



Connecting Experience

Zero Waste Cooking Contest

AGE GROUP

7+

AMOUNT OF PEOPLE

10+

TIME

4 HOURS

OBJECTIVE

To learn how to buy food with no plastic or packaging, to learn about seasonal fruits and vegetables.

MATERIAL

Cooking supplies



Instructions

In small groups, each team must plan a meal for the contest, they must use seasonal fruits and vegetables and make it as eco-friendly as possible. They must stay within the budget, and try to buy local products with little or no waste. They should cook enough for everyone in their team + 1 leader.

The team should plan their own shopping and be given a set amount of time to cook, we suggest 2 hours.

Leaders should taste each dish and award the teams points based on taste, creativity, how seasonal the ingredients are, how little waste they created.



CONNECTING EXPERIENCE PAGE
<https://ej2020.org/connecting-experience/>

HOST ORGANISATION



OFFICIAL EVENT



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