

# Nybro Tidende

Volume 43 No. 2 March 2016



Trouble washing? - Page 5



Moving from home —Page 8



Stop wasting food - Page 9

## BIKE CLEANUP! Sunday May 8th 2016

### This year's Bike- and Trash Clean-up is held Sunday, March 8<sup>th</sup> Join us from 10am at Lars Kaj!

Sticking to tradition, Bike Clean-up will return this year. It is a combined bicycle and trash clean-up day. The event will occur May 8<sup>th</sup>.

Forgotten and unused bicycles will be removed from the premises. In order to keep your bicycle it is important that you mount (later) a zip-tie that you will be given. If you have multiple

bikes or other equipment in these areas, you can request more zip-ties from Lars Kaj.

The zip-tie will be distributed well before the event. You'll find it in your mailbox. Fret not if you have not yet received one.

If you have questions, mail [bestyrelsen@nybro.dk](mailto:bestyrelsen@nybro.dk)

Join us for the event at 10am at Lars Kaj.

### Residents' council news

#### The gardening club still needs a new chairman.

- The issue was dropped since the chairman didn't attend the meeting. A new chairman is still needed.

#### Re-establishing informational meetings

The Board's suggestion to re-establish

informational meetings beginning september 2016. The suggestion was received positively. This is now under way.

#### The bike cleanup is arranged by the board and will be a paid job

The vote occurred in march, where it was decided that the organising of the bike cleanup should be paid. An added requirement was that the board should make a guide for future bike cleanups.

#### Incoming highlights

- The kældercafé needs a new observer.
- The gardening and art clubs need new equipment.
- The music club has a new chairman.
- Permission to do additional electric installation on LM-even's right kitchen is requested.

#### Residents' council meeting

Wednesday, March 1<sup>st</sup> at 7pm in the GH-basement

## The Personal Page

### The Board

Jakob, S06 (chairman)  
Rasmus, S21(vice-chairman)  
Ea, D63 (alternate)

### The Residents' Council

Chairman: Thomas, E23  
AB-odd: Benjamin, B51  
(alt.) Andreas, A35  
AB-even: Henrik, A32

CD-odd: Ea, D63

CD-lige: Adrian, C24

EF-ulige: Thomas, E23

EF-even:

GH-odd:

GH-even: Emil, G36

JK-odd: Jakob, K55

JK-even: Johannes, K46  
(alt.) Alexander, J36

LM-odd: Rene, M43

LM-even: Troels, L28

NO-odd: Frederik N29

NO-even:

PR-odd:

PR-lige: Katja, P32

ST-odd: Sofie, S35  
(alt.) Marie, T59

ST-even: Niels, T54

### Apartments:

C, D and G: Kasper, C02

H and L:

M, O and S: Troels, O07

### Administration

#### Treasurer

Jakob Jensen, S06

#### Secretary

Lea Madsen, H50  
sekretaer.nybrogaard@gmail.com

#### Accountants

#### NybroTidende

Jakob Jensen, S06  
Emma Broberg, S22  
Patrick Aagaard, M63  
Louise Olsen P20  
tidende@nybro.dk

#### Secretariat/subletting

Office hours: Monday 19:00-20:00  
and Thursday 20:00-21:00 in the  
GH-basement.  
Phone: 21 48 54 55

#### Complaints committee

Office hours: Tuesday  
19:30-20:00 in the GH-basement.  
E-mail: klage@nybro.dk  
Phone: 21 48 54 55

#### Network office

Office hours: Monday 20:00-21:00  
in the GH-basement.  
E-mail: admin@nybro.dk  
Phone: 21 48 54 55

#### TV/Antenna

Jakob Jensen, S06  
antennegruppen@nybro.dk

#### Environmental Group

Troels, O07  
miljo@nybro.dk

#### Canoe club

Michael, K43

#### Art club

Maja, J16

#### Role playing games

Mikkel, R61

#### Bee Club

Ask, M47

#### Bicycle workshop

Kristoffer, L10

#### Nybro Cake festival

Maria, D60

#### Key persons

Ea  
Tlf.: 50 53 43 46

Henrik

Tlf.:

Camilla

Tlf.: 29 89 90 25

The price for

key service is:

9:00-21:00: DKK 50

21:00-9:00: DKK 100

### Clubs

#### Music practice room

Astrid M42

#### Gardening club

Lea, L02

#### Brewers club

Troels, L28

#### Exercise room

Ole, L14

Mathilde, 057

#### Cinema club

Nilas, M65

#### FC Nybro

#### FC Nybro Chicks

Malea Madsen, S06

### Service

#### Table tennis/hockey

CD-basement

#### Bicycle workshop

LM-basement

#### Folding chairs

Atle, S03

#### Trailer

Lars Kaj (insp.)

#### Draught beer system

### KælderCaféen

Opening hours: Fridays 20:00-03:00  
One Saturday each month 20:00-05:00  
(announced seperately).

**Chairman:** Jakob Rahr Bork Jensen, S06

**Deputy chairman:** Jacob Riis, G02

**Treasurer:** Henrik Stigsberg Pedersen, A32

**Secretary:** Chelina Kristensen, G02

**Residents' Council Rep.:** Ea Nielsen, D63

**Alternate:** Anine Wesseltoft Hansen, C02

### Local facilities

#### Inspector Laundromat

Lars Kaj Opening hours: 8:00-19:00  
varmemester@nybro.dk

Phone: 45 87 04 73

#### Office hours

Monday: 16:00-18:00

Tuesday-Friday: 07:30-09:00

First weekday of month: 17:00-18:00

#### Convenience store and Pizzeria

Phone: 51 14 12 19

Weekdays: 15:00-21:00

Sat-Sun: 13:00-21:00

May-August: open until 22:00 every day.

### NOTE!

Items for the agenda must be sent to the secretary **at least ten days before the next meeting** at [www.nybro.dk](http://www.nybro.dk) > Switch to English > For Residents > Resident Council > "Add item to the agenda".

# Operation Clean Lake - 2016

361 Canoe- and kayak club invites you to

## OPERATION CLEAN LAKE - 2016

### REMEMBER RUBBER BOOTS, WORK GLOVES & SPIRIT

Operation Clean Lake is an activity where all (children, young, adult, old) are invited to a joyful day in nature.



## Saturday, April 16<sup>th</sup> 2016

- Kl. 10.00** We meet for breakfast and coffee in 361's clubhouse
- Kl. 10.30** Areas are marked and the operation begins
- Kl. 13.30** We meet up in 361's clubhouse for a status update
- Kl. 14.00** Lunch buffet in 361's clubhouse
- Kl. 15.00** The operation ends.

We walk along the lakes and Mølleåen with **wheelbarrows** and **litter pickers** and remove garbage. If the weather allows it, some will use canoes along the edge of the lake and remove garbage from the water.



We end with lunch in the clubhouse. **361** will provide breakfast and coffee, litter pickers, wheelbarrows, canoes and lunch.

Sincerely

Per Arentoft

**361 Kano- & Kajakklub**

**Nybrovej 361, 2800 Lyngby**

361 Canoe- & Kayak Club: <http://www.361.dk>

Registration is not needed, but necessary for shopping and can be sent by e-mail to: [kontoret@361.dk](mailto:kontoret@361.dk) or phone 45 360 361 during 361's open hours which is the first Monday of each month from 5pm-7pm

# The Art Club is reopening!

At the Residents' Council meeting in February, Maja, J16, took the position as president of the art club. After officially being closed for a period, the club is now ready to re-open.

The art club is located in the F-basement. Currently there is still a lot of equipment needed before the club is fully up and running. The plan is that the room should be used for, at least, sewing costumes, painting and crafting. In addition, it could also be a possibility to make sculptures in the future.

As the club is brand new, there are still not many members in the club. If you want to join then go to Lars Kaj with your laundry card and register.

If you have other ideas for artistic branches that might be interesting to include in the art club then have a talk with Maja.

# General meeting in the KælderCafé

Tuesday, February 23<sup>rd</sup>, the annual general meeting was held in the KælderCafé in the bar itself. All residents of the dormitory were welcome at the meeting. The participants of the meeting was, however, ultimately all associated with the bar.

The first real item on the agenda was the Chairman's report on the bar's past year.

The same report showed that the bar during the last year has consolidated organization with more volunteers and more volunteers in the various committees. In addition, we finally found a worthy new supplier in the Studenterbolag which works really well with the KælderCafé's wants. Lastly, this was the year that the bar finally had its restorations. This was a large and difficult job which, all in all, went very well although there are still loose ends that may never fully be fixed.

<b>Chairman</b>	Jakob Jensen, S6
<b>Vice chairman</b>	Kasper Hansen, R66
<b>Member</b>	Andreas Halling, A35
<b>Secretary</b>	René Sønderbæk, M43
<b>Treasurer</b>	Kasper Hansen, R66

The major item on the agenda was the composition of a new board of directors and election of a new accountant, as all of the previous, except for the chairman, resigned.

As seen on the above table, the Board has now elected the same chairman while the vice chairman also has the post of accounting. The previous treasurer has also accepted to be the bar's accountant for the coming year.

## Sex and society

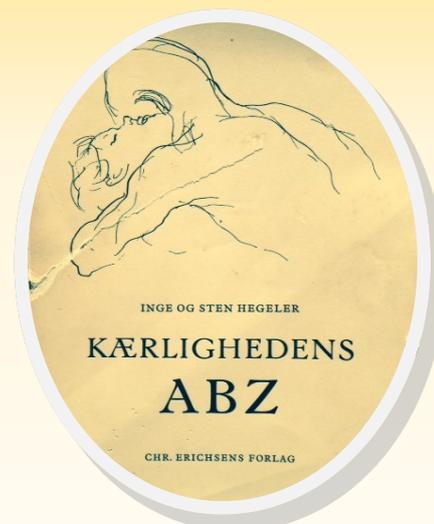
**upbringing:** We know that the exact same people, born in different nations and at different times in history, develop quite differently. We do not believe that a small Chinese child who is adopted by two Danish parents in Denmark suddenly starts speaking Chinese. Parents certainly can not do much, for we are all products of the parenting we have received-and therefore the society we live in. We can not raise ideal children-for ideal children will not be happy in this society. We can only hope to change a very small bit of what exists.

**Inventiveness:** It is van de Velde, who with his books on marriage, stand as an advocate to all tricks and Christmas games. One should not belittle his effort which must be seen in the light of a time that was only just about to discover the sex drive in women. One should definitely not mock the ingenuity and the desire to experiment as his books are expressions of .... There is no doubt that sex life is the area of life, which is most inspiring and has, consequently, allowed the human ingenuity to express itself most flourishingly.

**Experience, experience:** It can be quite useful to distinguish between the perceived and the physical world .... The colour-blind thinks that it is hard to see the national flag on the background of a bright green beech forest because the green and red is, for him, merging.

**Orgasm:** It, or all of the sensations that come just before the complete sexual satiety ... The male orgasm is usually accompanied by sperm squirting out of the penis. In the woman, such a thing does not occur ... man's orgasm in the woman's vagina is necessary for fertilization. The woman's orgasm is utterly indifferent to fertilization. But it is obviously not indifferent to her .... The woman's sexual needs may slightly increase with age, while the man's needs decreases steadily from twenty years of age .... One can be fooled from an orgasm, just as one can be deceived of sneeze. You feel the tension rise and rise, but the culmination-relaxation and satisfaction is absent. It's nasty being cheated of a sneeze.

EmS22



Excerpt from KÆRLIGHEDENS ABZ

9th edition, August 1965

Printed in Danish in  
40,160 copi-es.

# Washing guide

What are the unwritten rules of the laundry room? What is common knowledge? We will try inform you as well as we can so that we can have a good tone and well-being in our shared laundry room.

## Detergent

The washing machines automatically add detergent for your clothes. Are you the type who still wants to add little detergent in to your laundry, then know that it should be added with the clothes. Washing powder can be packed into a sweater, liquid detergent can be poured into a dispenser ball. BUT! THINK OF THE ALLERGIC. Many can not tolerate perfumes. Many, especially liquid detergents contain perfume. So be a thoughtful peer and buy perfume-free washing powder/liquid.

The same applies to dog and cat hair. Try to shake off the worst hairs or spend a minute with a lint remover and remove the worst hairs.

## Booking

10 minutes after a reservation has expired the machine will no longer be reserved. For example, a machine reserved for 9am will be available to all at 9:10am. You should therefore make sure to get to your machines on time, mostly for your own sake, or your machine might be in use by someone else.

You can reserve machines on nybro.dk. But did you know that you can make reservations on the machines? Hold your laundry card above the NFC chip marker on the machine and press on reserve.

## Machine number 10 cannot be reserved

Machine number 10 is larger than the other 9 machines and is always free. That is, it can not be reserved but always used if it is free.

## Dryer

It cost DKK 2.5 to dry your clothes for 10 minutes. However, it is certain that many have tried to set their clothes to dry, and get back to wet clothing.

This is avoided by paying for 2 times 10 minutes. Some choose to pay for their clothes to dry for 50-60 min. THIS IS NOT NECESSARY!

And blocks others from getting their clothes dried. It is our experience that 20 minutes is enough.

## Remember to rinse the filter

Instead of a tumble drying for 50 minutes, you can clean the filter in the dryer before using it. Broom and dustpan is hanging on the wall and it takes 1 minute to clean.

This means saving 29 minutes because the laundry now only needs to dry for 20 minutes! SMART!

You can always use your chip in on dryer terminal and see for how long you have reserved it and how long the other machines have left.

If it says it has 53 minutes remaining, you know that the person has not understood these principles or forgot to read this article.

Take dustpan and broom from the wall.



Open the lower door and sweep all lint off the filter.



Throw it out, start the animal and voilà your clothes dry faster.



## The number on the dryer is not in minutes

When you start the dryer the number starts at 50. 50 is not the number of minutes remaining, but an indicator of how dry / wet your clothes are. If you dry your clothes for 10 minutes, the figure may come down to 13 and thus will still be damp. If you give it 10 additional minutes to dry, the figure will go down to a humidity of 0%, and your clothes are dry. A word of advice: set your clothes to dry on the roof terrace, your clothes and the environment will be much better off and it will smell a lot better than any detergent.

## The Three tips



Washing machine no. 10 is for everyone and can not be reserved.

It is larger than the others and can be used when it is free.



When you scan your laundry card on the dryer terminal you are able to see how long the machines have left. One purchase of DKK 2.5.

Gives 10 minutes and is often not enough to dry your clothes. But if you pay 2 \* DKK 2.5 your clothes will dry for 20 minutes which is perfectly fine.

You do not need to dry your clothes for 50 minutes! This makes the dryer unavailable to others.

Note that the number 50 isn't minutes remaining but humidity percentage which starts at 50 and ends at 0.



EmS22

**Residents' council meeting**

**Present:**

Frederik N29, Sofie S35, Kasper C02, Rene M43, Thomas E23, Emil G36, Troels O07, Katja P32, Lea H50, Tobias J21, Jakob S06, Rasmus S21, Ea D63, Maja P38, Kasper R66, Adrian C24, Johannes K46.

**Agenda:**

1. Moderator and language for the meeting  
Tobias, Danish.
2. Voting members  
14
3. Approval of minutes from last residents' meeting
4. Approval of agenda  
Approved
5. Economy  
Nyk Account: DKK 168.000  
Net Account: DKK318.000  
Regarding the transfer of the role of treasurer, the bank has established some requirements. They want all the signatures of the members of the Residents' Council. The treasurer can only pay salaries but can not see the activities on the account. Since NYK's statutes do not include a power to bind the company, Danske Bank that evidence is presented from across the board (= residents' council). This documentation is 2 of the following 3 for each member: Passport, drivers license or health insurance card. Jacob is therefore proposing that the articles be changed on an extraordinary residents' meeting so that this can be avoided now and in the future.
7. Review of last board meeting or agenda.  
There has not been any agenda yet.
8. Inward Correspondence

**Gardening club (I)**

V. Lea Reime, chairman of the gardening club

There is a need for a chairman for the gardening club. Until now I have been the chairman, replacing Mia after she moved, but I no longer want to be. Lea did not attend. The Garden Club is be responsible for the search for a new chairman, either through NybroTidende or mail. Those interested are encouraged to contact Lea.

**Bike Cleanup as paid project for Residents' council representatives (A)**

V. Rasmus, Vice Chairman

Residents' representatives of the board was responsible for organizing last year's bike clean-up. They will do so again and it must be initiated soon if the event is to happen this summer.

We would like to ask to be awarded (up to) 2 \* 15 hours for planning, warning and organising the event.

- Rasmus and Jakob would like to host it again, but would like remuneration.

The reason they want this is because it isn't a part of the boards responsibilities.

It is questioned whether others should have the opportunity to contribute, to which is stated that there will still be some work to be passed on. This will require very clear deadlines and end results so that quality is assured.

It is pointed out that some kitchens seemed that the number of hours is too high. To this is added that the amount is an absolute maximum, and payment is done according to specified time that is reported to the chairman.

Agreement is reached. The item is to be taken to a vote in changed form; In the case that the Board is paid for preparatory work in connection with the bike clean-up, they are to script with deadlines and final goals so that the work can be delegated to others next time.

Vote: For: 10, Against: 0, Abstained: 4

The suggestion adopted

**Re-establishing informational meetings (D)** V. Rasmus, Vice Chairman

Until about 3 years ago, biannual information meetings were held for new residents in the KælderCafé where the dormitory was presented, GH-basement functions were reviewed and the various club presidents advertised. It's a really nice way to welcome new residents and facilitate their move. We propose to resume the bi annual meetings in late September and February starting from September 2016; it can, if necessary, be created as a paid project for one or more residents who will be coordinators (see. previous Residents' Council meeting of autumn 2015). There is general support for the

proposal and the Residents' Council Chairman is looking further into this and writing to the parties to be involved in the work. Kasper R66 would like to help with power points / layout.

**Chairman of the art club (I)**

V. Maja Scheel Kvint, P38

I want to be chairman of the Art Club and get it up and running again. Can I get instructions on how this will be done? Maja is the new chairman of the Art Club, and anyone interested can turn to Maja.

**Review of the KælderCafé's accounts for 2015**

V. Henrik

Appendix attached

Henrik did not show up. There were slight discrepancies in the accounts that the residents' council did not perceive as critical, the KælderCafé is allowed proceed until the next meeting where audited accounts are to be submitted.

9. New members and alternates

10. Other

Jacob: There are some hyperlinks that do not work on nybro.dk after having looked at the site. The Network Group are looking into the problem as soon as possible Tobias: It has not been possible for the old Cinema Club chairman, to get a hold of the new movie chairman. The Resident Council Chairman has temporarily taken over the position until contact is made to the new Cinema Club chairman. Rasmus: There has been requests to arrange window cleaning. It is stated that if desired, it will be looked in to what it will cost. There is no widespread consent for a dormitory wide window cleaning. It is reported that cleaning of the kitchen windows occur regularly, as well as residents who are relocating must clean their windows

Lars Kaj It can be taken up as an item on the next Residents' Council meeting if a resident makes the item. Troels: Disposable for clubs: The disposable is set individually by club by vote at the Residents' Council meetings. The new chairman is demanding

an overview of the individual clubs' disposable income; this shall be provided by the old Residents' Council chairman  
 11. Next meeting The next meeting will take place Wednesday, March 1<sup>st</sup>

**Any cancellations must be submitted at [www.nybro.dk](http://www.nybro.dk) > Residents' Council > Cancel at least one day before the meeting**

# Notice of Residents' Council Meeting

## Agenda for residents council meeting, December 2<sup>nd</sup> 2015

1. Moderator and language for the meeting
2. Count voting members
3. Approval of minutes from last resident' council meeting
4. Approval of agenda
5. Economy
6. Announcements
7. Board meeting
8. Inward correspondence

### New music club chairman (I)

V. Astrid Elme Breum M42

The Music Club would like to inform that the chairmanship is transferred from Astrid Elme Breum to Andreas Willumsen.

### Plug between oven (V)

V. Troels Lunde Hagensen L28

I would like to draw power from a 16A group in my kitchen.

What I seek is permission to pay an electrician to install a 5 pole

switch up between the oven and output, instead of the output going directly into the oven without using a switch. We are two in the hallway who prefer to brew in our kitchen, I would like to continue (it's so lonely in the basement). The chance that other contacts are usable is minimal. Therefore, the location and hence my expense.

Troels (Brewers Club Chairman)

### Renovation of walls of Art Club (V)

V. Maja Scheel Klint I16

The Art Club request DKK 1000-1200 for the renovation of the walls

### Money to the Gardening Club (V)

V. Lea Reime L02

In the summer, the Gardening Club bought a lot of new things for the gardens. We still have a bill of DKK 189 to Harald Nyborg, which we very much would like to have covered (attached).

We would like to apply for an

allowance of DKK 2000 which can be used for new tools and improvements to the gardens during 2016

Is this possible?

### Resignation of the observer (I)

V. Ea Bandholtz D63

I will resign from my post as an observer in the KælderCafé's board. I urge the residents' council to select a new observer.

9. New members and alternates
10. Other  
Date for next meeting
11. Next meeting

Any cancellations must be submitted at [www.nybro.dk](http://www.nybro.dk) > Residents' Council > Cancel at least one day before the meeting.



# Remember Bike Cleanup Sunday May 8th 2016

# Moving away from home

**You've probably heard some former residents talk about how it is to "move from home" after living at the dorm. They probably talked about how much they miss the social activities and how much they get bored. But is that all they miss? Are they only using it as an excuse to be allowed to participate in kitchen TDC without having to clean up afterwards?**

## I left home

I chose to have my internship of 10 weeks in Hornbæk. I could choose to spend 3 hours every day in public transport, but no. I chose to rent a somewhere to live. A private Annex, my own little home, just me, 10 weeks in a city where I did not know a soul. So ... What did I miss?

## Where is my nutmeg?

My spice shelf currently consists of salt and salt. At the dormitory they had about 20 different spices in infinite quantities. Maybe I'll have to add pepper to my shelf. But a selection such as the kitchen at home, is one I'll certainly never reach.

## I need an egg!

Where is the cute neighbour to borrow an egg from? Baking soda? Yeast? Mobile charger? Annoying! They certainly are not here. I advocate for neighbourhood watch, but my neighbours consist of empty cottages.

## The first evenings

I thought, "What a waste of life and my lovely youth to sit here and rot in Fu \*\* ing Hornbæk".

I have also certainly succeed in making life difficult for myself by moving to a city where I did not know a single person. This results in social visits ceasing to exist. I come home, make dinner, sit in the kitchen and watch TV or talk to the others instead of doing my homework? No, wait.. that's how it used to be. Now I get home and spend my evenings by doing 10% homework 90% being bored. It used to be 10% homework 90% social activities. Social

capital definitely weighs the heaviest on the job satisfaction barometer compared to FB with bad internet connection.

My mother is happy

I have never called my mother so frequently! And she is also the only one who volunteer to visit me in her weekends.

Ugly 24/7

Now most of you out there are engineers. But if you're an occupational therapist at a hospital, a uniform will follow. What I am trying to say is that get up in the mornings, take on ugly clothes, take on my uniform, take my ugly clothes back on. I though I was dressed poorly when I lived in the dorm. But that was nothing compared to how I look now that I have moved into my very own home. There's absolutely no one who would see me when I'm at home so there



are no inhibitions to what I wear.

*Green slippers, red socks, sweatpants that are too big. Not exactly ready for a catwalk!*

So, the day you leave your dorm home, I recommend you get a job where you do not have to wear a uniform, or move to a place where it's okay to look like a homeless person to and from work. One and a half week has passed and I've had my jeans on once..

No more toast

My rent is at DKK 2500 plus utilities. I love toasted bread and can toast my bread 2-3 times on each side. But when you suddenly

have an electricity meter ticking, it's absolutely fine without toasted bread.

You suddenly think about how much water you wash the dishes with. You think about how much light you turn on in the living room. Taking out the plug for the microwave when it is not in use. That you're not doing slow-cooked chicken soup and buns in the oven while having three stove plates cooking vegetables in sorted colours.

I can attest that it can be difficult when you are a competitive person. "How little power I can use this week?". I hope that with having a electricity meter that ticks and heat meters as a constant reminder of money I could spend on so much else disappears with time.

DKK 30 For clean clothes



have also been offered to wash clothes on Hornbæk harbour. It costs DKK 30.. DKK 30? It's just crazy? And I can only wash one machine with one colour at a time!

There ARE benefits to moving away from home

You do NOT do the dishes right away!

You have been warned

This is your life after the dorm. 90% boredom, too casual clothes, no social capital, it takes 8 hours to wash all your clothes, you only have salt but your mother is happy.

/EmS24

# Stop food waste and save money

**Many of us often throw leftovers out instead of storing them in the freezer, or buy too much food that you won't be able to eat before it expires. Such small an amount of food waste does not hurt you say. But it certainly does when we all do it.**

**NybroTidende is going into the battle against food waste!**

Overall, Denmark throws 700,000 tons of food out every year, which could have been eaten. Household food waste is at 260,000 tonnes per year. this corresponds to around 37% of all food waste in Denmark. The remainder will include food waste from the service sector, retail, hotels, restaurants and the food industry.

*Source: Ministry of Environment, The Government's Strategy on Waste Prevention "Denmark without waste II" - figures from 2015*

And if you do not care much about you the earth, or think that CO2 emissions etc. is very far away, there is still a reason to stop food waste. You can save a lot of money by reducing your food waste.

- Food waste costs Danes 11.6 billion kroner a year incl. VAT and taxes.
- The Danish food waste equalates to 20% of their total expenditure on food. This corresponds, approximately, to food enough for one million people a day.
- On an average week, according to Agriculture and Food, it is estimated that Denmark thrown out food worth DKK 225 million.

*Source: <http://www.stopspildafmad.dk/hvorfor.html>*



## What can you do to stop food waste?

You can do many things to stop food waste, and most actions will even save you money. You can, among others, stop the food waste by:

- Make a meal plan - By making a meal plan, you create a better overview of what you eat, and avoid making a lot of impulse purchases when buying groceries that you aren't able to use before it expires.
- Buy only the amount of food you need when you shop.
- Have a shopping list with you when you shop and plan your purchases from home.
- Before falling for items on discounts or volume discounts in supermarkets, you should be sure that are able to used and eat all of it.
- Prepare only the amount of food you can eat. If you do happen to make too much food, put the food in the freezer for another day or in the refrigerator and eat it the next day.
- Think about how leftovers can be reused in other dishes.
- Cook for several days - a main course can become a starter the following day.

## Why stop food waste?

The answer is simple: to take care of our lovely globe course. If this needs elaboration, one can, by reducing food waste:

- Conserving Earth's scarce resources
- Do something responsible in a world where, globally, 15 million children die from hunger
- Help reduce CO2 emissions, resulting in greenhouse effects and thus global warming effects being slowed.

In this month's food column we give an example of how ingredients from one meal can be used for other dishes. On page 11 you can read about two good initiatives that help stop food waste. On the web you can read much more about stopping food waste including the organization 'Stop spild af mad' a website packed with information and with many good ideas on how exactly you can stop the immense food waste. Read more at:

[www.stopspildafmad.dk](http://www.stopspildafmad.dk)

Louise P-20

NybroTidende's food column:

# Seasonal foods



**In this month's NybroTidende you can read about how to stop food waste, and we have therefore decided to make a little different food column, showing you how you can use ingredients from a great meal to make other delicious dishes.**

Salmon Cakes with coleslaw and fried potatoes (1 person)

Ingredients

1 piece of salmon

1 small onion

1 egg

Flour

Milk

Potatoes

Cabbages

Carrots

Sour cream

Salt and pepper

Butter for frying

Mustard and honey can also be used.

Procedure

Start by washing the potatoes and put them in a pot of water. Bring it to a boil.

Meanwhile, take 6-8 leaves off the cabbage. Chop them into fine pieces and place in a bowl. The carrot (one large or two small) is peeled and grated and 3 dl sour cream is added in addition to salt and pepper. Stir and season to taste. let it chill in a fridge. If you have the ingredients, you can also taste with mustard and honey. The batch should be large enough to suffice for 2-3 days, but otherwise invest in another carrot and make another batch (a little sour cream is left over).

Remove the skin off the salmon. Chop it into pieces, and use the knife to chop it 5-10 times or until it is minced. You can feel when you begin to have a coherent mass instead of a lot of meat.

Chop the onion finely, and put it all (incl. Salmon) into a bowl and mix with an egg, salt and pepper. Stir the mix and add flour and milk change the texture into that of a traditional meat ball mince.

Butter is melted in a frying pan and salmon cakes are formed. They fry on both sides until golden.

When the potatoes are cooked the water is

poured out. Butter is melted in a new pan and potatoes are fried. Let them cook for 7-10 minutes at medium heat. The salmon cakes are put on a plate with potatoes and is served with coleslaw.

**Re-use of leftovers**

The excess food and ingredients for this dish can be used for many other delicious dishes to avoid wasting good ingredients and lovely food.

- If there is salmon cakes left over they can be used as a spread or together with the coleslaw.
- You can make some delicious hash browns using leftover potatoes - for this you will also need leftover eggs, flour and milk. These can certainly be served with the rest of the coleslaw.
- You have almost certainly got some cabbage and carrots left over. These can be used to make a delicious wok.
- The potatoes can also be cooked, cut into small pieces and used in an omelette with onions. This dish can be served with eggs and onions.

Louise P-20



# 'Too Good To Go'



**Too Good To Go is a service that will help reduce food waste by helping restaurants sell their excess food cheaply just before closing. The service is available as a free App for both iPhone and Android, and also has a website and a Facebook Page.**

The service works by you, through the app or website, enter your location and are able to see, what restaurants are near you. Choose a restaurant you like, and order the number of boxes you want. Then follow the next fields. When you are finished, you will receive an email if you used the website. If you are using the app, you will find your receipt under "my purchases". Arrive at the restaurant in the specified time, and show your receipt / e-mail for your takeaway box! A box typically costs between DKK 20 and DKK 45, which is said to be super cheap, and therefore ideal for students.

By using the service, you avoid that restaurants throw away good food directly in the trash - the delicious food ends up in your stomach instead. So you can enjoy delicious

food and help the environment, and even for very little money - It doesn't get much better.

### Vision

Too Good To Go's vision is to reduce food waste by helping restaurants sell their surplus of food. It helps the environment, society, the economy and our common future

### How to do it

- Download the app
- Choose a restaurant
- The GPS will the restaurant closest to you (You can also choose manually)
- Arrive at the given time
- Show your receipt
- Fil lyour box with delicious food – Enjoy!

### Guidelines

Arrive at the specified time - if you come early, there may still be guests in the restaurant, and if you come after, the restaurant may be closed.

Wait outside the restaurant if you come too early - restaurants appreciate that you wait outside if you come early as they must focus on their current guests and too many people will be difficult for the staff.

Fill only one side of the box - The box is made to close, so if you want more food, you have to buy an additional box.

Bring your own bag and cutlery - We try to impact the environment as little as possible. Be polite and share your experience with others - Say hello to the staff with a smile, and share a positive experience with the other guests.

## Wefood: supermarket with surplus food

As part of the fight against food waste, while helping the hungry worldwide, The Danish National Church's AidOrganisation is, with the help of Wefood, Denmark's first store of surplus food.

The shop sells items that can not be sold at full price because they have passed the best-before date, is incorrectly labeled, or has damaged packaging, but all meet the food trade regulatory requirements. The new store opens Monday, February 22<sup>nd</sup>. at 10am on Amagerbrogade 151 in Copenhagen.

Wefood is run by volunteers, and the profits from the store go to DanChurchAid's work in the world's poorest countries.

### The big challenge

The store has had a number of challenges in the start-up phase, the largest being tax related, in that the law states that the stores have to pay VAT for surplus food if they

choose to give it away. If the stores choose to throw the item out, it is quite free, which makes it easier for the individual store to throw items in the dumpster rather than giving them away.

The Danish Supermarket Group (owner of Føtex, Netto and Bilka) has served as a sparring partner for the establishment of Wefood, and they enabled the store's opening by pushing for a change of legislation of both VAT and foods.



### Wefood Facts

The shop will be for those who want to act because of low prices and for those who are against the waste of food.

The profits will go to DanChurchAid's work to fight hunger in the world's poorest countries.

The goods will be sold at around 30-50 percent less than those in regular supermarkets, and the variety of products will be include bread, fruit, vegetables, dairy products and select groceries.

If the first store is a success, the DCA plan to open more stores across the country.



