

voom voko mokum

Welcome to Voom ---
Vokomokum's newsletter!
In it you'll find the latest
stories and veggies that live
around our Voko.

Voom is brought to you by
the Communications
workgroup

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An important petition!

Have you already signed the Save bees and farmers petition? So far 750 000 signatures have been gathered from European citizens. Save Bees and Farmers is a European Citizens' Initiative to call for a systemic change in agriculture at the EU level. Their core demands are: 1) a phase out of synthetic pesticides by 2035; 2) measures to recover biodiversity; 3) support for farmers in this transition to agroecology. Here is how you can help:

1. Sign the petition here: savebeesandfarmers.eu/eng before September 30th. Please make sure to fill in the signature form accurately for the "vote" to be valid. This is an official EU instrument (European Citizens Initiative): personal information is needed in signing the form so your country can count and validate the votes. The information is encrypted, safely stored and not used for any other purpose than validation by EU countries.

2. Share the call online and offline after signing. You can send the email to friends and family, share the initiative on social media, hang an A4 poster in strategic locations such as neighbourhood centres, organic stores, community gardens, etc.



Tasty Deep Dives, a podcast.

The first recording of the Vokomokum podcast Tasty Deep Dives has taken place! The first episode is an interview with the director of the cooperative supermarket Odin, Merle Koomans van den Dries, herself trained as a biodynamic farmer. It was a special and inspiring conversation, and we look forward to sharing it with you! Keep an eye on Odin's website. They not only have a rich collection of recipes (<https://www.odin.nl/recepten/>), but also a page with activities, worth a visit! At the moment they do not have many activities planned (covid-19), but that is going to change this fall. For example, you can take a tour of their farm where they propagate their own seeds, and you can take all kinds of interesting courses. See <https://www.odin.nl/actueel/activiteiten/>

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Package free shopping

A quote of Zero Waste Chef, Anne Marie Bonneau: "We don't need a handful of people doing zero waste perfectly. We need millions of people doing it imperfectly." Zero waste reduces our climate impact. Reducing, reusing and recycling can be a key part of a climate change strategy to reduce our greenhouse gas emissions.

Doing groceries means buying food and buying waste - packaging material. The first thing you can do to reduce your packaging is shopping at a local (organic) market. When you do your shopping, you can also try to avoid single-use plastic. Are you familiar with the Zero Waste Project (this one is a Dutch website, but there are many more English ones: <https://www.sustainablejungle.com/zero-waste/inspiring-zero-waste-blogs/>)?

The Dutch sisters behind the Zero Waste Project write about the 5 x R of zero waste:

1. Recycle (recycle): properly separate and dispose of waste
2. Rot (compost): compost organic material
3. Refuse: avoid
4. Re-use: give products a second life, use jars, boxes, packaging material
5. Reduce: buy as little as possible

The first step is actually "Refuse": just try not to buy it. There are a lot of practical tips online, but if you're not so familiar with the phenomenon yet, these are the 5 most useful and basic tips:

- Make a list
- Carry bags and purses in your bag
- Bring your own packaging
- Buy in bulk
- Buy local and in season

Everything packaging free!

We already do this by being a member of Vokomokum, of course. There are other cool initiatives too. For example, do you know the Little Plant Pantry in Amsterdam West, or have you heard of Pieter Pot? Read about them on the next page!



Little Plant Pastry

This is the first plastic-free shop in Amsterdam. As a food store, they offer organic food ingredients without or with minimal packaging and cooperate with local artisan food producers. You can bring your own packaging or get a reused glass jar at the shop, and measure your food yourself (you can buy very little or in bulk). Their mission is to avoid single-use plastic packaging and to promote a plant-based diet. They also have delicious ready-made meals for take out. Some of their products: oils, sweet syrups, spices, vegan cheeses, fermented foods and many types of grain, rice and beans and other pulses.

Pieter Pot

In the Netherlands, we throw away almost 490 kilos of waste per person per year*. To do something about this, two young entrepreneurs started the online, packaging-free supermarket Pieter Pot in 2019. This supermarket delivers long-life items in glass weckpots to consumers' homes. The jars are subject to a deposit and the jars will be taken back the next time they are ordered. This creates a plastic-free, circular system. And because PostNL handles the logistics, distribution and returns, all of the Netherlands can be served. At the moment there is a waiting list - but once you are in, you get to give away an invite to skip the waiting list to someone of your choice. The products easily home delivered. In reusable jars. On average the same price as in the supermarket, but some products are more expensive (or, closer to the real cost of production/distribution).



Does your school have a vegetable garden?

We don't have a vegetable garden yet, but we are working on it. Unfortunately, there is no public space that we are allowed to change, but we would like to have a green roof with a vegetable garden. We are working on a grant application.

Why did you become a member of Vokomokum?

My girlfriend introduced Vokomokum to me. I love that it is an organization that functions solely by the time and energy provided by volunteers. Through Vokomokum I also try to be more conscious about food, which is easier if I buy in bulk once a month. I think it is important to contribute to short supply chains and support local producers.

What is your favorite product from Vokomokum?

Definitely the crunchy, I eat them every morning in my plant-based yoghurt! And the Nieuwe Band rice, both the risotto rice and the whole grain rice. It is the best rice I have ever had!

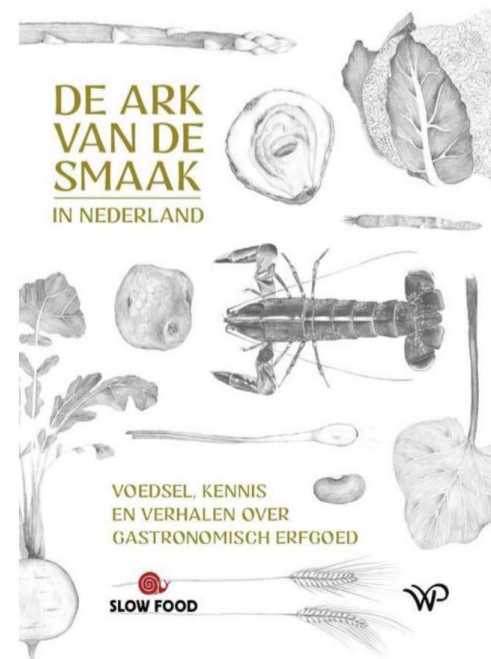


A book tip: the ark of taste

] This summer, Slowfood Netherlands proudly launched the Netherlands edition of their international series The Ark of Taste,, an ode to Dutch gastronomy. This book shows that we are a rich culinary country with a generous supply of products. Potatoes, vegetables, cheeses, fish, fruits, grains and much more. It is made, grown, caught, bred and cultivated here. Much of it is intended for export and we are only too happy to take products back from abroad. And that is a shame. If you are not so much interested in the Dutch version, The Ark of Taste* is a worldwide project of Slow Food*, the international movement dedicated to delicious, pure and honest food. The Ark of Taste contains almost 5,000 products that are characteristic of a country or region, distinguish themselves by their taste or method of preparation and are in danger of disappearing as a result of legislation, industrialization of food production, globalization and/or lack of public knowledge or trade.

Check out their worldwide map!

<https://www.fondazione Slow Food.com/en/what-we-do/the-ark-of-taste/>



Member interview: PJ

Who are you and what do you do?

My name is PJ, and I am an elementary school teacher and sociologist. I also have my own small business focused on inclusive children's books.

In what ways is your class working on sustainable food?

I use the children's news (Jeugdjournaal). During the so-called "feestweken", the weeks between Sinterklaas and Christmas, we traditionally also pay a lot of attention to nutrition and health. The most important topic is the origin of food, especially in the city.

Do you think that you, as a teacher, get enough information in the offered lessons about food?

There is a lot of teaching material available, and there are different teaching methods to choose from. These are often combined with healthy exercise. We teach the children about, for example, the amount of sugar in food. They are also taught about food and climate change, which is a yearly recurring theme. We combine this theme with practical tips, such as separating waste. It's about what you can contribute as a child, as a family and as a class. That's as far as it goes for them.