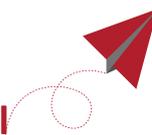


FL4LF - Toolkit - 20 Workshop Scenarios

– accompanying material as an additional proposal



Title:	Recipe Modification Challenge: Crafting Healthier Alternatives
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.
Abstract:	Recipe Modification Challenge Objective: Encourage creativity in adapting recipes for healthier alternatives. Activity: Provide participants with a traditional recipe and challenge them to modify it to make it healthier. Discuss the nutritional impact of their modifications and taste-test the results.
Ways of combining:	 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.
Short description / Purpose	The workshop scenario aims to instil a sense of responsibility and creativity in managing food resources efficiently. Participants will be challenged to modify provided traditional recipes by substituting commonly wasted ingredients with healthier options. The activity emphasises the importance of minimising food waste, encouraging participants to think critically about using all parts of their ingredients. Through this experiential learning process, participants will gain practical skills in creating nutritious meals while understanding their culinary choices' impact on environmental sustainability.
Main goal and specific objectives	→ Main Goal: to inspire innovative cooking practices that contribute to zero food waste Specific objectives are: <ul style="list-style-type: none"> • to learn how to modify recipes for improved health benefits while minimising food waste • to develop an understanding of the environmental impact of food wastage • to encourage resourceful cooking practices using all parts of ingredients
Expected learning outcomes	→ By the end of this workshop, participants should be able to: <ul style="list-style-type: none"> • create healthier versions of recipes using food items that are commonly wasted • recognise the importance of reducing food waste in the context of environmental sustainability • apply principles of zero-waste cooking in their daily culinary practices
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: 10-15 participants
Estimated duration	At least 3 hours
Equipment / materials needed	<ul style="list-style-type: none"> ▪ kitchen facilities with cooking stations ▪ traditional recipe handouts and alternative zero-waste ingredient options ▪ a variety of ingredients, focusing on those commonly wasted ▪ cooking utensils and equipment ▪ materials for documenting recipe modifications
Before the workshop / description of preparation	→ Before the workshop, educators should: <ul style="list-style-type: none"> • research and select traditional recipes that are amenable to zero-waste adaptations • gather ingredients that are often wasted or underutilised, along with healthier substitutes • prepare educational materials on the impact of food waste and the benefits of zero-waste cooking
Format	Face-to-face, adaptable for online participation
Setting up the workshop:	1. Icebreaker activity (15 mins) 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.]
Methodology / Process description	An appropriate icebreaker introducing the topic of the following activities is provided as a proposal at the end (in section 2). 2. Introduction to recipe modification and zero-waste cooking (20 mins): Begin with an engaging presentation on the concept of zero-waste cooking and its importance in today's world. Point out how modifying recipes can lead to a healthier diet, but also significantly contributes to reducing food waste. Discuss the environmental impact of food wastage, including statistics and real-world examples, to contextualise the importance of the workshop.

	<p>Introduce the concept of creatively using ingredients that are commonly discarded (like vegetable peels, overripe fruits, etc.) in recipes to enhance their nutritional value and minimise waste.</p> <p>3. Recipe modification instructions and team formation (10 mins): Explain the rules of the Recipe Modification Challenge. Each team will be given a traditional recipe and a list of potential waste-reducing ingredients to incorporate. Discuss the criteria for judging the modified recipes: creativity, taste, healthiness, and effective use of ingredients to minimise waste. Form teams, ensuring a mix of skills and experience levels in each group. Encourage collaboration and open-mindedness in approaching the challenge.</p> <p>4. Main activity: Recipe modification challenge (90 mins): Distribute traditional recipes and zero-waste ingredient lists to each team. Equip each cooking station with the necessary utensils and ingredients. Teams spend this time modifying their assigned recipe, incorporating alternative ingredients, and preparing the dish. Educators circulate among the teams, offering guidance, answering questions, and facilitating discussions about the nutritional and environmental benefits of each modification.</p> <p>5. Testing and discussion on food waste reduction (30 mins): Once the cooking is complete, each team presents their dish, explaining their modification choices and how they contribute to healthier eating and waste reduction. Conduct a taste-testing session where all participants and educators sample each dish, providing feedback and discussing the effectiveness of the modifications. Foster a discussion around how simple changes in everyday cooking can lead to significant reductions in food waste, and share tips on adopting zero-waste practices at home.</p> <p>6. Reflection and closing remarks (10 mins): Conclude the workshop by encouraging participants to reflect on their learnings and experiences. Ask them to share their insights or any new ideas they will take away from the workshop. Emphasise the dual benefits of recipe modification: improving personal health and contributing to environmental sustainability. Encourage participants to continue exploring and practising zero-waste cooking, reminding them of the impact their food choices have.</p> <p>This structured workshop plan combines informative presentations, hands-on activities and reflective discussions to thoroughly address reducing 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"> For online workshops, participants can modify recipes in their kitchens while sharing their progress via video. Taste testing can be a discussion of the expected taste based on the ingredients used. In the case of limited kitchen facilities, focus more on the planning and discussion phases, with teams presenting hypothetical modifications.
<p>IDEA PLUS:</p>	<p>– this workshop scenario can be combined with Recipe Exchange by adding a session: Leftover Recipe Exchange Objective: Encourage creativity in using leftovers. Activity: Organise a recipe exchange where participants share their favourite recipes for using leftovers. Discuss how creative meal planning can reduce food waste and provide practical tips for repurposing ingredients.</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 and recipe modification tips</p>

Additional activity proposals



Photo by Maria Orlova from Pexels

- for younger adults
Group work: making a menu for young parents - creating a cookbook for babies and younger children

- for older adults
Group work: design of intergenerational learning - interweaving of traditional and modern through storytelling "How it was in my time" and connecting it with today



SECTION 2: Ice breaker proposal

	Title: Taste of Home Memory Sharing
Group size	Optimal: 10-15 participants
Description	<p>This icebreaker is specially designed for a group of adults, aiming to create a welcoming and inclusive environment. It encourages participants to share personal stories and memories related to their favourite dish from their homeland or childhood. This activity fosters cultural exchange and builds a sense of community among participants from diverse backgrounds.</p> <p>Methodology:</p> <ul style="list-style-type: none"> 🗣️ Start by explaining the purpose of the icebreaker: to share a memory or story about a favourite dish from their country/region of origin or childhood. 🗣️ Give participants a few minutes to think about a dish that has special meaning for them. It could be a dish they miss, one that reminds them of family or a festive meal. 🗣️ Invite participants to take turns sharing their stories. Encourage them to describe the dish, the ingredients, how it's made, and why it's significant to them. Prompt them to share any fond memories or cultural traditions associated with the dish. 🗣️ After each participant shares, open the floor for a brief group interaction. Encourage others to ask questions or share if they have similar dishes in their culture. 🗣️ This step is crucial for building connections and understanding among the group. 🗣️ Conclude the icebreaker by acknowledging the rich diversity of cultures and cuisines represented in the room. Highlight the importance of food in connecting us to our heritage and each other.
Adaptations, additional tips	<ul style="list-style-type: none"> • For larger groups, consider breaking into smaller circles to ensure everyone has a chance to share without rushing. • In a virtual setting, use a structured sequence for sharing, like alphabetical order, to maintain organisation; utilise features like breakout rooms for smaller group interactions, and the main room for group discussions or game summaries. Leverage chat functions for guessing and sharing additional comments or insights. • Create a warm, welcoming atmosphere where participants feel comfortable sharing personal stories. • Be sensitive and respectful of the diverse backgrounds and experiences of the participants. • Encourage participants to share personal anecdotes or cultural significance related to the cuisines they are guessing or describing. This fosters a deeper understanding and appreciation of different culinary traditions. • Foster an atmosphere of learning and curiosity by focusing on exploring and appreciating culinary diversity rather than competition.

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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