



"Weigh and Think" for schools Awareness and action against food wastage



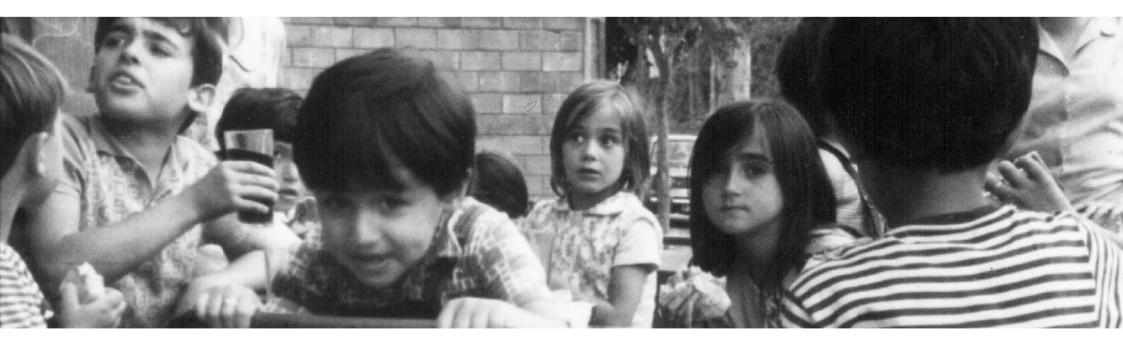
Generalitat de Catalunya Departament de Territori i Sostenibilitat



CAMPOS ESTELA



Catalan catering Enterprise with experience at the service of schools and families



Campos Estela originated in 1968 when Pepe Garcia and Maribel Huesca opened a food bar near the Monastery of Sant Cugat del Vallés (Barcelona) and the Teachers' School. Some of the students who ate in the bar asked them to help them set up the canteen at their school when they began to work as teachers.

Campos Estela still retains the family spirit, with the second generation in charge, and has a large team of professionals with extensive experience in teaching, educational leisure, nutrition and food safety. Its educational projects promote healthy eating habits, environmental awareness and education in values.

FLEXIBILITY + QUALITY + PROXIMITY

WHAT CAMPOS ESTELADOES

Eat and ... Much more!

They cook health, we provide flavour

Healthy, familiar, safe menus tailored to each child



WHAT IS A HEALTHY DIET AT CAMPOS ESTELA?

A BALANCED · VARIED · SUFFICIENT · INCLUSIVE HOMEMADE · FUN · SAFE MEAL

Their expertise focuses on providing:

- Educational projects tailored to each school
- A comprehensive service covering both educational leisure and food
- Organic and conventional cuisine
- Balanced menus designed by our nutritionists
- Kitchens with the highest standards of food safety

They support the educational line of each school

They create positive experiences for students and added value for schools



The midday break is an excellent **OPPORTUNITY** to work with children on healthy eating habits, values and social interaction, as well as educational leisure experiences.

The team of educators at each school works with a folder of open proposals that can be adapted to the educational line of their centre. Our projects revolve around:

- Food waste
- Inclusion
- Sustainability and dematerialization
- Educational innovation
- Health and nutrition

FOOD WASTE Awareness and action against food wastage



Each year in Catalonia, **262.000 tons** of food are wasted and more than half of this is in households. With the food thrown out every year, you could feed 500.000 people.

The Weigh and Think method aims to sensitise children about the ecological footprint left by food waste. Raising awareness among children about this problem is a way to reach families and promote more responsible consumption to avoid food waste.

SENSITISATION + EXPERIENCE + ACTION

WEIGH AND THINK From theory to practice

The pilot test of this project was launched in 2014. From the second month and steadily, food waste in the school canteen was reduced by 35% and waste generation by 50%. Nowadays the food waste reduction is about 75%. The Weigh and Think method is divided into 5 steps:

1 SEPARATE	2 WEIGH	3 RECORD		4 THINK	5 PROP	5 PROPOSE set targets to achieve from the 1st month of data collection	
4 bowls: inorganic, inedible, edible, water	daily, systematically and accurately	data: day, group of children, menuserve kg of each containe	ed, w	/se data relating to aste generated	from the 1s		
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BENEFITS OF WEIGH AND THINK

A project for children, schools, society and the company

Social benefits

- MATHEMATIC SKILLS: reading scales, calculations, etc.
- LANGUAGE SKILLS: discussion of results
- DIGITALSKILLS: data logging in the app
- GENERAL KNOWLEDGE: reflections on environmental footprint. source of food, etc.
- AUTONOMY: setting of targets for improvement by the children themselves
- SOCIAL SKILLS: transferring learning to family and friends
- WASTE REDUCTION
- SENSITISATION of future generations about responsible consumption habits

Business benefits

- SAVING of 5 to 10% in raw material (efficient shoping management)
- INITIATIVE CAN BE EXTRAPOLATED to other territories.
- METHOD APPLICABLE to other areas: company canteens, hospitals, homes
- BRAND AMBASSADOR project





WEIGH AND THINK Circular Economy project



Step by step

Vegetables producers of proximity



Composter

Organic waste transformed into fertilizer for the school garden











WEIGH AND THINK

Cross visit of the Ecowaste 4 Food project



🕒 YouTube 🛯

Cerca



1st technical visit of the ECOWASTE 4 FOOD project (ARC): Weigh and Think

www.pesaipensa.org

A project to raise awareness about the production of food waste Mail: info@pesaipensa.org



Thanks for your attention,

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