

January - Diet & Food Waste

High Tech - Step-By-Step Activity



**Calendar for
Climate
Change**

Quid-Pro-Guo - Inter-generational
Education to Ease Global Warmi



Step-by-Step Guide

Climate Change Topic	Diet and Food Waste		
High-tech or Low-tech?	High Tech		
Duration of Activity	30 minutes to download the App and input your details into the app. It will take 10-15 minutes each week to keep it updated	Learning Outcome	<ul style="list-style-type: none"> • Basic knowledge of how to limit food waste • Knowledge of how to use an app to limit food waste.
Materials Required for Activity	Access to a phone (internet access is preferred but not necessary)		
Step-by-step instructions	<p>Reducing the amount of food that we waste at home is one key way you can reduce your environmental impact on the planet. There are loads of ways to keep track of the food you waste at home. One way is to keep track of food waste on your phone.</p> <p>Step 1: Download the NoWaste App on your phone from the Apple store or the Google Play store. https://apps.apple.com/us/app/cloud-freezer-food-inventory-list/id926211004 https://play.google.com/store/apps/details?id=com.khcreations.nowaste</p> <p>The NoWaste App is designed to help you reduce food waste at home with minimal fuss. It does this by allowing you to keep track of what food you already have, create a shopping list before you go to the shops, and plan your meals. If you don't want to download the app or don't have access to the internet you can still use your phone to keep track of your food waste. Read a review of the app here: https://blog.publicgoods.com/nowaste-app-review/</p> <p>Step 2: Log into the app and input the food you have in your fridge or cupboards. You can do this by inputting what you have manually or by scanning the barcodes of each item. Although you can access</p>		



most features with the free version of the app, some people prefer to upgrade to the paid version. You can set the expiry dates for all your food and receive notifications when food items are soon to expire. Instead of having to click into the app every time you want to check what food is expiring soon, you can set up the app to notify you. The app allows you to choose how many days' notice you would prefer. Check out the NoWaste app Facebook page for hints and tips on how to do this. <https://www.facebook.com/NoWasteApp>

Step 3: Make your shopping list

This allows you to plan what food you want to buy before you go to the shop. By planning what you need to buy before you go and making a list you will be less likely to buy food that you don't need. The Grocery list feature in the app is easy to use. Once you have crossed certain items off your list, the app allows you to move the items from the shopping list part of the app into the fridge, freezer, or cupboard inventory lists. This makes it easy to keep track of exactly what you are buying and where it is going.

Step 4: Plan your meals

The app also allows you to input your favourite meals and spread them out in the calendar to keep track of what you're planning to eat each day. Even if you don't use the app for this, you can still make a note on your phone as to what you want to eat each day based on the food you have available at home.

Step 5: Monitor your progress

After you've been using the app for a few weeks, it will start providing you with information about how you're progressing with your food waste management and whether you're improving or not. It shows you what percentage of the food you have eaten each month, and what percentage you have allowed to expire. The app also displays a monthly estimate of how much money you have saved by minimizing your food waste.

Step 6: Keep track of the money you have saved by using the app and treat yourself to something nice!


Remember, even if you do not download the app, your phone has everything you need to help you reduce your food waste. You can use your phone to make shopping lists, keep track of what food you have, plan meals and research recipes.



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