



"Tasty waste" workshop

Procedure for multipliers

1. Brainstorming

Time: 5-10 minutes Material: none

"What comes to mind when I think of food wastage?"

Each student thinks for themselves and shares their own ideas, thoughts and information in the group.

2. Facts and information (possibly as a PowerPoint presentation with pictures, etc.)

Time: 30 minutes Material: info/video or PowerPoint

European Commission video on food waste:

<http://ec.europa.eu/avservices/video/player.cfm?sitelang=en&ref=I111438>

- More than half of all edible food ends up in the rubbish (global level)
 - 95 - 115 kg per household end up in the rubbish every year in Europe and North America
 - Sub-Saharan Africa and South/Southeast Asia, only 6-11 kg/year
- Italian households throw 2.2 million tons of food away each year (Italian level)
 - 19% of bread
 - 4% of pasta
 - 17% of fruit and vegetables
 - 39% of fresh ingredients (eggs and meat)
- If you packed the wasted food into a row of trucks, the route would stretch from Reggio Calabria (southern Italy) to beyond the border of Belarus.
- South Tyrol (state level)
- In South Tyrol, an average of 94 kilograms of edible food are thrown away per household and year.
- That's 282 euros.
- Hunger and obesity
870 million people are starving worldwide
1.9 billion people are overweight
- Where is it wasted?
 - 54% in production, post-harvest and storage



- 46% in processing, delivery and consumption
- Why is it wasted in supermarkets?
 - 67% too close to its expiry date
 - 12% product defects
 - 6% packaging defects
 - 9% delivery
 - 6% not sold
- Meat consumption
 - 80% of soya cultivation and 50% of cereal cultivation is fed to animals that are consumed.
 - If all humans ate as much meat as in the industrial countries, 80% of the arable land would have to be used only for meat production.
- Consequences of food waste
 - Not only food is wasted, but also arable land, water, fuel, electricity and labour.
- Good news
 - After France, Italy is the second country in the world to have passed a law to combat food waste (2016).
 - In February 2018, South Tyrol passed a draft law against food waste and for awareness-raising work at state level. For more information:
http://www.provinz.bz.it/news/de/news.asp?news_action=4&news_article_id=606602

3. Role play

Time: 30 minutes Material: case studies (appendix)

- The students form small groups (2-6 participants); each group receives a card. The students develop a short role play based on the information on the cards (time for preparation: 10 to 15 minutes). Each scene is then briefly performed. A short review follows: How did I feel in my role? Have I already had similar experiences? Is this a completely new situation for me?

4. Approaches to a solution

Time: 10 minutes Material: none

Consider approaches to solutions together. Each group writes the ideas on a sheet of paper and presents them in a sitting circle.

There are many right solutions! Some of these include:



- Food bank: Volunteers collect food and medicines in shops (with the permission of the manager) and distribute them to the needy
- Food sharing - food exchange
- Eat leftovers: Do not throw away the food from the day before, but eat/creatively prepare it the next day.
- Solidarity purchasing groups
- Buy fair trade and local products: When buying fair trade products and locally grown food, less is wasted in production and transportation.
- Reduce the consumption of meat, or try to eat meat for which you know the exact origin and animal husbandry.

5. Conclusion

Time: 5 minutes Material: none

Short conclusion: Are there any unanswered questions?

Thank you, and "let's make the world a little bit better together. We are all responsible for this, and we have only this one world at our disposal."

6. Other modules

- "Taste the waste" trailer

Time: 10 minutes Material: Video or Internet access

The students look at the film excerpt together, and a small discussion takes place afterwards.

Link to the video: <https://www.youtube.com/watch?v=jA1m2aKkqdQ>

- Unbelievable but true:

- Exchange of facts and slogans on food waste

Time: 10 minutes Material: printed facts and slogans (appendix)

Every student gets a slogan about food waste. Then the students move through the room and exchange 2 or 3 facts. Finally, the large group discusses briefly which information was special, new or interesting.

- Refrigerator or not?

Time: 10 minutes Material: info (appendix)

Which foods belong in the refrigerator and which do not?

The students receive various foods and have to decide which should be put in the refrigerator and which should not. One corner of the classroom represents "the refrigerator," the other corner "no refrigerator." Each student receives a food item and places him or herself in the corner that he or she considers to be right (does my food belong in the refrigerator or not?).

APPENDIX:

Role play



Expiry date

The mother gives her daughter a yoghurt, but she doesn't want to eat it and throws it directly into the rubbish bin, because the expiry date was the day before. How is the mother behaving? What does the child learn from her? And what do the other siblings say?

Rubbish diver

You're walking through the city when you see a small crowd of people next to two rubbish bins eager to have a discussion. You see two people just getting their food out of the rubbish bin. Some of the passers-by are upset because this is disgusting, and the "rubbish divers" should be ashamed to eat rubbish. The rubbish divers are trying to explain to passers-by that they don't like it when things end up in the rubbish and show them that most food is still good, some even still in the package. Other passers-by, on the other hand, defend the rubbish divers and think the idea is great.

Global interrelations

You're sitting at the table with the family and enjoying dinner. You're very hungry, and you're putting a big portion of noodles on your plate. But you can't eat it all. Your mother says what she always said to you as a little kid: "Eat up. Think of the poor kids in Africa." You're upset, because you think that statement is stupid. Your brothers and sisters, however, try to enlighten you some about the situation, as they have learned a lot about the connections between our eating habits and hunger in the world.

Consumption

You go shopping with friends and discover some "Take 3, pay for 2" offers and grab without thinking. One of your friends draws your attention to it and wants to know if you really need all the food and what the consequences will be if you buy things and then throw them away.

Food in the rubbish

You come home, and your mother is throwing away a couple pounds of oranges that have gone bad. You ask her if that doesn't bother her, but she says that the oranges were on sale and therefore very cheap, so not much money is lost. You try to explain to her that it's not just about the money.

Incredible but true: facts about food waste

More than half of our food ends up in the rubbish (Taste the waste)

In Germany, 15 million tons of food are thrown away every year. That's 500,000 trucks. Lined up, they would reach from Berlin to Beijing (Taste the waste)

40-50% of the potatoes are already sorted out in the field (Taste the waste)



German households throw away 20 billion euros annually (Taste the waste), as much as the annual sales of Aldi

A scanner checks the colour of the tomatoes. If they don't have the right colour, they're sorted out. (Taste the waste)

500,000 tons of bread are thrown away in Germany every year, and all of Lower Saxony could be supplied with it. (Taste the waste)

The food we throw away in Europe would be enough to feed all the hungry of the world two times over. (Taste the waste)

28% of all arable land in the world is used to produce food that is never eaten (United Nations report, 2016).

1.3 billion tons of food end up in the rubbish worldwide (United Nations report, 2016)

The production of food that is not consumed uses about 250 km³ of water per year. This is equal to five times the volume of Lake Garda. (United Nations report, 2016)

54% of the wasted food is already lost during production, post-harvest and storage. (UN report, 2015)

The food we throw away in Europe would be enough to feed all the hungry of the world two times over. (Taste the waste)

28% of the world's arable land is used to produce food that is never eaten. (United Nations report, 2016)

These products belong in the refrigerator

Fruit and vegetables: In the fruit and vegetable compartment, vitamin-rich foods can best be stored in air-permeable plastic bags.

Eggs: Eggs can be kept for 3-4 weeks in a cool and dark place. A special compartment for eggs is provided in the refrigerator door. Hardboiled eggs stay fresh in the fridge for about 2 days; freshly whipped and prepared eggs should be eaten as soon as possible.

Prepared food: Prepared food can be kept for one to two days in suitable, closed storage containers.

Milk and dairy products: Dairy products are best stored in the refrigerator. All unopened products can be used until the expiry date. Prepared foods such as quark and cream should ideally be eaten on the same day.



Raw meat and fish: With these sensitive foods, it is particularly important that the cold chain is not interrupted. Fresh meat and fish should be prepared as soon as possible.

These foods do not belong in the refrigerator

Exotic fruit: pineapple, avocado, banana, mango, passion fruit, papaya

Vegetables: pumpkin, cucumber, tomato, onions, garlic

Citrus fruits: orange, lemon

Other foods: basil, bread

Additional role plays/approaches to solutions

Evening walk

In the evening shortly before closing time, you pass a bakery and see that the shelves are still half full. What will happen to the bread that remains and cannot be sold the next day? You think together about what could be done to avoid simply throwing away the food that is no longer needed at the end of the day in bars, bakeries, supermarkets, etc.

Leftover food

Father, mother, daughter and son sit at the kitchen table. The son wants to know what the mother cooked. But the mother didn't cook; they're having leftovers from the day before. The children don't understand why they didn't throw away these leftovers long ago and prepare a "real" dinner. She tries to explain to them why the food comes back on the table instead of ending up in the rubbish. Can the children be convinced? And what does the father say about it?

Food exchange forum

"Share food instead of throwing it away." According to this motto, a new platform should be founded. How could you organize such a platform/forum? What ideas do you have on implementing this idea? How do you get as many people as possible to participate?

Solidarity purchasing groups

You're talking about buying groceries at home. Your sister suddenly suggests setting up a solidarity shopping group because she heard about it at school. The parents are sceptical; do these groups really



work? What is their purpose? You try to organize a shopping group together and motivate other friends to join in.

Food waste at school

You notice that also in school a lot of food is thrown away, be it during break time, in the cafeteria or at lunch with your classmates. What ideas do you have about bringing attention to the issue of food waste? How can you make your classmates aware of this and contribute to less throwing away in the school and/or refectory?