

European Week for Waste Reduction: Food Waste in Scottish Schools Action

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European Union



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EUROPE & SCOTLAND

European Regional Development Fund
Investing in a Smart, Sustainable and Inclusive Future

An overview of the action



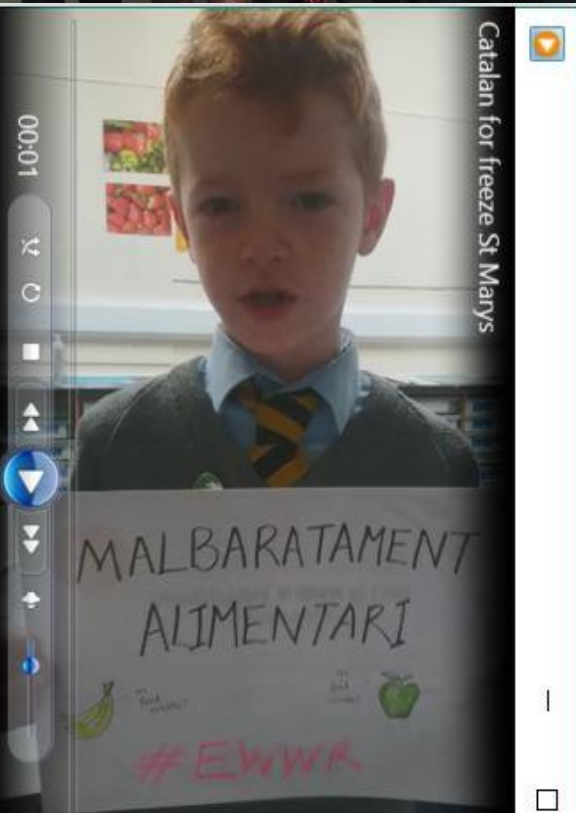
- Action developer **Chefs @ School**, the Scottish Federation of Chefs education branch, launched a series of a schools 'soup-athons'.
- **EWWR 2017** – 250+ school pupils took part in 5 'waste busting' workshops across the week learning to make 4 soup recipes & all about the impact & importance of food waste prevention. This was followed by classroom activities.
- Shared contacts & soup recipes with schools in Catalonia. Pupils practiced saying 'soup', 'freeze', and 'no food waste' in different languages.





Marie-Clare, Chefs @ School: *“The European Week for Waste Reduction allowed the launch of our soup-athon to have a meaningful focus and you could see the impact this had on the children. We enjoyed the involvement of the Catalan schools and couldn’t wait to try out their recipe for ourselves – it’s one I’ll be sure to share in future.”*

**Chefs@
SCHOOL**



For 4-14 year olds



Storage song Oh my yummy, food of mine!

www.youtube.com/watch?v=QVYH6jTIBYo

In a cupboard or a freezer,
Saving food to taste just fine,
Need to keep you 'fore I eat you,
Make you last a longer time.

Oh it's yummy in my tummy,
Keep it yummy, food of mine!
Don't be lost and gone forever
Keep it yummy, food of mine!

Keeping ice-cream in the freezer,
Ready meals and frozen veg,
Make leftovers last forever,
Extra meat and extra bread.

Oh it's yummy in my tummy,
Keep it yummy, food of mine!
Don't be lost and gone forever
Keep it yummy, food of mine!

In the fridge, put all the dairy,
Fruits and veg stay crisp and fine,
In the bottom, meats and fishes,
Keep in packs 'til dinner time.

Oh it's yummy in my tummy,
Keep it yummy, food of mine!
Don't be lost and gone forever
Keep it yummy, food of mine!

Now we can stock the store cupboard,
Bread, jars, tins go on shelves,
Tatties and onions in the dark,
Bananas must stay by themselves.

Oh it's yummy in my tummy,
Keep it yummy, food of mine!
Don't be lost and gone forever
Keep it yummy, food of mine!

Oh it's yummy in my tummy,
Keep it yummy, food of mine!



Portion poem

How much is too much to munch for you?
Look at your hand and then you will see,
One portion's one fist for most of your tea,
Two fists for your leaves but one for your peas,
But only one finger allowed for your cheese.
Meat, fish and nuts the size of your palm,
Eat all in proportion to help you stay calm,
Half a fist is a handful for noodles and rice,
Bread the size of your palm is perfectly nice,
Spreads are delicious but only one thumb,
Now eat it all up and don't waste a crumb!

LOVE
FOOD
hate waste

LOVE
FOOD
hate waste

Fighting against food
waste in your school



By saving food from the bin
money every year from the bin we could save this much

£460



By saving food from the bin
it could have the same effect
for the planet as taking this
many cars off the road.

1 in 4



We throw away
this many tonnes
of food from our
homes every year.



600,000

By 2025 Scotland is aiming to cut the food
we throw in the bin by

LOVE
FOOD
hate waste



Key learnings

What worked well:

- Incorporating waste reduction messaging into existing schools initiatives (“competing concerns”).
- Hands-on practical activities that meet the curriculum needs of partners, pupils & teachers.
- Feeling part of “something bigger” – #EWWR



What could have been improved:

- Single-use items in the kitchen environment & with the action developer.
- Contact information – coordinator vs. action developer, digital links and social media handles.
- Ensuring legacy or wider involvement – getting participants to complete waste warrior audits.





Thank you for listening!

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