



EWR good practices and case studies

Eating consciously and without waste!

1. Details of Action:

Coordinators: Italian Steering Committee

Action Developers: 1° Istituto Comprensivo di Melilli - Siracusa

Name of nominated action: Mangio Consapevolmente e senza sprechi (Eating consciously and without waste!)

Town: Melilli

Region: Sicily

Country: Italy

Website: /

Nominee [category](#): Educational establishments

Dates of action: 22-30/11/2014

2. Action's theme:

- Reduce – Strict avoidance and reduction at source
- Reuse – Preparing for reuse and reuse
- Recycle – Waste sorting and Recycling
- Let's Clean Up Europe!

3. Action related to the Prevention Thematic Days 2014: Stop Food Waste?

- Yes
- No

4. Description of the nominated action:

At the end of November 2014 “G. E. Rizzo” Secondary School in Melilli organized a “healthy week” **“Mangio consapevolmente e senza sprechi”** (SERR and UNESCO ESS 2014) with the involvement of students but also of their parents as well as of the stakeholders in the territory and of common people, following what the Ministry of Education, University and Research suggested about the EXPO 2015.

The planned activities were both theoretical and practical.

Conferences had as main theme “what young people eat, how they eat and how they use food”.

Healthy food, well-being and the respect of the environment are strictly connected and the experts focused their attention on sustainable shopping, on packaging and, consequently, on waste and its impact on the planet.

The speakers underlined the importance of a critical consumption and, most of all, the use of the produce our territory offers (water, olive oil, **oranges**) and the reuse of what is now considered waste material. Did the students know that we can make a new cloth from the orange residues? And what about “old” olive oil? They learnt about its transformation into seductive soap. Finally, they experienced that we can eat well by using the leftovers.

Even literature and music dealt with environmental sustainability: a search for songs related to the theme was carefully considered.



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All week long, there were a lot of experiences, beginning with a particular “lunch” made at St. Nicholas Church where a group of old volunteer wives, some students from “Istituto Alberghiero Federico II” – Siracusa and some foreign students of our school gave the opportunity for an exchange with culinary samplings of cuisine: [falafel](#), basbuosa, ..., (Egypt), cauliflower croquettes (Romania), “Cuddurini a miliddisa” (Melilli), [orange salad](#) (Sicily) or [“recycled” chicken](#) were cooked and tasted there.

To let the students think about a correct behaviour to do a sustainable shopping, they went to a local supermarket and they did the shopping; at the cash desk an expert checked all the goods they bought explaining whether they were sustainable or not. Moreover, the students spurred customers to give something to people in need so that they could prepare parcels for [“Colletta Alimentare”](#).

They also saw the film “TRASHED”, raising awareness on the environmental impact of waste and the need to join the strategy 4R=R0 and the short film [“Il profumo degli Iblei”](#), set in Melilli countryside, with an olive grove as a landscape.

Trips were organized to the mills “Olearia” and “Le Macine” where the students experienced olive oil production and tasted and appreciated the “green gold” on slices of bread with oregano, salt and pepper.

Afterwards, the students were the guests of “Saponificio Zimmitti” and this experience wowed them because they rediscovered the importance of ancient crafts and the reuse of “old” oil.

Another important experience was the trip to [“Pizzaratti”](#) waterworks after examining municipal water under a microscope. We usually drink bottled water but the tests revealed municipal water is of high quality and we can drink it directly from the tap, reducing waste and saving raw materials at the same time.

December, 2nd was the end of the planned activities: the students organized a closing conference on the project through [videos](#), multimedia [presentations](#) and [interviews](#). The leading idea was that we can create a better world and have a better life if we simply change the way of thinking, acting and... eating!

5. Type of evaluation conducted and outcome of the evaluation:

- Number of visitors/participants: 1000 participants (mainly students)
- Feedback from visitors/participants (willingness to change their behaviour)
- Quantity of waste avoided/collected: 25kg
- Amount of CO2 avoided
- Other indicators (please specify):

6. Reasons why the action has been selected for the EWWR 2014 Awards :

a) Visibility and communicational aspects:

“The Waste Week” organized in our school met the criteria of “visibility and communication” thanks to newspapers and local magazines on the net. The activities were communicated verbally or through [social networks](#) before and while they were carried out. Finally, the involvement of parents and students made every event highly visible, considering they live in a small town where everyone knows each other.

b) Quality of content and focus on waste reduction, products reuse or materials recycling:

The activities were very interesting for students who were involved in work groups, hands-on activities, workshops, and practical examples. They found out how they can change their lifestyle and produce less waste and that they can take the waste to an appropriate waste collection. They used boxes to make separate waste collection in their classroom and with the help of their teachers waste will be taken to local reuse centre



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in the next future. As for WEEE, a lot of citizens and parents would like to know how to reach the facility where they can dispose of them.

c) Originality and exemplarity:

Many original and innovative activities were planned :

- they went to a local supermarket and they competed for the most sustainable shopping;
- they were involved in a workshop to learn how to cook with leftovers;
- they collected parcels for Food Bank;
- they had laboratory trips in the territory

Students were motivated and strongly affected by all those experiences.

d) European reproducibility:

The actions can be easily adapted in other national or European contexts. Obviously, eating habits of the various countries will be taken into great consideration.

c) Lasting impact:

The actions have provided educational concepts deeply assimilated by the students and their families. The use of social networks was very efficient to spread the information, and it will provide a good tool to make the actions lasting longer. Also, the school aims to repeat those kind of actions several times to ensure their incisiveness.

d) Motivation:

The actions motivated citizens thanks to the collaboration of stakeholders, businessmen and the local authority. They all wanted to give concrete answers to citizens. Also, one of the already implemented steps is the membership in the [Zero Waste strategy](#).

Public meetings will be organized in order to publicize the positioning of the “olive” (containers for the collection of waste cooking oil) and Ecological Sundays will be spent cleaning parks and public gardens .The school will carry on environmental education with students so that it will become the cause of individual actions.



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Meeting about the activity program

Enrica Arena presents “Orange Fiber”, the first tissue realized from orange leftovers.



The preparation for participation in the food collection day

Students and teachers from the Cook school





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24-30 novembre 2014

SETTIMANA UNESCO DI EDUCAZIONE ALLO SVILUPPO SOSTENIBILE

PER BUONA EDUC-AZIONE



Sabato 22 Novembre ore 10,00

Convegno di presentazione della Settimana dell'Educazione allo sviluppo sostenibile 2014 ed avvio Settimana Europea per la riduzione dei rifiuti

Mangio consapevolmente e senza sprechi

Auditorium Scuola Secondaria G. E. Rizzo via Matteotti, 41- Melilli

SALUTI

Prof.ssa Angela Fontana - Dirigente Scolastico
Dott.ssa Arcangela Palmeri - Vice sindaco Comune Melilli

INTRODUZIONE

Prof.ssa Nella Tranchina - Doc. organizzatrice dell'evento

MODERATORE

Dott.ssa Maria Gianino - Vicepresidente CIF

RELATORI

Dott.ssa Conchita Musumeci - Contesti e Cambiamenti
L'alimentazione e le sue relazioni con la salute, l'ambiente e l'economia

Dott. Pietro Pitruzzello - Università di Catania CUTGANA
Agricoltura, ecosistema biodiversità

Dott.sse Adriana Santonocito, Enrica Arena - Orange fiber
Rifiuto? No... Tessuto!

Avv. Emma Schembari - Rifiuti 0
Compostiamoci con stile



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