

EDUCATION PACK

FOOD WASTE
KEY STAGE 1 & 2

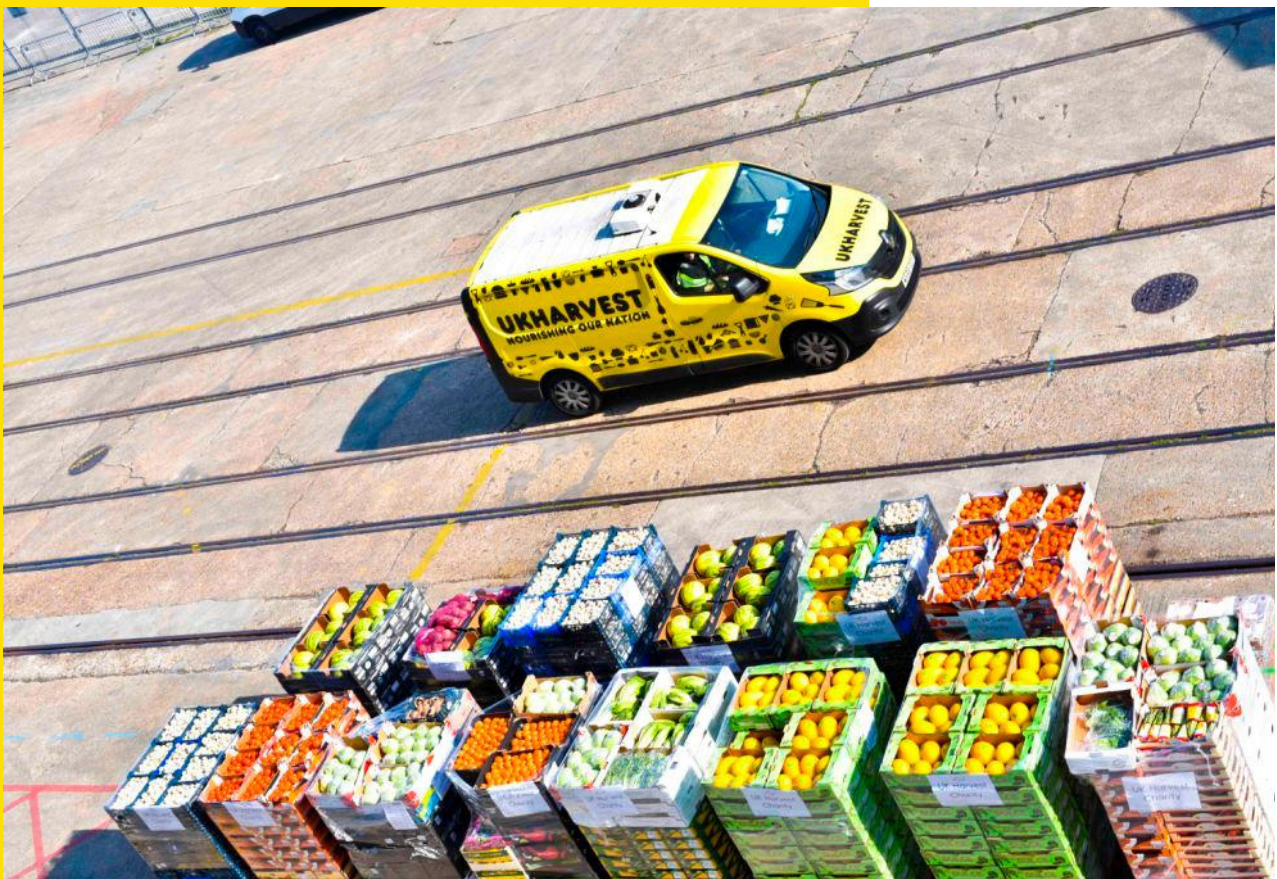
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Nourishing Our Nation

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INTRODUCTION

Welcome to UKHarvest's Food Waste Education Pack for Key Stage 1 & 2. This pack provides five 15-minute activity sessions with easy-to-follow resources to help teach and understand some of the issues surrounding food waste in the UK.

The aim of this pack:

- To provide fun and engaging activities for children
- Help raise awareness of the issue of food waste
- Provide tips to tackle and reduce food waste at home

The activities:

(Available in PDF form to print off from our website at: www.ukharvest.org.uk/education)

The Food Journey – a picture based activity sheet to show where our food comes from.

Food Storage – a picture based activity to show where these foods should be stored.

Regrowing Spring Onions – an activity sheet showing how to replant the roots and watch them grow on your windowsill.

Wordsearch – simple fun word search of all the key ingredients and words associated with Food Waste.

Food Waste Warriors – Design and colour a poster to stick on the fridge with the messages #LoveWonkyVeg - Send in any posters to info@ukharvest.org.uk!



SESSION STARTER

1. Get the students all to close their eyes and imagine all their favourite food around them.
2. Then tell them that they are looking in a bin, because it all got thrown out and wasted!

It's a great way to grab their attention and introduce them to food waste scenarios. Now get them to try and guess the most wasted foods in the UK. These figures shown on the right are all 'per day' based on UK household food waste.

(www.lovefoodhatewaste.com & www.wrap.org.uk)

Short videos as background:

KS1 helpful video to support the Teacher's Notes
www.youtube.com/watch?v=rjxwfp8rs34

KS2 helpful video to support the Teacher's Notes
www.youtube.com/watch?v=0eqxgvZNn0I



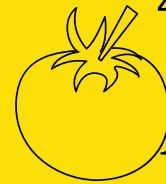
Everyday in
UK homes we
throw away:



20 Million
Slices Of Bread



4.4 Million
Potatoes



1.2 Million
Tomatoes



970,000
Onions



800,000
Apples



86,000
Whole Lettuce



3.1 Million
Glasses' Of Milk



330,000
Chickens



104 Tonnes
Of Cheese

WHAT IS FOOD WASTE?

Food Waste is a broad term for all food that does not get eaten within the food supply system. There are naturally some inedible parts of a food, e.g pips, stones & eggshells, but we are focussing the food that could have been eaten.

Why is tackling food waste so important?

The way our food is grown, processed, transported, and bought has a massive impact on our climate.

When we throw away edible food we waste all of the natural resources, energy and labour involved in producing, storing, transporting and cooking that food in the first place. When food waste is sent to landfill it releases methane, a potent greenhouse gas, into the atmosphere

With our population increasing year on year, and with projections from United Nations that the world's population will increase from 7 to 9 billion by 2050, there is more need than ever for us all to reduce waste and adopt a more sustainable lifestyle.

As Sir David Attenborough clearly says 'one thing' everyone can do to help save the planet is.

"Don't waste anything, don't waste electricity, don't waste food, don't waste power"



HOW MUCH FOOD GOES TO WASTE?

The UK has the highest amount of Food Waste in Europe, - produces almost twice the amount of food waste than Sweden and Spain according to the European Commission.

In the UK the average family is throwing away £60 of food every month. That's £720 per year that a family could save.

It takes 65 billion litres of water to grow the potatoes we waste in the UK every year.

What is being done?

The United Nations has set a target of halving world food waste by 2030.

The UK government has promised to reduce food waste by 20% by 2025 and we can all play our part by reducing food waste at home.



50%

of all potatoes we buy end up in the bin

160,000

tonnes of milk are binned every year

20 MILLION

UK slices of bread are thrown away every day

4.5 MILLION TONNES

of edible food is food is wasted in UK homes each year

ENOUGH TO FILL 90 ALBERT HALLS

WHERE DOES FOOD WASTE COME FROM?

Food waste comes from every part of the supply chain; from field to fork, from factory to fridge. But did you know 70% of post-farm food waste in the UK happens at home?

Farmers and producers do everything to minimise their waste, but sometimes a percentage of their crop is rejected due to adverse weather in growing or simply outsize/misshapen produce that is rejected by supermarkets.

Farms, factories and supermarkets are finding innovative ways to reduce their waste, such as donating surplus product to charity, selling 'Wonky Veg', or reducing prices on products with a short shelf life.



**70% of post-farm food waste in the UK
happens at home**



FOOD WASTE TIPS

Plan meals – talk about the dinners you would like to have for the week and only buy the ingredients needed.

Shopping list & Fridge Photo – take a list to the supermarket and stick to it, only buying what you need. Take a photo of your fridge/cupboard before you go to avoid doubling up on any items you already have.

Buy local & buy wonky – fruit and vegetables that are misshapen often get left behind in the supermarket. It might look a little different but it tastes just as good! Buy locally and what is in season, to avoid unnecessary food miles and cost.

Buy short shelf life food – shops often throw away food when it reaches its 'Best Before' date so they sometimes reduce the price to sell it quickly. It can stop waste and save money buying these items. Use your eyes and smell to check something is OK to eat rather than just the BB date. You should not eat food past its "Use By" as this refers to safety.

Store food correctly – Keep bread in a cool dark place to prevent mould. Do not store highly gaseous produce like bananas and avocados with other fruits as they will make them turn quicker. Keep some fruit in the fridge. Apples and some other citrus fruits will last longer in the fridge rather than in a fruit bowl

Freeze - store food in the freezer to keep it fresh and use it later. Did you know you can freeze eggs, yoghurts and cheese? By freezing food it means they can last for longer.

Love your leftovers - use what you already have before you go shopping again. You can take leftovers for lunch or make banana bread from overripe bananas that would otherwise go to waste.

Ditch your peeler – there is so much nutrition in the skins of carrots and potatoes so there's no need to peel them, simply clean them. Get creative and research what fruit skin you can eat - such as carrot tops and kiwi skin!

Compost - put unavoidable fruit and veg scraps in a compost bin to avoid landfill.

Remember you can print off our Food Waste Tips Poster from www.ukharvest.org.uk/education to stick on your fridge and remind you!

