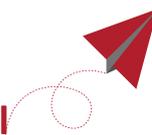


FL4LF - Toolkit - 20 Workshop Scenarios

– accompanying material as an additional proposal



Title:	Minimising Waste, Maximising Impact: A Workshop on Reducing Food Waste
Focus:	Reducing wastage/throw of food (zero food waste)
Concept summary:	This workshop scenario is designed to encourage adult educators to consider ways of combining several of the workshop scenarios presented in the FL4LF - Toolkit - 20 Workshop Scenarios to get a more unified whole on a particular topic. It is an additional proposal as a companion material to the developed toolkit to get a broader picture and strengthen applicability.
Ways of combining:	 <p>This workshop scenario can be the basis for combining with any workshop in section 4 - Reducing wastage/throw of food (zero food waste) or complementing any workshop scenario in section 2 - Reconnecting with the producers who feed us (local farmers) and section 3 - Supporting local vendors (local farmers) described in FL4LF - Toolkit - 20 Workshop Scenarios.</p>
Short description / Purpose	The workshop scenario addresses the critical issue of food waste, aligning with the pillar of reducing wastage/throw of food. Participants will delve into the impact of food waste on the environment, economy, and society, and learn practical strategies to minimise waste through meal planning, proper storage, and repurposing. The workshop scenario focuses on empowering participants with the knowledge and skills to reduce food waste in daily life, and by emphasising a zero food waste approach, the workshop aims to create awareness and inspire responsible food practices.
Main goal and specific objectives	<p>→ Main Goal: to equip participants with strategies to reduce food waste in their households</p> <p>Specific objectives are:</p> <ul style="list-style-type: none"> • to understand the environmental, economic, and societal impact of food waste • to learn and apply practical techniques to minimise food waste, including meal planning and proper storage • to explore opportunities to repurpose food waste creatively
Expected learning outcomes	<p>→ By the end of this workshop, participants should be able to:</p> <ul style="list-style-type: none"> • explain the multifaceted impact of food waste • implement effective meal planning and storage practices to minimise waste • identify creative ways to repurpose food waste, contributing to a circular economy
Target group	Multi-vulnerable adults with a focus on young adults, young adult parents, predominantly mothers, or young adult women, including those interested in sustainable living
Group size	→ Optimal: 15-20 participants
Estimated duration	At least 3 hours
Equipment / materials needed	<ul style="list-style-type: none"> ▪ projector, whiteboard or flip chart, markers and sticky notes ▪ printed materials on the impact of food waste ▪ cooking utensils for demonstration (if applicable)
Before the workshop / description of preparation	<p>→ Before the workshop, educators should:</p> <ul style="list-style-type: none"> ▪ research and compile data on the impact of food waste ▪ prepare engaging visuals and materials for discussion ▪ arrange for cooking utensils if a cooking demonstration is included ▪ promote the workshop to encourage participation
Format	Face-to-face with possibilities for adaptation to online
Setting up the workshop:	<p>1. Icebreaker activity (15 mins)</p> <p>Description: [Insert a short icebreaker activity. This could be a game, discussion, or any engaging activity that will set a positive tone for the session.]</p> <p>An appropriate icebreaker introducing the topic of the following activities is provided as a proposal at the end (in section 2).</p> <p>2. Introduction to food waste (15 mins):</p> <p>Begin the workshop with a warm welcome, setting a positive and engaging tone. Provide a brief overview of the workshop's purpose, emphasising the significance of addressing food waste in our daily lives. Deliver a presentation highlighting the environmental, economic, and societal impact of food waste, creating awareness among participants. (Food Waste infographic)</p> <p>3. Activity demonstration: Minimising waste in meal-planning (30 mins):</p> <p>Conduct a practical demonstration showcasing effective meal-planning techniques. Engage participants in group discussions to explore and share their current meal-planning habits. Encourage an interactive environment where individuals can exchange ideas and learn from each other, fostering a sense of collaboration. (FIFO poster)</p>
Methodology / Process description	

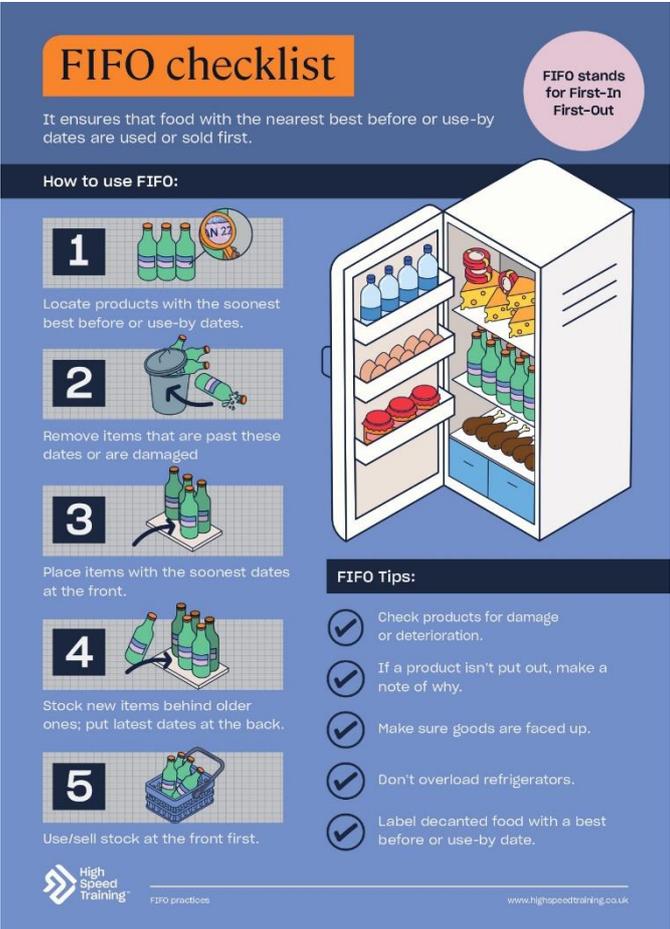
	<p>4. Main activity: Storage solutions and creative repurposing (90 mins): Guide participants through an exploration of proper food storage methods, emphasising the importance of extending the lifespan of groceries. Facilitate a hands-on activity where participants creatively repurpose common food scraps. This interactive session promotes a practical understanding of how small changes in daily habits can contribute to reducing food waste.</p> <p>5. Reflection and discussion (15 mins): Allocate time for a reflective session, allowing participants to share personal experiences with reducing food waste. Initiate a group discussion to address challenges faced and collectively brainstorm solutions. This reflective segment encourages self-awareness and empowers participants to take ownership of their roles in minimising food waste.</p> <p>6. Closing remarks and call to action (10 mins): Summarise key takeaways from the workshop, reinforcing the importance of implementing sustainable practices. Conclude with a call to action, assigning a homework task: participants are encouraged to implement one new strategy to reduce food waste at home. This actionable item ensures that the insights gained during the workshop translate into practical, real-life changes.</p> <p>This structured workshop plan combines informative presentations, hands-on activities, and reflective discussions to comprehensively address food waste. The interactive nature of the activities promotes engagement, making the learning experience impactful and applicable to participants' daily lives.</p>
<p>Adaptations, additional tips</p> 	<ul style="list-style-type: none"> • Tailor discussions to local contexts and food consumption patterns. • Encourage participants to share personal stories and challenges related to food waste. • Provide additional resources for further exploration.
<p>IDEA PLUS:</p>	<p>– this workshop scenario can be combined with connecting with local farmers by adding a session: Meet the Farmer Sessions Objective: Establish a direct connection between consumers and local farmers. Activity: Arrange sessions where local farmers visit the community to share their experiences, discuss sustainable farming practices, and showcase their produce. This personal connection fosters a sense of appreciation for the people who grow the food.</p>
<p>Accompanying materials (if applicable)</p>	<ul style="list-style-type: none"> • Infographics on the impact of food waste. • Recipe ideas for creative repurposing.
<p>Learning Material/References</p>	<p>→ Handouts: Look for useful publications, videos or infographics on the topic of food waste, effective meal planning and storage techniques</p>

A useful link for those who want to learn more and get ideas for workshops with adults:

"[Using a FIFO Food Storage System](#)" – a resource written by Liz Burton-Hughes (on the website: [High Speed Training](#))

You can download and print their example FIFO checklist

[A Free FIFO Checklist](#) (poster)

FIFO checklist

FIFO stands for First-In First-Out

It ensures that food with the nearest best before or use-by dates are used or sold first.

How to use FIFO:

- 1** Locate products with the soonest best before or use-by dates.
- 2** Remove items that are past these dates or are damaged
- 3** Place items with the soonest dates at the front.
- 4** Stock new items behind older ones; put latest dates at the back.
- 5** Use/sell stock at the front first.

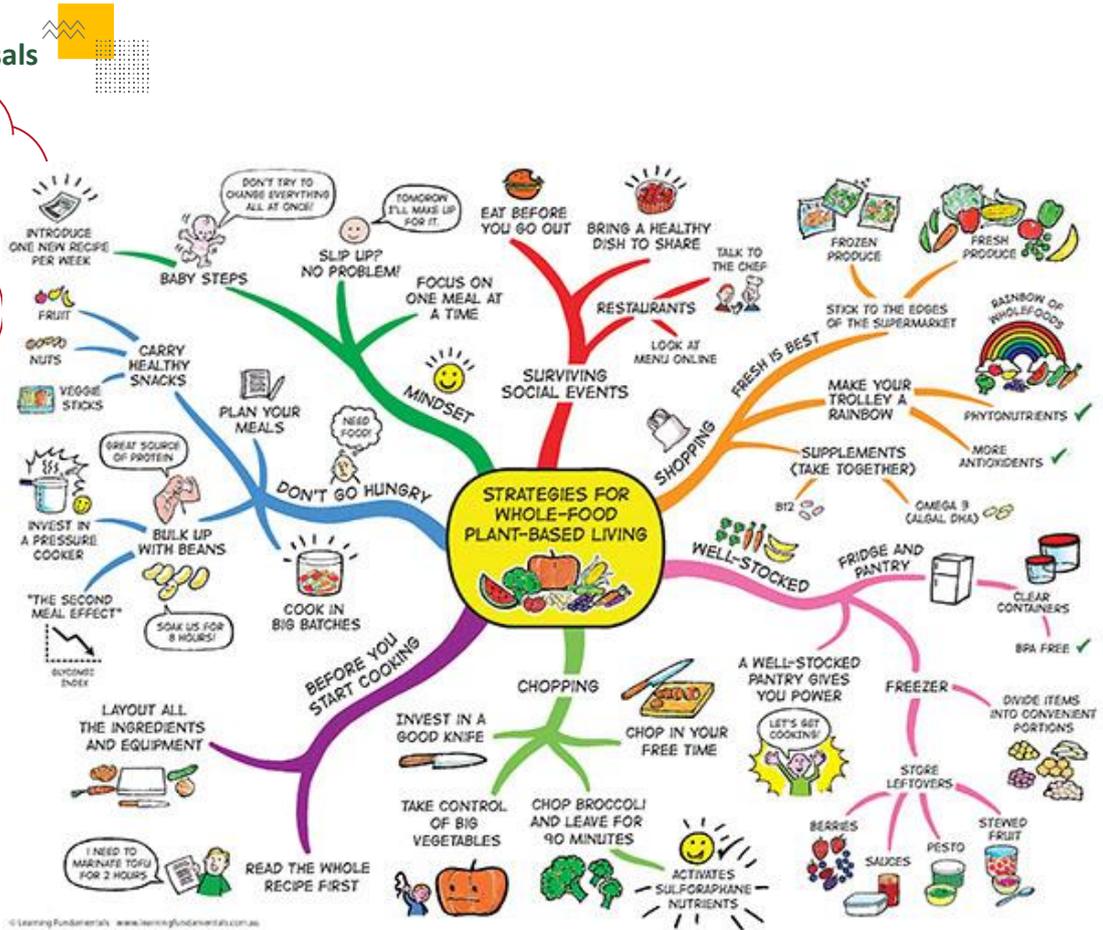
FIFO Tips:

- ✓ Check products for damage or deterioration.
- ✓ If a product isn't put out, make a note of why.
- ✓ Make sure goods are faced up.
- ✓ Don't overload refrigerators.
- ✓ Label decanted food with a best before or use-by date.

High Speed Training
FIFO practices
www.highspeedtraining.co.uk

Additional activity proposals

- for older adults
Group work: Graphic analysis - using a mind map for comprehensive understanding



Example of a Mind Map - Strategies for Plant-Powered Living created by DR JANE GENOVESE is downloaded [here](#)

5 "R"s for Food Waste

- R REFUSE**
Say no – only take what you know you can eat
- R REDUCE**
Buy only what you need and monitor your waste
- R REUSE**
Store leftovers to enjoy the following day or ask for a doggy bag
- R RECYCLE**
Turn leftovers into something new
- R ROT**
Compost your food waste or ensure it goes into a brown bin

- for younger adults
Group work: creating a 5 "R"s for Food Waste poster

SECTION 2: Ice breaker proposal

Title:	Food Waste Dance Party
Group size	Optimal: 15-20 participants
Equipment / materials needed	<ul style="list-style-type: none">▪ music player▪ energetic playlist
Description	<p>The "Food Waste Dance Party" is a high-energy icebreaker that brings movement and enthusiasm to the discussion of food waste. This activity encourages participants to express themselves through dance while connecting with the workshop theme.</p> <p>🕒 Instructions: Create a playlist with upbeat and energising music. Announce that participants will dance freely to the music but with a twist: each dance move should represent a way to combat food waste.</p> <p>🕒 Dance Session: Start the music and let participants dance spontaneously. Encourage creativity by asking participants to incorporate gestures representing actions against food waste.</p> <p>🕒 Brief Sharing: Pause the music after a few minutes. Ask participants to share one dance move and explain how it relates to reducing food waste.</p>
Adaptations, additional tips	<ul style="list-style-type: none">• This icebreaker infuses energy and excitement into the workshop.• Participants express themselves physically, fostering a positive atmosphere.• Connections are made between dance moves and real-life actions to combat food waste.

FL4LF - Toolkit - 20 Workshop Scenarios is available in four languages (English, Italian, German and Serbian) and obtainable with open access on the project's online platform – <https://www.fl4lf.eu/resources.html>.



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