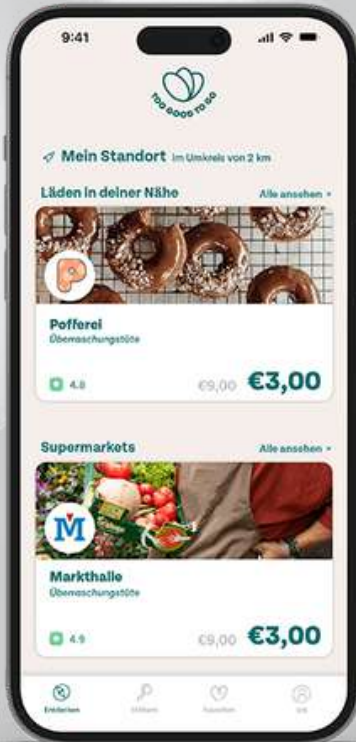
[www.foodhub-muenchen.de/](http://www.foodhub-muenchen.de/)







# TOO GOOD TO GO



Too Good To Go's focus is to help save good food from going to waste. The portal connects customers to restaurants and stores that have surplus unsold food, allowing stores to reduce food waste and letting users enjoy good food at great value for money. [www.toogoodtogo.com/](http://www.toogoodtogo.com/)



# ZERO WASTE

Zero Waste dreams of making Munich a Zero Waste City by bringing together waste collectors, food rescuers, urban gardeners and people interested in sustainability. The platform wants to show what Munich already has to offer in terms of zero waste projects and how you can make your own contribution. [www.zerowaste-muenchen.de/](http://www.zerowaste-muenchen.de/)



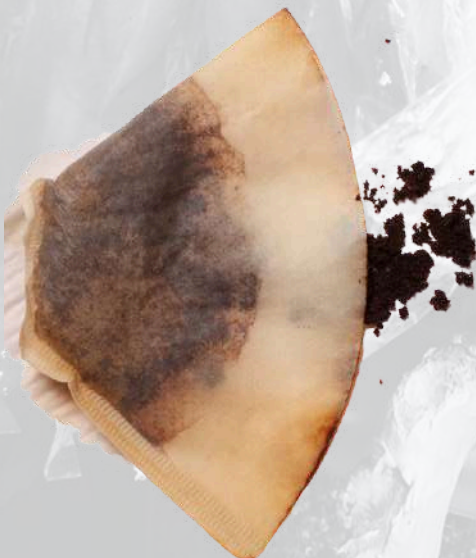


# ZERO-WASTE TIPS



Many peels can be dried and used to make teas, candies, cleaning products, and even jams! Instead of throwing those peels away, research what you can do with them!

The leaves and stems of many vegetables, such as carrots, broccoli, and cauliflower, are edible and full of nutrients! Before you get rid of those stems, find out what you can do with them. Get some inspiration [here](#).



Your plants and compost worms love used coffee grounds! Store them somewhere and mix them with the water you use for your plants.





The skins of onions and garlic make a great seasoning. Wash them, bake them until crisp, blend them, and voila! now you can add a mild onion and garlic flavor to anything you want!

From all-in banana cake to vegan bacon and vegan pulled meat those banana peels are anything but waste (and for the banana haters, they don't taste like banana!)



As long as it's not moldy, old bread can have a second life. You can use it to make semmelknödel and impress your Bavarian friends, or simply turn it into breadcrumbs for your recipes.



**Eat ugly!** If you go to the store get the ugly veggies, they taste just as good and will likely get thrown away!



Many vegetables and fruits can be pickled/ turned to jam. If you have a surplus of something pickle it instead of letting it go bad!



Buy from local producers! Get creative! here are some resources for more ideas:

Weekly farmer's markets.

Understand food labels.

Buy seasonally.

Use your freezer.

Cook creatively.

Share your extra food!

Store food wisely.

Last resort, compost.



# DUMPSTER DIVING 101



**Disclaimer** ⚠️ Dumpster diving is **illegal** in Germany! It often involves trespassing and theft (garbage is considered private property in Germany).

I'm not encouraging anyone to do it. I just want to give you some tips on how to stay safe if you decide to do it.



1. **Scout around for a good dumpster.** Most supermarkets lock their dumpsters at night. Find one that is unlocked or can be opened with a triangular key.
2. **Prepare everything you need:** headlamp, triangular key, gloves (dumpsters can contain broken glass and metal), old clothes and bags that can be washed (dumpster juice stinks! you don't want your favorite pants smelling like that).
3. **Try to be quick.** Don't be picky at the dumpster, you can always check things more carefully at home.
4. **Clean up after yourself** and make sure to close and lock the bins after you leave.
5. When you get home, **wash and inspect** everything thoroughly before storing.
6. **Make notes** about what you found, where, and when. Soon you will know the emptying schedules of the stores and bins.



# WHAT YOU CAN FIND!





# 👍 RULES OF THUMB FOR DUMPSTER DIVING 👍

## Avoid dumpster diving if temperatures are above 10°C



Most of the food is often thrown away around closing time, but the bins are not emptied daily. The best time to dive is between October and March.

## Clean after yourself! (and be quiet)



No one should be able to tell that you were there. Many containers are located near residential areas, so try to be as quiet as possible.

## Use your common sense: look, smell, and taste.



Avoid products that require a cold chain, such as dairy or meat. Wash everything when you get home! If in doubt, do not eat it!

## Bring a friend with you.



You may need help carrying things or keeping an eye out while diving. Avoid busy streets where you can be easily spotted.

## Take notes!



Different stores empty their bins on different days, try to go the night before, when the bins are fullest.

## Dumpster etiquette.

If you notice that other people use the same spot, don't take everything. Leave some for them.



**BE CAREFUL AND  
HAVE FUN!**



# HELP DRIVE CHANGE IN MUNICH



We can't and shouldn't leave the problem of food waste only to you and the other groups listed here. We need the examples set here to be backed up by policy changes. Some places around the world have already implemented such policies, and Munich could learn from them:

- In 2016, France passed a law banning retailers from throwing away or deliberately spoiling food that is approaching its best-before date.
- In 2005, the Korean government banned the dumping of food in landfills, and in 2013, it was decided that every Korean resident must dispose of their food waste properly and pay for it by weight.
- In 2016, neighboring Italy passed a law easing regulations on food donations. It allows food to be donated even if it has passed its sell-by date, and allows farmers to give produce to charities at no extra cost if it has not been sold.

These are just a few of the many examples of policies aimed at reducing food waste. Many of the organizations listed in this guide are already fighting for policy change in Munich, so learn more and support them. Call your local politicians and demand that the city does more to reduce food waste - there is no excuse to keep wasting food!

**FOOD FOR PEOPLE, NOT FOR PROFIT!**

