

Food Waste Competition

Principle: students are encouraged to reduce food waste

Target group: students, teachers and their families and the other staff of the educational establishment

Nearly half of our waste generated at home consists of biodegradable components originating mostly from our food just thrown away.

Food is really valuable in our lives however we fail to remember this in our everyday life. There are millions of people and children starving every day and a contrary we buy more food than we can consume resulting in a huge amount of leftovers in the bins.

With just a low level of consciousness we could modify these bad habits. It is a hard work to change the people's behaviour; the education should be started early even at schools. It is vital to teach children their role in this system.

This action has three phases. Firstly, students should understand the causes of their consumption behaviour with the help of their teachers. Secondly, after possessing the needed knowledge to analyse the consequences properly they will be able to create posters, drawings to raise awareness and call for action. Last, but not least, practices need to be identified and applied to achieve decrease in the amount of food waste generated.

General information



reduce



difficulty

Waste stream



reuse



environmental impact



paper



packaging



recycle



cost



WEEE



organic

Objectives

- ▶ The main target is increase environmental awareness regarding food waste
- ▶ Get to know how the children perceive this problem
- ▶ Reduce food waste in the households of children

Your tools to make this action

Poster making activity

- ▶ What is it? Children make posters in the topic of the importance of food waste reduction.
- ▶ How to make/use it?
 - The posters will be informative and could illustrate the problems.
 - They will contain the call for action in a way as the targeted segment could perceive this problem.
- ▶ How to evaluate? Number of participants, number of posters made



Workshop on everyday practices to reduce food waste

- ▶ What is it? Children could discuss in small groups how they could decrease the amount of food waste generated at home emphasising how the quantity could be reduced at school. The whole workshop is conducted by a teacher, and the ideas collected are shown to each other to determine a wide range of practices.
- ▶ How to make/use it?
 - The small group discussion is a good way to motivate children to take part in it.
 - Even a small competition could be made which group could collect the highest number of good applicable ideas.
 - At the end all the ideas should be written down.
- ▶ How to evaluate? Number of ideas collected.



Food waste reduction in the educational establishments- during the week

- ▶ What is it? It is an awareness raising and also a waste reduction action. The former groups in which students discussed the practical solutions to decrease the amount of waste generated at schools, should test the ideas in practice.
- ▶ How to make/use it?
 - After discussing the ideas how they could do that, they have to test the ideas in their everyday life at school.
 - We encourage students to reduce their food waste in the classrooms, in the canteens and in common places.
 - At the end of the week the results could be quantified. For this, it is important to collect food waste separately.
- ▶ How to evaluate? Number of reports and the amount of food waste avoided.



Support tools for communication

Presentation: *Everything about food waste*

- ▶ What is it? It is an information package. It contains the necessary information referring to the problematic issues caused by food waste. The demonstration should happen in a way that it will astonish the audience, with shocking data.
- ▶ How to make/use it?
 - The paper informs teachers and children about the food waste problem.
 - It could be used to direct the attention to this problematic field.
- ▶ How to evaluate? Number of issue papers we sent



Preparing the action: Initial assessment of the situation, development and production

This phase should start at least 2 month before the implementation of the action.

- ▶ download the issue paper and ask questions if something is not clear
- ▶ determine the proper timing of the different phases of the action
 - the first and the second phase should be carried out before the week itself
 - on the week the testing of ideas should happen
- ▶ inform the students and their parents as well about this action
- ▶ find out what will be the prize given to the most efficient team to motivate the participation

Implementing the action

One week before the EWWR:

On Monday:

- ▶ first discussion day need to be organised
- ▶ after getting to know the relevance of food waste avoidance, students should draw posters how could they perceive this issue
- ▶ the posters should be hanged out to the corridors as a reminder for the rest of this action
- ▶ then the groups should be created – to collect as many ideas as they can to decrease the generated food in everyday life, especially at school
- ▶ organise the discussion of the ideas and make the students write down all the collected ideas
- ▶ ask children to collect separately food waste at the educational establishment ensuring the easy measurement of the initial situation. The measurement should refer to generated food waste for a week – to identify the amount photo should be taken

During the EWWR:

- ▶ ask the groups to test some ideas collected and report the result
- ▶ at the end the separately collected food waste should be measured which should be less than the initial amount - to identify the amount photo should be taken
- ▶ the reports made by the groups should be given to the teacher on Friday, the best team should be awarded.

Evaluation methodology

Measure participation and awareness raising

- ▶ Number of participants (teachers, students)
- ▶ Number of posters created

Estimate the amount of reduced waste

- ▶ Weight of the food waste before and after the week at school
- ▶ Amount of reduction - deduct the quantities after and prior the action

More information

▶ Information material

- Food waste and its impact: [Do you dare to be aware?](#)
- Tips to reduce food waste:
 - [Shopping & Planning](#)
 - [Storing](#)
 - [Cooking & Eating](#)
 - [Use-by / best-before dates](#)
- Recipes for cooking with leftovers: www.ewwr.eu/en/support/thematic-days-2014-stop-food-waste

▶ Examples of actions

- Food waste awareness campaign at an agricultural college (FR) 2013:
http://www.ewwr.eu/docs/case_studies/FR_Education_Trophees-SERD-2013_CSF.pdf
- « ...di meno in Meglio » Project (IT) 2012:
http://www.ewwr.eu/docs/case_studies/EWWR_2012_Case_studies_Administration_Italy.pdf
- Ensemble, réduisons nos déchets – Together, let's reduce waste (FR) 2012:
http://www.ewwr.eu/docs/case_studies/EWWR_2012_Case%20Studies_Educational_France1.pdf
- New Appetite for Change at schools (UK) 2010:
http://www.ewwr.eu/docs/case_studies/EWWR%202010_Case%20Study_Admin_Scotland.pdf
- Minimize The Waste - Better Production And Handling Of Food Waste (SE) 2009:
http://www.ewwr.eu/docs/case_studies/EWWR_2009-case-studies_Business_Eurest_SV.pdf

▶ EWWR Coordinator's website/contact: Find out here: www.ewwr.eu/list-organisers

▶ European Week for Waste Reduction: www.ewwr.eu contact@ewwr.eu

▶ Relevant stakeholders

- [Sustainable Restaurant Association](#)
- Urbact: [Sustainable Canteen Project](#)
- [Sustainable Canteens Brussels](#)
- [Food Waste Reduction Alliance](#)

▶ Interesting links

- [SAVE FOOD initiative](#)
- [Think.Eat.Save.](#)
- [Food and Agriculture Organization](#) (FAO)
- [Love Food Hate Waste](#)



- OECD [Food Chain Network](#)
- European Commission: [Stop Food Waste](#)
- [European Environment Agency](#) (EEA):
- [European Environmental Bureau](#) (EEB):
- Slow Food Movement: www.slowfood.com
- Too good to waste campaign: [tips for restaurants](#)
- [Ethical Eats](#)
- Council hall of Reus (Catalonia): EWWR action: “[Regala’t aigua](#)”
- Bruxelles Environnement (IBGE) : [Cantine durable](#)
- Unilever: [Wise Up Your Waste](#) (free APP)
- WRAP: [Food waste reduction in the hospitality and food service.](#)

Publications

- International Solid Waste Association (ISWA): [Food Waste As A Global Issue. From the perspective of municipal solid waste management.](#)
- Environmental Protection Agency (EPA) Ireland: [Less food waste, more profit.](#)
- Intertek/ rdc/ Brussels Environment/ EcoRes: [Réduction des déchets organiques du secteur HoReCa](#)
- SimplyFood/ Bruxelles Environnement/ Wallonie: [Guide pratique cantine durable](#)

► European Week for Waste Reduction: www.ewwr.eu contact@ewwr.eu



With the support of
the European Commission

