

## Reduce food waste



**Principle:** Ethical, economic, safety, environmental... Food waste has countless consequences. "However, there are simple ways to reduce these effects. Buying the right quantities, checking "best before" dates, maintaining the cold chain, organising refrigerated food in a logical way, cleaning the refrigerator out regularly, cooking with left-overs, making compost, choosing fruit and vegetables which are in season, etc. are all ways of reducing and avoiding waste.

Our company has evolved, along with our codes of practice. The attitudes our grandparents had towards food are no longer on the agenda. Both what we eat and our way of life have changed dramatically. More hurried and less aware, consumers often misread the "use by" dates and don't bother to organise their refrigerator. What's even worse is that they are constantly overwhelmed with supermarket promotions which are rarely related to what they usually buy.

But the consumer is not the only one at fault. Canteens, for example, often fail to take their consumers' needs into account. Too full, the majority of canteen plates often end up in the bin! Large quantities of food are wasted and thrown away everyday in school canteens. Wasting food and leaving fruit, vegetables and fish uneaten, has become normal, even trivial, behaviour for a large number of children and teenagers, as well as adults. For the youngest, this behaviour has consequences on their health, their future food habits and their understanding of responsible consumption.

Common action No 2 is an awareness raising tool dedicated to: EWWR's "Better consumption / throw less away" themes

### There are numerous reasons for food waste

- ▶ Sociological causes: changes in the structure and organisation of the family, lifestyle changes and changes in attitudes towards food.
- ▶ Little knowledge on how to store food: misreading "use by" dates, bad refrigerator management etc.
- ▶ Marketing: adverts and promotions encouraging consumers to buy products. This doesn't lead directly to waste but it is obvious that by purchasing a product which does not suit the household's needs, in terms of quality and/or quantity, more food waste is created by the consumer.
- ▶ **Catering practices (particularly in canteens): quantity of food that does not correspond to the number of customers, dishes that customers don't like, stock management, kitchen organisation, early cooking... And customers willing to have "full plates".**

## Tips for reducing food waste

### I buy smart

- ▶ **Writing my shopping list:** I start by looking at what I have left in my refrigerator and in my cupboards: this stops me from buying more of the same thing! I try to plan my meals for the week.
- ▶ **Once in the shop:** I look carefully at what I have in my shopping basket and think to check the "use by" dates. I do my shopping in the right order... meaning I choose my fresh and frozen produce last.
- ▶ **If I have invited people round for dinner:** I buy the right amount and cook according to the number of people I have invited. I usually try to make dishes that can still be eaten the following day. Some dishes are even better when re-heated!

### I store my food in the right way

- ▶ **I check the recommended storage method described on the packaging:** keep refrigerated, store in a dry place, at room temperature, etc. What does this mean?
- ▶ **I check the "best before" dates** and put the food which needs to be eaten first at the front or on top.



- ▶ **I think about the shelf-life of my products:** this varies according to the type of product and its storage.
- ▶ **In the fridge:** I put the products in the right place, depending on where the coldest spots are. I put them in sealed boxes in order to preserve them for longer. I clean my fridge (twice a month) to stop bacteria from spreading.
- ▶ **In the freezer:** I think to freeze food to increase its shelf-life. But I make sure I don't freeze food which has already gone off or is too close to its "use by" date.
- ▶ **In the fruit basket:** I take out the rotten fruit: it can contaminate the healthy fruit.

### I cook smart

- ▶ **I cook the right amount of food for the number of people at the table:** measuring the right amounts, this stops too many leftovers from accumulating in the fridge.
- ▶ **I check the shelf-life of the products I have in my cupboards:** I use the products I have already opened first. - I use the products I bought first, first (first in, first out). - I cook food which is nearly at its "use by" date first. When I read a recipe, I follow the measurements given... so I use the appropriate measures (measuring jug, scales, soup spoon or dessert spoon, etc.)

### I use the leftovers

- ▶ Depending on what I have left, I might make, for example: a cold salad or pasta gratin, cakes to use up eggs and butter, French toast from stale bread, a ratatouille with tomatoes and aubergines which are slightly withered...



Better consumption



Less waste  
thrown away

Target audience: Schools  
Public services  
Business/industry



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## Waste less in the canteen



Waste less, eat better in the school canteen is an action aiming to educate the whole school community about food waste. The action focuses on measuring and analysing the quantity of food thrown away in the school canteen- food thrown away by consumers and by kitchen staff. It leads to the implementation of methods to reduce the quantity of food thrown away, which in turn leads to savings and greater consumer satisfaction.

### Objectives

The action aims to educate consumers about waste reduction by weighing it. This needs to be done in steps, from the creation of a steering committee to the analysis of the difference the action has made in terms of waste reduction. The goals of the action are:

- ▶ **Educate consumers and kitchen staff on the impact of wastage:** show them the cost of food thrown away each day and each year, show it in terms of concepts with which both children and adults can identify (everyday items, holidays, number of meals for someone in a third world country, etc.)
- ▶ **Measure food waste:** food thrown away by consumers and unserved kitchen leftovers
- ▶ **Understand the reasons for this wastage,** in the kitchen and in the canteen
- ▶ **Implement actions to reduce wastage,** in those places
- ▶ **Evaluate the effect of the actions:** reduced quantities thrown away, more balanced consumer diets, improved customer satisfaction

### The action

#### ***Pre-EWWR (At least one month beforehand)***

##### **Educate consumers, kitchen staff and the whole school community:**

- ▶ **Create a "Wastage" steering committee in the school establishment** made up of kitchen staff, teachers, management staff, school support staff, school nurses, pupils, parents, etc. *Do not blame the head chef, it can sometimes be difficult to estimate the number of meals that need to be prepared*
- ▶ **Description of method used:** dates and duration of the operation, required materials, mobilisation and distribution of roles to various staff and pupils, educational messages, etc.
- ▶ **Design tools for announcing the operation and organising a measurement session:** adapt Organiser-supplied operation presentation tools (posters, waste measurement board)
- ▶ **Organise the collection of the food which is thrown away.** The steering group members divide themselves up among different work stations: collectors, photographers, statisticians and researchers.



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## Sorting and measuring the wastage

- ▶ Survey and observe consumer behaviour
- ▶ Analyse measurement results (Analyse by foods (starters, main course-fish or meat and vegetables or starches, cheese, dessert, bread (25 or 30g)), quantity prepared, quantity thrown away by consumers, quantity unserved, total wastage in kg, total wastage in percentage terms)

Waste can be measured on a daily basis or at any given interval (3 days, weekly, etc.). In both cases a weighing sheet must be completed.

- ▶ **Register your action by your official EWWR Organiser** and send a copy to [contact@ewwr.eu](mailto:contact@ewwr.eu). Once your action has been approved, you will be able download digital communication tools, posters, EWWR display, etc. **When signing up, include the following information next to the title or at the beginning of your operation's description- Common action 2 or Reduce food wastage- Country- Name of Project partner for example**

**ATTENTION: The Action must take place between 19-27 November in order to be considered part of the EWWR.**

## *Pre-EWWR (one week beforehand)*

### Identify the reasons for wastage

- ▶ Quantity of food does not correspond to the number of customers, dishes that customers don't like, stock management, kitchen organisation, etc.
- ▶ Create a report of the measurement session (what are the most thrown away foods, why have too many meals been made etc.)
- ▶ Display the quantity thrown away (in the weighing table provided or on a blackboard for example)
- ▶ Identify solutions for reducing wastage and educate children via their teachers, via a display in the school canteen etc.
- ▶ Get the pupils involved, draw "anti-wastage charters" for example
- ▶ Present the actions to the class: assess the situation in the school, analyse perceptions, attitudes and behaviours linked to food wastage
- ▶ Display the quantities of waste produced in the canteen: for example, ask the pupils to put the pieces of bread left on their plate in a bag or tub at the canteen entrance for a day or over a period of several days
- ▶ Photo shoot (don't forget to have parents sign image use consent forms)
- ▶ Create a group of "anti-wastage" ambassadors in the establishment which is educating its consumers and have them sign the "anti-wastage" charts



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## During the EWWR

### Implement measures to reduce wastage

- ▶ Reorganise the self service and/or distribution of dishes: for example, put the bread tray at the end of the line
- ▶ Make the dishes look more attractive
- ▶ Adjust the quantities cooked and served
- ▶ Reuse leftovers (cook leftovers: make croutons with the bread which wasn't consumed the day before, soup with the vegetables etc.)

### Analyse the impact of the measures implemented to reduce wastage

- ▶ Second wastage measuring session. The result of this weigh-in is also recorded on the wastage weigh-in sheet.
- ▶ Inform people about the action (Poster, quantities of waste avoided etc.)

## Following the EWWR

- ▶ Make the project last, good practices etc.
- ▶ Group together and send the documents to the EWWR organiser for your area and a copy to [contact@ewwr.eu](mailto:contact@ewwr.eu): a summary of waste reduction data for the whole establishment; the action report with all indicators (weight, number of consumers etc.), a copy of the weigh-in sheets, photographs of the action.
- ▶ In the canteen, display the photographs taken during the photo shoot.



## Methods for measuring reduction in waste

- ▶ To weigh the food waste:
  - Sort and organise the waste into categories (type of food and/or dish).  
Put the waste into large containers or bin bags
  - Weigh waste using a set of scales.
  - Put the waste onto a compost heap if the establishment has one.
- ▶ Count the number of participants: include the consumers, the children and teachers who eat in the school canteen.
- ▶ Carry out a "before and after" analysis
- ▶ Analyse the effects of the measures implemented: changes and no change in behaviour between the 2 measures
- ▶ **Send all documents (weigh-in sheet, Report, photos, press articles etc.) to your official EWWR Organiser and a copy to [contact@ewwr.eu](mailto:contact@ewwr.eu) by e-mail in a single document (this document will enable us to carry out an accurate review of the actions carried out in your area during the EWWR).**



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## Communication tools

Your Organiser should provide you with specific communication materials for common action:

- ▶ An A3 poster upon which you can put the theme of your event as well as where it will take place
- ▶ An A4 poster
- ▶ A waste weigh-in table for recording the variations and quantities of waste produced

You may make any desired changes to this document simply by using Microsoft PowerPoint Personalise them for your event!

Access to these documents is granted if you mention that you are hosting a common action when signing up with the Organiser.

## Activities around the action

- ▶ The supervisor motivates the children to talk about waste reduction (What is waste? What is reduction? Why should we reduce waste? Do we produce a lot of waste? etc.) and more particularly food wastage.
- ▶ The teacher may ask the pupils to evaluate the operation and to make display boards with photos and their evaluation of the situation.
- ▶ Possible themes for the display boards:
  - Present the action and the teams at work
  - The results of wastage: quantitative analysis
  - Wastage in pictures: qualitative analysis
  - A balanced meal in the canteen: what is a balanced meal?
  - Create an "anti-wastage charter"

The supervisor may give the children a short questionnaire to fill in:

**Question:** If you didn't know what some of the food being served was, would you try it?

**Question:** At home do you throw the meal away if you don't like it?

**Question:** What do you prefer? (Meat, fish, egg, vegetables, fruit)

**Question:** In general, do you like the meals which are served in the canteen?

**Question:** Did you throw food away?

**Question:** How many pieces of bread did you take?

**Question:** How many pieces of bread did you throw away?

**Question:** Do you throw bread away at home?

**Question:** What do you waste the most of? (Starter, main, meat, fish, Vegetables, dessert)

**Question:** Did you try the food before you threw it away?

**Question:** Did you have enough time to eat in the canteen?

**Question:** Do you find that pupils leave food on their plate?

**Question:** Do you waste more food in the canteen or at home?

## Carrying out the action elsewhere

This action can by all means be carried out in company or public canteens. The principal and methods are the same Communication about the event will need to be adapted.



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## For more information:

### ► About the European Week for Waste Reduction

The French EWWR website: [www.reduisonsnosdechets.fr](http://www.reduisonsnosdechets.fr)

The EWWR European website: [www.ewwr.eu](http://www.ewwr.eu)

Website for the organisation France Nature Environnement (France Nature Environment):  
[preventiondechets.fne.asso.fr](http://preventiondechets.fne.asso.fr)

### ► About food waste

ADEME - [www.reduisonsnosdechets.fr/jagis/home-gaspillage.html](http://www.reduisonsnosdechets.fr/jagis/home-gaspillage.html)

FNE – [www.preventiondechets.fne.asso.fr/fr/gaspillage-alimentaire.html](http://www.preventiondechets.fne.asso.fr/fr/gaspillage-alimentaire.html)

From my plate to my planet - <http://www.assiette-planete.fr>

IBGE - [www.bruxellesenvironnement.be](http://www.bruxellesenvironnement.be)

### ► Appendices

Participation charter

"Image use consent" form

A3 and A4 promotional poster

Weigh-in table



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Public services  
Business/industry



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## Participation Charter – Common Actions (Optional)

### Nature of the Project Developer

The Project Developer submitting a proposal for a EWWR action, which will be validated by a national, regional or local Organiser of the Week, must be classified under one of the following categories:

- Administration/public authority
- Association/NGO
- Business/industry
- Educational establishment
- Other (for example, hospital, retirement home, cultural institution...)

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### Dates of the actions

**The EWWR action must take place exclusively during the European Week for Waste Reduction: between the 19th and 27th November 2011 inclusive.**

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### Commitment of the Project Developer

- EWWR actions will be led by Project Developers who can be clearly identified and who are either legal entities or individuals (*individuals may be accepted as official EWWR Project Developers on the condition that their statute is recognised by a municipality, for example: a master composter*);
- Each action must be registered and officially validated by the (national, regional or local) Organiser covering the area where the action will take place. Registration will be made via a form.
- The EWWR action will be carried out in respect of the law and regulations of the country in which the action takes place and will obtain the permission necessary for its correct proceeding;
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- The action will seek to promote and encourage positive habits and gestures;
- The action will be carried out in a spirit of openness and cooperation and not in a militant or combative manner;
- The action will not be used to serve a political or religious purpose and will not be in breach of good morals;
- The action will be non-profit and entry will be free;
- Under no circumstances shall the certified EWWR action be focused on a product
- Unless otherwise indicated on the registration form, the validated EWWR action will automatically be entered into the review and selection process for the European Waste Reduction Awards.

### Commitment of the Project Developer – Common Actions

- The Project developer commits to using the European Week for Waste Reduction logo, LIFE logo and adaptable posters only within the framework of this registered EWWR action; the rights of use of the logo being restricted to this single action;



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- The Project Developer commits to evaluate his/her EWWR action after it has taken place with the indicators noticed in corresponding common action sheet (For example, for the “Reduce excessive packaging” action, the weight of prevented packaging waste)

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## Nature of the “Common actions”

Waste management policies in the European member states are more and more influenced by EU laws, based on a hierarchy in which “waste prevention” stand in the first place.

The **Common Actions** aim to obtain **figures** of prevented waste thanks to defined actions. A Project Developer that implements a common action has to evaluate the waste quantities before/after the action. These info should be sent to EWWR Organiser in charge of the event on its territory.

A common action should necessarily address one of following waste flows:

- **Theme 1 - Paper waste reduction**
- **Theme 2 - Food waste reduction**
- **Theme 3 – Repair/Reuse**
- **Theme 4 –Excessive packaging reduction**

**Any action addressing another theme that these presented above will be considered as a « classical » action and shall not being accounted as a « common action »** (if this action meet EWWR actions requirements)

**Date :**

**Name of the Project Developer**

**Please send back this participation charter to [contact@ewwr.eu](mailto:contact@ewwr.eu)**



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## Example of the "Image use consent" form

The European Week for Waste Reduction is a project supported by the European Commission's LIFE+ Programme. This Week will take place for the third time from 19-27 November 2011. (For more information: [www.ewwr.eu](http://www.ewwr.eu))

The European Week for Waste Reduction aims to reach out to the public as much as possible to:

- Promote sustainable waste reduction actions across Europe
- To highlight the work accomplished by various actors through concrete examples of waste reduction
- Raise awareness about waste reduction strategies and about the policies of the European Union and its Member States on this subject

The EWWR is a project which aims to educate people about the steps they can take to prevent waste production. The event is part of this project.

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### Image use consent - Children

I give my consent for **(Name of organisation)** to use any images (photographs or films) of my child taken during **common action no. 2 (Reduce food wastage)**, at **(Event location)**, **(Date and time)** for use in the promotion or report for this event, and I relinquish all rights to payment or ownership for any use of these photos.

Name of child:

Name of parent/tutor:

Date and signature:

.....

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### Image use consent - Adults

I give my consent for **(Name of organisation)** to use any images (photographs or films) of my child taken during **common action no. 3 (Reduce food wastage)**, at **(Event location)**, **(Date and time)** for use in the promotion or report for this event, and I relinquish all rights to payment or ownership for any use of these photos.

Name of person photographed:

Date and signature:

.....

### Attention:

- ▶ **Parents of minors MUST sign this consent form.**
- ▶ **Those who have not signed this consent form will not be photographed or filmed**



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A3 and A4 promotional poster

**EUROPEAN WEEK  
FOR WASTE REDUCTION**

Common actions for reducing waste

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Paper waste reduction	Food waste reduction	Repair, Reuse	Excessive packaging waste reduction

**Picnic without waste**

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École Primaire Marcelin Berthelot  
8 rue Marcelin Berthelot  
93100 Montreuil

**COMMON ACTION**  
Food waste reduction

For more information: [www.ewwr.eu](http://www.ewwr.eu)

A3 size

**EUROPEAN WEEK  
FOR WASTE REDUCTION**

Common actions for reducing waste

Paper waste reduction

Food waste reduction

**COMMON ACTION**  
Food waste reduction

**Picnic without waste**

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Repair, Reuse

Excessive packaging waste reduction

For more information: [www.ewwr.eu](http://www.ewwr.eu)

A4 size



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Less waste thrown away

Target audience: Schools  
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## Weigh-in table

A3 size

EUROPEAN WEEK  
FOR WASTE REDUCTION

**Picnic  
without waste**

COMMON ACTION  
Food waste  
reduction

Monday, November 21st	Friday, November 25th
Bread 3 kg	Bread 1 kg
Yoghurt 1 kg	Yoghurt 750 g
Biscuits 2 kg	Biscuits 1 kg
TOTAL: 5 kg	TOTAL: 2,750 kg

For more information: [www.ewwr.eu](http://www.ewwr.eu)



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