

# More Parties, Less Waste

Join the Global Disco Soup Movement

The international Disco Soup initiative throws big parties where people rescue food, prepare a big feast, then eat and celebrate together sharing food with their communities. These events raise awareness, prevent food waste and build community by feeding each other. You can apply this approach to all kinds of events.

## Mini Disco Soup Party

Time: 1-2 hours



## You'll Need:

- Cutting boards, knives and forks, plates
- Containers for leftovers
- Camera
- Cooking surface (hot plate, stove or barbecue)





Disco Soup events are held in over 40 countries around the world, rescuing 5,000 kilograms of food to date and turning it into 25,000 meals!

## Making it Happen:

1. Check your kitchen for vegetables and staples that need to be used up.
2. Weigh how much food you salvaged to measure your impact.
3. Make a soup with all of your findings using the recipe below. Some ingredients can be used to make side dishes like fruit salads, pies or snacks. Use stale bread for croutons or toast.
4. Photograph or draw your creations.
5. Eat together! If you have leftovers, pack them up to share or eat later.

## Vegetarian Disco Soup

There are so many ways to prepare soup, it's hard to go wrong. Here are some simple soup guidelines where you can include almost anything!

1. Begin your soup by frying chopped onion, garlic and/or ginger in oil until it's tender and golden.
2. Add rescued vegetables (firmest ones first) and enough water to make it soupy. It will thicken as it cooks.
3. Taste your soup often and add salt, pepper, chilis, herbs and spices until you have a delightful flavor combination. Don't be shy to ask other cooks what flavor they think is missing.

## Want to do More?

For a practical and radical guide to organize a Mega Disco Soup party for your whole community, check this useful [toolkit](#).<sup>76</sup>



1. With permission, secure an easy-to-access location with electricity.
2. Borrow a sound system to play music.
3. Find unwanted foods. Ask farmers, gardeners, managers of markets, supermarkets or bakeries if you can have their unsold food that would otherwise go to waste for a good cause. Weigh or count your rescued ingredients to measure your impact.
4. Recruit friends and family to help you collect rescued food. Turn your food saving into a competition to see who can collect the most.
5. Create a buzz! Design a fun invitation online or through flyers and word of mouth.
6. Ask everyone to bring their own bowls and cutlery and a few extras for unexpected guests. Set-up a dishwashing station.
7. Add your favorite dance tunes to the [World Disco Soup Day 2017 playlist](#)<sup>77</sup> on Spotify to keep your party hopping!
8. Cook, serve and enjoy the party! Be sure to let everyone know how much food you rescued and how many people you fed.

<sup>76</sup>Slow Food (2017). Practical Guide to Organize a Disco Soup. <<https://www.slowfood.com/wp-content/uploads/2017/03/TOOLKIT-WDSD17.pdf>>

<sup>77</sup>Slow Food Youth Network (2017). World Disco Soup Playlist. <[https://open.spotify.com/user/sfyn\\_nl/playlist/3Szd11Uqvi8UHpmJmU2Lo](https://open.spotify.com/user/sfyn_nl/playlist/3Szd11Uqvi8UHpmJmU2Lo)>

