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#anti-waste #kitchen

Raising awareness about sustainable food, from production to consumption

Structure : The House



Caen Normandy

Founded in 2019, the nonprofit organization La Maison aims to **promote sustainable food practices—from production to consumption**—as part of an **anti-waste initiative**. As part of the **Territorial Food Plan** (PAT), we have been developing cooking workshops since 2022, covering a wide range of activities.

Our approach to raising awareness about sustainable food is centered on strong values that are

close to our hearts

Healthy, high-quality, and environmentally friendly food

Respect for human health and the environment is paramount to us, from production to consumption. That is why we use **local**, **seasonal products**, **free from chemical inputs**, sourced from organic or natural farming.

In this way, we support the **local economy** and help make **quality products** accessible to everyone, while respecting both those who produce them and those who consume them.

We also prioritize **unprocessed ingredients**, as it is important for us to know exactly what is on our plates. Preparing our own dishes ensures we avoid consuming additives or other controversial ingredients that are harmful to health and/or the planet.

A healthy diet also depends on its **nutritional value**: we always keep the balance of our menus in mind, ensuring optimal nutritional intake. Our recipes thus comply with **ANSES recommendations** for a balanced diet that respects people's nutritional needs and, consequently, their health. With this goal in mind, we regularly invite a **nutritionist** to participate in our workshops to share advice with participants.

An anti-waste and zero-waste approach

The "zero-waste" approach is integrated into all our activities, particularly within our cooking workshops.

During the preparation process, we focus on **making full use of raw ingredients**, for example **by using peelings** in cooking.

This approach is also reflected in **specific "anti-waste" workshops**: workshops focused on using up leftovers from the fridge, and workshops on natural preservation methods (such as lacto-fermentation).

Our sourcing model also helps **reduce plastic waste and other unnecessary packaging** by **purchasing in bulk directly from producers**.

Inclusivity, Sharing, and Social Diversity

To include as many people as possible in our awareness-raising efforts, we design our workshops to **be accessible to all audiences**: children, seniors, immigrants, people with disabilities (particularly visual impairments), and those with health challenges (including mental health issues)...

We always strive for **social diversity** by allowing diverse groups to participate in the same workshop.

Liens

https://associationlamaison.wixsite.com/lamaison