



Connecting Experience Food waste

AGE GROUP

11+

AMOUNT OF PEOPLE

3+

TIME

2 TO 3 WEEKS

OBJECTIVE

To be aware of food waste and to find ways to avoid it.

MATERIAL

Paper, pen



Instructions

Step 1: Track your food waste.

- ▶ For one or two weeks, participants should take note of every time they, or the people around them, throw away food. They should also try to find out about food waste in different places they visit eg. in their school, in the movie theatre, etc.

Step 2: Awareness.

Have participants share what they found:

- ▶ Did you find a place with no food waste?
- ▶ How much did you throw away? Was it because it was out of date?
- ▶ Were you surprised by how much/little waste you created?

Share the below facts about food waste, and discuss their thoughts about them

- ▶ "Over 1/3 of all food produced globally goes to waste."
- ▶ "The annual value of food wasted globally is \$1 trillion, and it weighs 1.3 billion tonnes."
- ▶ "the world's one billion hungry people could be fed on less than a quarter of the food that is wasted in the US, UK and Europe."
- ▶ "An area larger than China is used to grow food that is never eaten."

more facts and references can be found on this website: <https://olioex.com/food-waste/food-waste-facts/>

Step 3: Find some solutions!

Together come up with some ideas to reduce food waste in their daily life.

Here are some examples:

- ▶ Check what you have at home before going grocery shopping and plan meals based on that
- ▶ Know the difference between "use by" and "best before"
- ▶ Take smaller portions of food



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

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