



Our team at the CSC Volleyball Charity Tournament

## International Day of Awareness of Food Loss and Waste

In a world where every resource counts, reducing food waste has become more than just a kitchen trend - it is a crucial step toward ensuring sustainable operations. Whether you are cooking in a commercial galley or preparing meals at home, every bit of food that gets wasted represents lost money, time, and effort.

Beyond the immediate financial hit, there is the broader impact: wasted food often means wasted energy, water, and the labour that went into producing, transporting, and preparing it.

Addressing food waste is not just about economics; it is about creating smarter, more efficient systems that respect the resources at our disposal. It is about making the most of what we have, reducing unnecessary purchases, and ensuring that what we use is consumed fully before it goes bad. Simple practices, from better meal planning to creative use of leftovers, can make a major difference in how we manage our supplies, ensuring we minimize waste and maximize the benefits of the ingredients we work with.

To celebrate and promote the International Day of Awareness of Food Loss and Waste, our team of experts shares useful insights and tips on how to reduce food waste in our kitchens, whether onboard or ashore every little bit helps.

### 1. Plan Your Meal

- Think Ahead: Before placing your order, decide what weekly menu plan you will be using. This helps you buy only what you need
- Check Inventory: Proper inventory management is crucial in minimizing food waste. Before placing orders, ensure you check the current stock onboard to avoid ordering unnecessary items. This helps control the quantity of items ordered and prevents spoilage or dead stock that remains unused for extended periods and eventually needs to be disposed of

### 2. Store Food Correctly

- Label and Date: Put dates on leftovers so you know when to use them
- Organize Your Fridge: Keep older items in front, so you see them first (FIFO)
- Use Sealable Containers: Put food in containers that close tightly to keep it fresh

### 3. Control Portions

- Serve Less: Start with smaller servings and offer more if needed. This reduces leftover food
- Save Extra Food: Store extra food in the fridge or freezer for later use

### 4. Get Creative

- Use Scraps: Turn veggie scraps into homemade broth or stir-fries
- Overripe Fruits: Make jams with overripe fruits by cooking them with sugar and lemon juice
- Leftover Bread: Make croutons for salads and soups
- Leftover Tomatoes: Create your own tomato sauce
- Leftover Rice: Make rice cakes, stir fried rice, or rice pudding

### 5. Preserve Fresh Food

- Learn to pickle or freeze fresh food to make it last longer

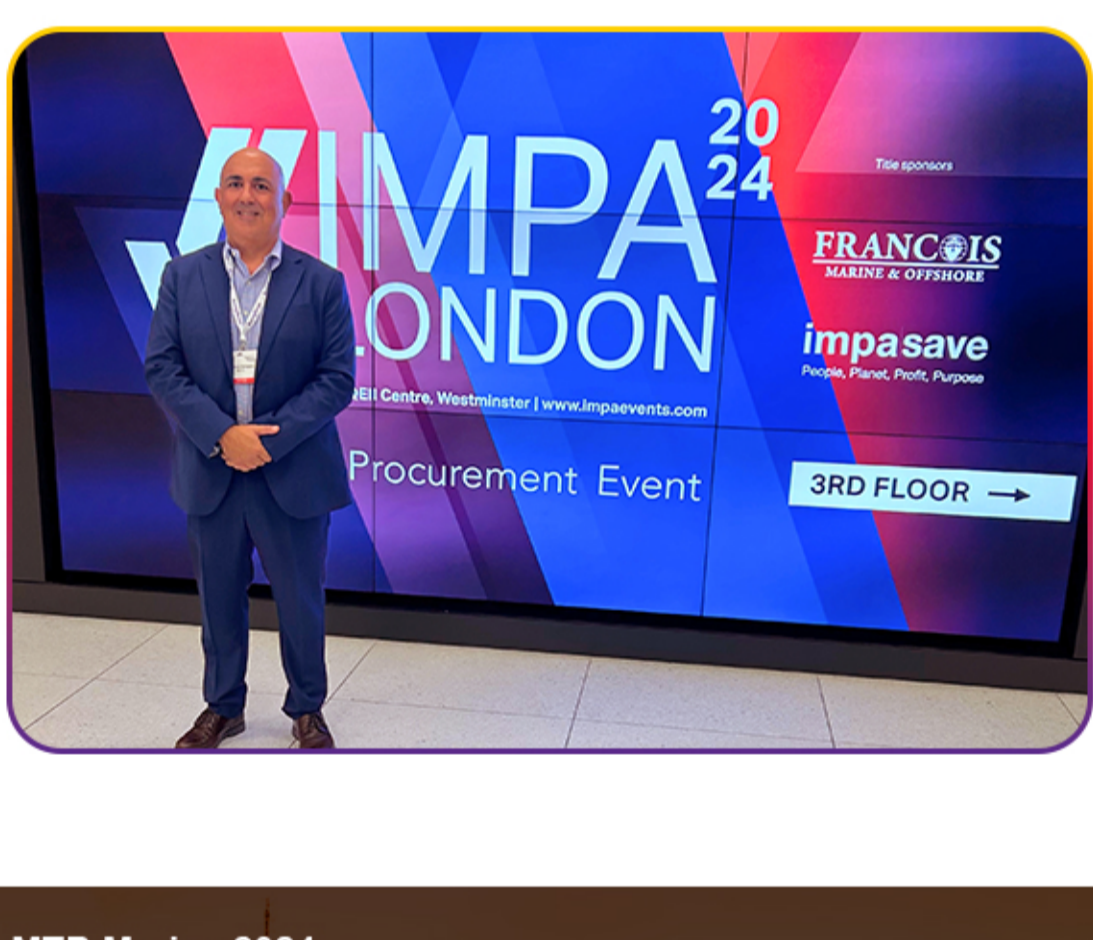
## Paw-sitive Giving

On September 5th we celebrated the International Day of Charity by organizing for donations for dog shelters by collecting food, blankets, towels, medicines and more for our four-legged friends. Last year we celebrated this day by raising funds for PASYKAF an organisation that supports and helps people battling cancer. Supporting charities is important to us, and we like to look at how we can support not only our local community but also charities on a global scale.



## IMPA London 2024

Our Chief Operating Officer and Managing Director of our Greece office, Mr. Kyriacos Georgiou, attended IMPA earlier this month, promoting MCTC and connecting with old and new maritime friends!



## MTB Marine 2024

Our Managing Director of our German office, Mr. Sven Schröder, will be attending MTB Marine Europe 2024 taking place in Madrid, Spain. He will represent MCTC from October 16th to 19th, where he will have the opportunity to speed meet new maritime friends who are interested in our services and how to improve their crews' health and overall wellbeing. We look forward to connecting and making new friends.



## Webinar | Nourishing Health at Sea: Tackling Eating Disorders with Expert Nutrition Counselling

Our third webinar of the year was hosted by our expert Dietitian – Nutritionist, Mrs. Nichole Stylianou, on September 24th. During this webinar Nichole discussed the challenging working conditions of the seafarers and how these can lead to eating disorders and what are the common eating disorders among seafarers, provided tips on practical techniques and exercises that can be performed both onboard and ashore, offered nutrition counselling for seafarers and their families guiding them how to set goals to improve and maintain their health and recovery.

Participation to this online event exceeded expectation with the attendance of more than 400 attendees. Closing with a remarkably interesting and informative Q&A session, participants gained valuable knowledge on how to improve and maintain their physical and mental wellbeing.



## Celebrating World Maritime Day

In recognition of World Maritime Day 2024's theme, "Navigating the future: safety first!", and the current global political turbulence and the threat of a potential pandemic, MCTC reaffirms its commitment to safety in maritime catering. As political tensions challenge global supply chains and the maritime sector adapts to new energy sources and technologies, our focus remains on providing safe, reliable, and nutritious meals to seafarers worldwide. By prioritizing both safety and resilience, we ensure our services continue to support the wellbeing of seafarers, ensuring the highest safety standards in maritime catering operations.

## MCTC Catering Management Service

At MCTC, we are committed to promoting healthier eating habits for seafarers and empowering galley crew to deliver exceptional dining experiences. Our catering management service is designed to meet the diverse tastes of multinational crews while addressing specific health needs. By working closely with the galley crew, we foster nutritious food choices that enhance the overall wellbeing of those onboard.

Clients under our catering management service experience a range of benefits through working with us such as variety of menus, reduction in daily food budgets, improvement in nutrition knowledge of their catering personnel, motivated crew and many more. Our team of experienced Culinary Training Consultants is on hand to offer personalised advice and guidance to the galley crew and contribute to their professional development by going onboard and supporting them through their day-to-day tasks and identify any training gaps.