

January - Diet & Food Waste

Low 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?	Low Tech		
Duration of Activity (in minutes)	Takes about 15 minutes each day to keep a food waste diary for a week. Will take an extra 30 minutes at the end of the week to learn about ways to reduce food waste.	Learning Outcome	<ul style="list-style-type: none"> ✓ Basic knowledge of how to limit food waste ✓ Basic knowledge of food preservation
Materials Required for Activity	Printer to print our 'Food Waste Diary' template		
Step-by-step instructions	<p>Keep a food waste diary to record how much food you throw away each week.</p> <p>In this activity, we will help you become aware of how much food you waste each week, which will enable you to make changes to reduce it in the future! <i>Follow these steps to get started:</i></p> <p>Step 1: Learn about food waste Food waste is a big contributor to greenhouse gas emissions. As part of your research use this link to learn more about the facts on food waste in Europe. https://www.eufic.org/en/food-safety/article/food-waste-in-europe-statistics-and-facts-about-the-problem</p> <p>Step 2: Keep a food diary To reduce our food waste, we first need to understand what foods we are throwing away. Using a food waste diary to keep track of this can be useful in helping you identify what foods you are throwing away most.</p> <p>This will help highlight what you need to change to reduce the amount of food <i>you are throwing away</i>.</p> <p>The following link is to a template for a food waste diary which you can print out and use to record the food you throw away each day.</p>		



https://www.eufic.org/en/images/uploads/news/FoodWaste_journal_Orange.pdf

b. Stick the Food diary on your fridge or somewhere visible to remind you to fill it out.

Step 3: Keep a record of the food you throw out

- a. Each time you throw out food, write down how much you have thrown out. For example, if you are throwing out bread write down how many slices. Or if you throw out apples, write down how many.
- b. It is also important to write down the reasons for throwing the food out. For example, you threw away fruit because it went mouldy. Or you threw away pasta because your portions were too big. Knowing the reason for the food waste is vital and will help you make changes in the future.

Step 4: Look for patterns

- a. After a week of filling out your food waste diary, sit down and look for any patterns in the types of food you throw away. This will help you find ways to reduce your food waste in the future.
- b. Do you throw a lot of the same foods out? If you are throwing away a lot of vegetables, you might not buy as many in the future, or you might buy frozen vegetables instead.

Step 5: Learn about ways you can reduce your food waste

Learn about ways you can reduce food waste. There are ways that you can store food to preserve it for longer. The following links will help you with your research

<https://www.eufic.org/en/food-safety/article/how-to-reduce-food-waste-at-home>

<https://www.lovefoodhatewaste.com/good-food-habits/how-do-l>

Step 6: Get creative with leftovers

One way of reducing food waste is learning about ways to reuse it for future meals. Use the following links for recipe ideas to get creative with your leftovers and to make new meals for lunch or dinner the next day.


<https://www.lovefoodhatewaste.com/foods-and-recipes?f%5B0%5D=type%3Afood&f%5B1%5D=type%3Arecipe>



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