



What is love food hate waste?

Love food hate waste is a national campaign which seeks to raise the awareness of the UK's food waste problem and get householders wasting less food – something that could save the average family almost £60 a month. This is certainly something that could benefit any community in Cumbria.

Food waste events can help local households to monitor and review how they plan their cooking, the ingredients they buy, how much they currently waste, and how to waste less. By encouraging people to buy and consume only what they really need, you can help them save money and reduce their environmental impact as well.

Why run a skills session on food waste reduction?

By throwing away food we waste all the energy, water and packaging that have been used to produce, transport and store it. Currently, the UK discards an estimated 15 million tonnes of cooked or uncooked food, accounting for approximately 20% of UK's CO2 emissions. Half of this food waste comes from households. Unfortunately, much of the food waste still ends up in the bin and will ultimately head to one of Cumbria's waste treatment facilities alongside a financial and environmental cost – and most of this is completely avoidable.

What things do I need?

- Lots of examples of food and packaging for demonstration
- Copies of a simple menu planner such as the one included in this pack
- Paper and pens
- Information about local food reuse schemes, such as local food banks, community composting schemes, etc.
- A flipchart or whiteboard and pens are useful so you can write up ideas from the group

TOP TIP

A **guest speaker** such as a local chef might generate loads of interest; council recycling officers, food bank coordinators or allotment associations who could all talk about their experiences.

Hand out **recipe cards** with creative ideas for using leftover food ingredients; for example, delicious soups, stocks, and smoothies are always excellent ways to get the most from meat and vegetables. Contact Katharine Smith at katharine.smith@cumbria.gov.uk or on **07831 205382** to request some for your session.



Running the session

Before the event

Gathering information

Ask around your local area to find out which local organizations are tackling food waste issues, such as food banks and community compost projects. If possible, display their details so that people can approach them afterwards to find out more.

Cumbria County Council will be able to provide you with some Love food hate waste information leaflets and handy gadgets such as spaghetti measurers. They will also be able to let you have information on discounted food waste digesters and standard compost bins that they offer. The latter two relate directly to food waste so will add value to your session.

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Things to make sure you have considered

Undertake a risk assessment on the activity and ensure you implement the actions needed to reduce any risks – see *Resource A for an example risk assessment*. Make sure you've included any charge for hall hire or cleaning in your budget.

Although your aim is to reduce food waste, you're not recommending eating mouldy food or items that are past their use-by date - rather showing how good planning can avoid people having items left over in the first place!

On the day

1) Introductions and icebreaker – approx. 5 mins

Open the session by welcoming everyone. As an ice-breaker, ask people to introduce themselves and say what their favourite kind of food is.

2) Setting the scene – approx. 15 mins

Give a short presentation on food waste reduction, based on the following outline:

- Explain the purpose of the session is to discuss tackling your community's food waste in a friendly and positive way, without challenging or embarrassing individuals about their household's behavior.

- Use the statistics in the introduction to this guide to summarize the current challenges of food waste. Explain the opportunities we have to use our food more efficiently, saving money and helping the environment by pointing people to your local foodbank.
- Show a range of foods still in their packaging, discussing:
 - how long you expect each food item to keep fresh,
 - whether or not packaging can be recycled
 - how to deal with anything that can't be reused, for instance by composting

Encourage everyone to contribute their own ideas and ask questions.

3) Group activity – approx. 20 mins

Explain the Perfect Portions activity (Resource G) and the importance of cooking the correct portion sizes. As a group, or split group into pairs, allow group to complete the activity. Then discuss the answers.

Explain the Lovely Leftovers activity (Resource F). As a group or split into pairs, hand out the activity and complete the activity. Discuss the answers as group. You could write up the ideas as a recipe card on your flipchart if you wish.

Encourage the group to agree to share any more recipe ideas between themselves, especially those that use up leftovers. When anyone makes such a meal, suggest they take a photograph and share it on the group's facebook page or by another means appropriate to your group.

4) Refreshments – approx. 10 mins

5) Practical session: Planning the weekly meals - approx. 15 mins

Demonstrate on your flipchart how to plan a week's food needs. Draw out a simple chart showing each day and what you plan to eat. As you write this out, explain how you are planning to eat first the things that need to be eaten fresh, etc. Then, looking at your plan, construct your shopping list.

Hand out paper and pens and ask people to create their own weekly menu and shopping list.

6) Setting the take away task – approx. 5 mins

Give everyone a simple [food waste diary](#) so that they can monitor what they buy, eat and throw away over a weekly period. A diary template is available in this pack.

7) The team photo

Just before you end your event, ask everybody to pose with food items for a team photo. Again add this to your facebook page and share it with us so we can promote your success.

After the event

If people are interested then you can also arrange a second session, to discuss what's been learnt and what's changed in people's habits, and to share ideas for further reducing food waste.

You could also plan an event specifically around themes such as buying and using seasonal produce, or maybe a session cooking with children. How about offering people the chance to learn something new by running a workshop to demonstrate skills such as canning or pickling to extend storage times for fruit and vegetables?

Mini case studies / testimonials from communities who have arranged similar sessions

The session really helped me to plan out my weekly menu, rather than just buying random ingredients. I've now greatly reduced what I throw out, I'm also spending less on my groceries too.

Steve, Kendal

I like learning tasty new recipes as creative ways to use up vegetables left at the end of the week.

Jenny, Carlisle

Further information and support

'**Recycle for Cumbria**' has handy advice on resourceful living, including encouraging people to reduce their food waste at the shops and at home: www.recycleforcumbria.org

WRAP's consumer campaign **Love Food Hate Waste** raises awareness about food waste issues and promotes easy ways for individuals to reduce how much food they discard: www.wrap.org.uk
If you want to find out more, there are lots of resources that are downloadable from the 'Love Food, Hate Waste' campaign website: <http://england.lovefoodhatewaste.com/content/about-food-waste-1>

The Food Waste Network maps, monitors and promotes food waste recycling services. It's a free service connecting UK businesses with a suitable means to recycle food waste: www.foodwastenetwork.org.uk

The **Recycle Now** website includes food waste facts, figures and a video. There's also an explanation and links about community composting and anaerobic digestion as a way of reducing food waste: www.recyclenow.com/facts-figures/how-it-recycled/food-waste

Reuse organizations such as **local Freecycle groups** across Cumbria are happy to help you pass on unwanted ingredients, provided they're free. So if you're lucky enough to have a large garden producing lots of apples or rhubarb over the summer months, there are bound to be others locally who'd love to make use of any surplus! www.ilovefreecycle.org