love food reduce waste

FOSTER

LIFE17 GIE/IT/000579

LIFE FOSTER

B1. TRAINING OF THE TRAINERS
CONEGLIANO (ITALY)
11-15 MARCH 2019

B.1. TRAINING COURSE SYLLABUS

Conegliano (Italy), 11-15 March 2019

GOAL: The training course has the purpose to provide and transfer knowledge, awareness, skills and competences to solve the problem of food waste in the restaurant sector. By this first training of a small group of trainers, LIFE FOSTER aims to create a ripple effect, which will bring to the training of relevant numbers of other trainers and the consequent training of even more significant number of students.

APPROACH: The course' approach is to operate upstream the food value chain to reduce its production according to the Waste Hierarchy and following the principles of the Circular Economy (Circular Economy Package) and Circular Economy for Food. The course will adopt an innovative, systemic approach to curb food waste in food service industry through a holistic "Food Waste Tool Box"*, by building on and going beyond existing initiatives to develop, evaluate, and ensure the spread of organisational, technological, and social insights and practices related to food waste in restaurants. This will be underpinned with the participation of UNISG staff as well as experts in the restaurant sector to help support effective actions to tackle food waste.
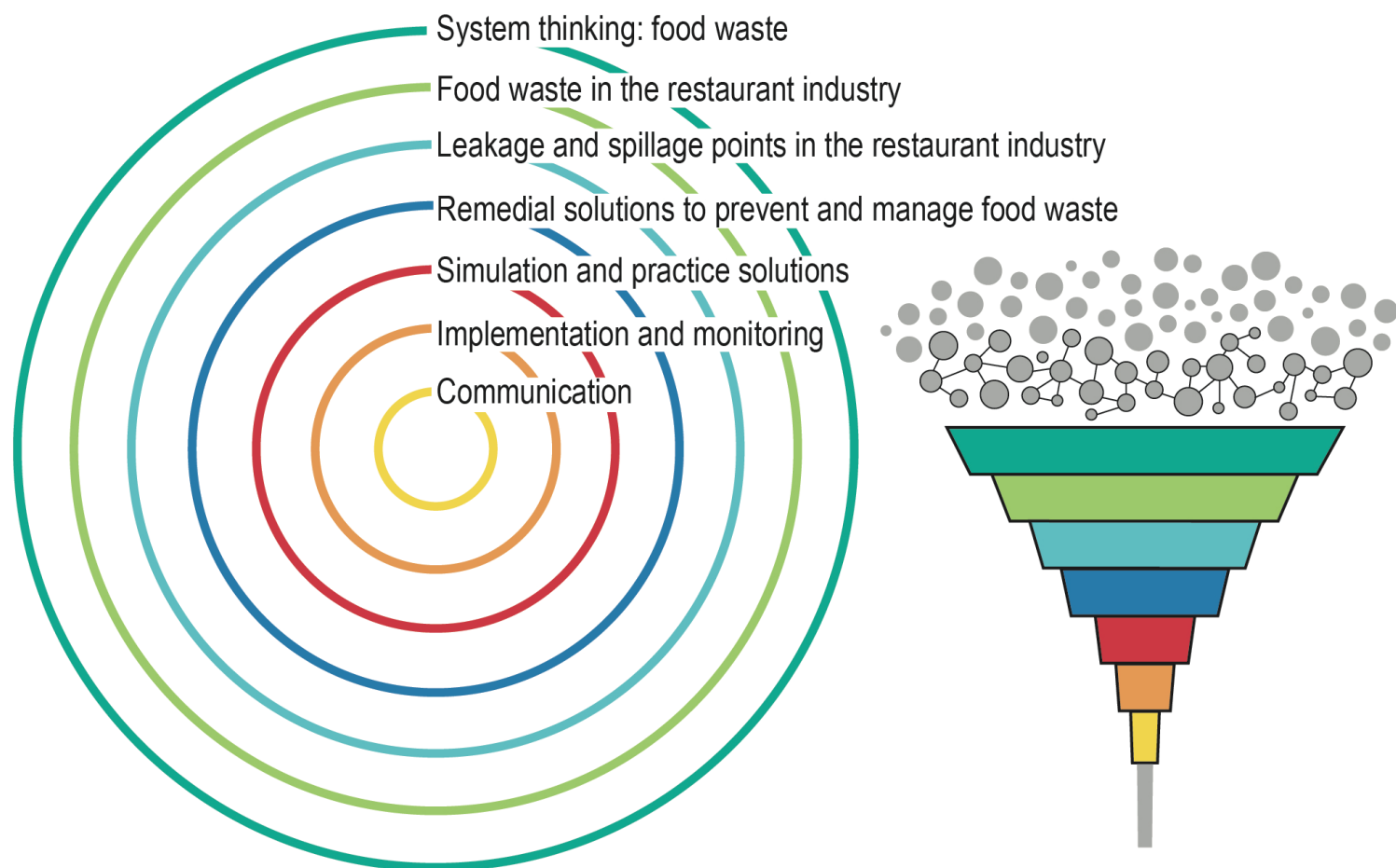
The course will use new ideas to prevent food waste from the research side, project and best practices, techniques and technology to reduce the actual food waste during the restaurant journey, by interviewing theory and practice.

TARGET: trainers in the restaurant sector from Italy, Spain, France and Malta (16 persons)

*The "food waste tool", will be elaborated by UNISG with the contribution of the others beneficiaries of the LIFE FOSTER project. The "food waste tool" will collects best practices and technologies for food waste reduction and a "Local Food Balance" to analyse and quantify the food waste in restaurants.

TRAINING COURSE – STRUCTURE OF THE TRAINING'S MODULES

System thinking: food waste

Food waste in the restaurant industry

Leakage and spillage points in the restaurant industry

Remedial solutions to prevent and manage food waste

Simulation and practice solutions

Implementation and monitoring

Communication

TRAINING COURSE – TIMETABLE

Hour/Day	Monday 11 March	Tuesday 12 March	Wednesday 13 March	Thursday 14 March	Friday 15 March
08:30		Strategies and solutions to prevent and manage the food waste **(Tecco UNISG)**	Training simulation on menu design/work group (1) **(Povigna UNISG)**	Second life recipes: focus on bread and offal (quinto quarto) **(Povigna UNISG & Catani)**	Debrief for food waste prevention and management in the food restaurant sector **(Tecco UNISG)**
09:00	Introduction to the LIFE FOSTER project +Logistic information (Archesso, ENAIP-NET)				
09:15					
09:30	Opening of the training of the trainers **(Tecco UNISG)**	Food waste hierarchy and circular economy principles applied to restaurant sector **(Tecco UNISG)**		The quality of the raw materials and the whole ingredients approach Waste as a modern concept, the recovery and education to the tradition **(Povigna UNISG & Catani)**	From job description to observable behavior **(Dainelli, ENAIP-FVG)**
10:00					
10:30		Break	Break	Break	Break
10:45	The food system and the dilemma of the food waste **(Tecco UNISG)**	Food waste quantification methods & monitoring **(Tecco UNISG)**	Training simulation on menu design/work group (2) **(Povigna UNISG)**	Recipes story telling: how to value sustainable choices **(Povigna UNISG & Catani)**	From job description to observable behavior **(Dainelli, ENAIP-FVG)**
11:15	Break				
11:30	The food system and the dilemma of the food waste **(Tecco UNISG)**	Focus group on food waste quantification in a VET centre **(Tecco UNISG)**			
12:30	Lunch	Lunch	Lunch	Lunch	Lunch
13:30	Food waste in the restaurant sector **(Tecco UNISG)**	Menu as a planning tool **(Povigna UNISG)**	Training simulation on menu design- comments, exchange and analysis (3) **(Povigna UNISG)**	Communication & narration of the sustainability of a plate **(Scaffidi UNISG)**	From job description to observable behavior **(Dainelli, ENAIP-FVG)**
14:30		Menu balancing (food cost, nutritional balance, human resources and equipment management) **(Povigna UNISG)**			
15:00	Work group about the food flow analysis in restaurant sector and the individuation of leakage points **(Tecco UNISG)**				
15:30		Planning tools and elements, *mise en place*, parametric recipe, storage management (first in - first out, labelling) **(Povigna UNISG)**	Food bricolage: resilience and adaptability in the food preparation and plating **(Povigna UNISG)**	The communication effectiveness (i.e. the correspondence between what is spent and what is perceived) **(Scaffidi UNISG)**	
16:30	Food waste problem map **(Tecco UNISG)**				
17.30					

TRAINING COURSE PROGRAMME DETAIL

Conegliano (Italy), 11-15 March 2019

11/03/2019 morning

1. INTRODUCTION (15 m) (B. Archesso)

2. OPENING OF THE TRAINING OF THE TRAINERS (1 15 m h) (N. Tecco)
   2.1 Training goals
   2.2 Training program and method
   2.3 Preparatory actions (A1.0 and A1-1)
   2.4 Role of the trainers in action B1
   2.5 Trainers' introduction

3. THE FOOD SYSTEM AND THE FOOD WASTE DILEMMA (1h and 45 m) (N. Tecco)
   3.1 Food and the food system
   3.2 Major challenges of the world food system and SDGs
   3.3 Figures, fact and definition (wastage, food loss, food waste)
   3.4 Focus on EU context
   3.5 Food waste: a error into the system & a system error
   3.6 Systemic thinking (elements of the system approach applied into the food system)

11/03/2019 afternoon

4. FOOD WASTE IN THE RESTAURANT SECTOR (FSI) (1h and 30 m) (N. Tecco)
   4.1 Figures, fact and definitions of food waste into the FSI
   4.2 Classification within the FSI, focus on FSI for the LIFE Foster project
   4.3 Comparison between household food waste and restaurant sector food waste
   4.4 The sustainability in the FSI
   4.5 Boundaries and actors of the FSI

5. WORK GROUP ABOUT THE FOOD FLOW ANALYSIS IN FSI AND INDIVIDUATION OF THE LEAKAGE POINTS (1h and 30 m) (N. Tecco)
   5.1 Adaptation of the Swiss cheese (theory of error) model to the FSI
   5.2 Definition of the 5W in the FSI

6. FOOD WASTE PROBLEM MAP (1h and 15 m) (N. Tecco)
   6.1 Selection of critical and representative products for the food waste generation
   6.2 Product analysis

7. STRATEGIES, SOLUTIONS AND CONDITIONS TO PREVENT AND MANAGE THE FOOD WASTE IN THE (1h) (N. Tecco)
   - 7.1 Debrief of the results of the role play of the day before
   - 7.2 Brainstorming about the solution to prevent and manage food waste
   - 7.3 The risk of competitive and conflicting solutions
   - 7.4 The conditions for good solutions adoption
   - 7.5 Building an effective action plan

8. FOOD WASTE HIERARCHY AND CIRCULAR ECONOMY PRINCIPLES APPLIED TO FSI (1h) (N. Tecco)
   - 8.1 Waste as a resource, waste is food
   - 8.2 Food waste options management in food waste hierarchy
   - 8.3 The butterfly diagram applied to the FSI
   - 8.4 Definition of the different kind of cycles
   - 8.5 Circular kitchen

9. FOOD WASTE QUANTIFICATION METHODS & MONITORING (45 m) (N. Tecco)
   - 9.1 Why quantify?
   - 9.2 Presentation of the main food waste quantification methods
   - 9.3 Pros and cons according to the context
   - 9.4 Monitoring food waste prevention and management benefits

10. SIMULATION ABOUT FOOD WASTE QUANTIFICATION IN A VET CENTRE (1 h) (N. Tecco)
    - 10.1 Analysis of critical points of food waste production
    - 10.2 Selection of the best methods

12/03/2019 afternoon

11. MENÙ AS A PLANNING TOOL (1 h) (C. Povigna)
    - 11.1 Thinking relationships: menu as a link between consumer, professional and producer
    - 11.2 Matching needs and expectations to build up a planning tool

12. MENÙ BALANCING (FOOD COST, NUTRITIONAL BALANCE, HUMAN RESOURCES AND EQUIPMENT MANAGMENT) (1 h) (C. Povigna)
    - 12.1 Structure of a planned menu
    - 12.2 Pieces of information to include, sharing with the team (community), evaluation of critical issues

13. PLANNING TOOLS AND ELEMENTS, MISE EN PLACE, PARAMETRIC RECIPE, STORAGE MANAGEMENT (FIRST IN - FIRST OUT, LABELLING) (2 h) (C. Povigna)
    - 13.1 From menu to recipes: what is a parametric recipe
    - 13.2 Focus in ingredients and link to storage management (correct order as first tool to avoid waste)
    - 13.3 From recipes to procedures: "mise en place"
    - 13.4 Line and service

13/03/2019 morning

14. TRAINING SIMULATION ON MENU DESIGN/WORK GROUP (1) (2 h) (C. Povigna)
    14.1   Ingredients analysis and experience of the planning tools

15. TRAINING SIMULATION ON MENU DESIGN/WORK GROUP (2) (1 h 45 m) (C. Povigna)
    15.1   Preparation of lunch (divided in groups)

13/03/2019 afternoon

16. TRAINING SIMULATION ON MENÙ DESIGN- COMMENTS, EXCHANGE AND ANALYSIS (3) (1 h 45 m) (C. Povigna)
    16.1   Debrief of the preparation and lunch experience

17. FOOD BRICOLAGE: RESILIENCE AND ADAPTABILITY IN THE FOOD PREPARATION AND PLATING (2 h) (C. Povigna)
    17.1   Design plating
    17.2   How to be adaptable during service

14/03/2019 morning

18. SECOND LIFE RECIPES: FOCUS ON BREAD AND OFFAL (QUINTO QUARTO) (1 h) (C. Povigna & C. Catani)
    18.1   Concept of reuse and offal
    18.2   Current trends in restaurants
    18.3   The importance of Offal in rated restaurants and their problem in proposing reuse dishes
    18.4   Importance of bread in traditional dishes and their use in Italian osterias with reuse dishes
    18.5   What is changing in the world of restaurants
    18.6   Sharing menu: "Carpaccio di rapa e corteccia di topinambur" - "Manfrigoli mantecati nel passato di verdura, pesto di radicchio rosso e paprika dolce" - "Trippa di Parmigiano" - "Neve nel bicchiere"

19. THE QUALITY OF THE RAW MATERIALS AND THE WHOLE INGREDIENTS APPROACH WASTE AS A MODERN CONCEPT, THE RECOVERY AND EDUCATION TO THE TRADITION (1 h) (C. Povigna & C. Catani)
    19.1   How we can think the menu to use all the products we buy
    19.2   Planning dishes and rethinking process
    19.3   Examples of what we can do using traditional dishes, to avoid waste, and how technology and creativity can help us in finding new ideas

20. RECIPES STORY TELLING: HOW TO VALUE SUSTAINABLE CHOICES (1 h 45 m) (C. Povigna & C. Catani)
    20.1   Example of communication in sustainable projects
    20.2   What are the best techniques to give value to dishes prepared with products considered of low value

14/03/2019 afternoon

21. COMMUNICATION & NARRATION OF THE SUSTAINABILITY OF A PLATE (2h) (C. Scaffidi)
    21.1   Introduction about how to convey the meaning of the sustainability to clients/consumers
    21.2   Waste in the modern productive and consumption model, Market interpretation of waste

22. THE COMMUNICATION EFFECTIVENESS (I.E. THE CORRESPONDENCE BETWEEN WHAT IS SPENT AND WHAT IS PERCEIVED) (1h 45 m) (C. Scaffidi)
    22.1   Useful pieces of information for consumers
    22.2   Work group about the communication and narration of the plate sustainability

15/03/2019 morning

23. INTRODUCTION AND WORK PHASES: FROM JOB DESCRIPTION TO OBSERVABLE BEHAVIOURS: sharing a method for the evaluation of performances (and learning) in a non formal context (B. Dainelli)

24. FOCUS GROUP: embedding food waste reduction strategies in a job description (B. Dainelli)

25. ELICIT COMPETENCES IN SPECIFIC WORK SITUATIONS/CONTEXTS (B. Dainelli)
    25. a KSA ANALYSIS: sharing a common glossary to prepare a job assessment (B. Dainelli)
    25.b THE MODEL OF THE REPERTOIRE OF QUALIFICATIONS AND PROFILES IN FRIULI
           VENEZIA GIULIA REGION: THE TYPICAL SITUATIONS DATASHEETS

15/03/2019 afternoon

26. ESTABLISH PROFICIENCY LEVELS AND INDICATORS TO MEASURE (B. Dainelli)

27. WORKSHOP ” BUILDING A CHECKLIST OF OBSERVABLE BEHAVIORS, WITH THE EVALUATION CRITERIA” (B. Dainelli)

28. SHARING AND PRESENTATION OF THE CHECK-LIST DRAFT (B. Dainelli)

29. OPEN DISCUSSION & CONCLUSION (B. Dainelli)

TRAINING COURSE

LECTURERS SHORT BIO

Carlo Catani actually works as freelance consultant about communication activities events and quality control in the food service industry. He's President of Cinemadivino (a national-wide project combining and promoting cinema and wine) and Slowine (wine and wine-cellar guide). He works in many eno-gastronomic events organizations such as AL Meni, Albana Dèi, ANsomigaFORA and Tempi di Recupero (recently he published a book with the same name). From 2007 to 2011 Carlo was the Director of the University of Gastronomic Sciences.

Barbara Dainelli, project designer and project manager, at EnAIP FVG since 2012, graduated in Communications Sociology (thesis on Learning and Distance Education) and in Foreign Languages and Literature, works within the Research and Development Department of EnAIP FVG. She is also member of thematic working groups of the national EnAIP network. She is member of the expert group in charge for the implementation of the Repertoire of Qualifications and Profiles in Friuli Venezia Giulia Region. Evaluator of the Leonardo da Vinci Project TOI "TKey Hil EU key competences in high learning interaction" and of the Erasmus + project "Explain - developed monitoring tools and evaluation questionnaires. She is the Project Manager for Italy of the Erasmus + Project "EscoT- Establishing Skills Core for CVET Trainers in Europe" and of the project "IMPE". She is in charge of drafting part of the Methodological Guide (networking section) and editing two E-courses for professional and informal mentors, taking care in particular of the conversion with the ECVET Competency system.

Carol Povigna has been since 2014 sous chef at the Academic Tables (Tavole Accademiche in Italian), an innovative project launched by the University of Gastronomic Sciences that aim is to combine education, haute cuisine, fair costs, and local produce. Carol is also a trainer of the Pollenzo Food Lab, a laboratory that harmonizes "sciences" (basic, human and social) with gastronomic "practices" (cooking, baking, vegetable growing) with a focus on topical issues: social and environmental sustainability, nutrition, well-being and pleasure with a conscience. Between 2015 and 2017, she taught the "Gastronomic Practices" course as part of the Master in Slow Art of Italian Cuisine; since 2016 she has taught the "Science in the Kitchen" and "Gastronomic Critical Issues" optional courses and since 2018 she also teaches the "Food Roots" optional course and "Gastronomic Practices" in the course "Food Transformations in Cooking"."

Cinzia Scaffidi is a freelance journalist, who writes about global topics in relation to food production and the environment and teaches on these topics at the University of Gastronomic Sciences and other schools and institutes. She collaborates also directly with some companies, foremost in the context of staff training. Cinzia has been Vice President of Slow Food Italia and, until 2015, she was also coordinator of the Scientific Committee of the Slow Fish event taking place every two years. She has been part of the staff from Slow Food from 1992 to 2015. She has several publications to her credit with Slow Food Editor, including "Look at the Sea" (2008, Slow Food Editor), "Seeds and rights" (2008), "Mangia come parli" (2014), "What a world that would be" (2018) and "The world of bees and honey" (2019).

Nadia Tecco is a researcher in environmental economic and consultant in the sectors of food production and consumption, in the evaluation the sustainability of food systems (through the use of indicators, like the combination of environmental and social LCA and the management of natural resources. She is currently collaborating with the University of Gastronomic Sciences (UNISG) at the LIFE Foster project and as a lecturer of the Designing Sustainability course for the Master in food culture, communication & marketing. Nadia is member groups of the research group of the Food Atlas project (UNITO, POLITO, UNISG) and the Systemic Food Design Lab (UNISG). She was the author of several publications, including "Circular Economy for Food (2018, Edizioni Ambiente) with Franco Fassio.