



# LIFE FOSTER

NEWSLETTER N° 3  
OCTOBER 2020

## IN THIS ISSUE

[PG1: THE AFPA ENSURES THE PEDAGOGICAL CONTINUITY OF ITS LIFE FOSTER TRAINING COURSES](#)

[PG4: IN ITALY A WEBINAR FOR A SUSTAINABLE CATERING MANIFESTO](#)

[PG8: TRAINING OF TRAINERS IN VALENCIA](#)

[PG10: DESPITE THE LOCKDOWN, IN ITALY AROUND 1000 STUDENTS  
HAVE BEEN TRAINED TO REDUCE FOOD WASTE](#)

[PG12: CANDID ORANGES](#)

.....

[#LIFEFOSTERPROJECT](#)

## THE AFPA ENSURES THE PEDAGOGICAL CONTINUITY OF ITS LIFE FOSTER TRAINING COURSES

Faithful to its principles of solidarity, inclusion and innovation, Afpa mobilized strongly during the health crisis linked to Covid-19 to continue to train its trainees and support its trainers. From March 16, more than 3,000 trainers and 30,000 Afpa trainees switched to digital environments and tools for distance learning.

For trainers and trainees, Afpa organised three new distance training sessions due to the containment linked to the health crisis. 18 trainers and 74 trainees were trained in the framework of LIFE FOSTER project.

Afpa trainers have been constantly innovating. The subject of the fight against food waste remained at the heart of their concerns. Several of them offered distance learning courses (on WhatsApps and YouTube). Educational courses on a Learning Management System (LMS) platform, video courses filmed directly in the personal kitchens of trainers, groups, etc...





.....

In order to ensure the pedagogical continuity of the training courses and to support its trainers and trainees, Afpa has massively deployed its digital tools. A pedagogical unit was also set up to provide continuous support to trainers in distance learning, given that these methods are developing beyond the health crisis. More than 1,500 trainers have been trained and supported through 298 workshops and webinars: running a distance learning course with a platform, running a Virtual Classroom, running and supporting a community of distance learners.

FOR PROFESSIONALS, Afpa designed and organised workshops. The first session was organised at a distance via webinars. 71 professionals participated.

FOR OTHER TRAINING ORGANISATIONS, the Agency also made its know-how in Mix-Learning available. They can access Afpa's training courses until the end of 2020 to run training courses and provide the remote pedagogical link.



FOR THE GENERAL PUBLIC, Afpa has organised and broadcast several live cooking courses on internet to raise awareness of the fight against food waste. More than 1,600 views of the replay proposed on YouTube.

In addition to professionals in the sector, the Afpa has put its Moocs and training modules on line free of charge for the general public. These modules allow the acquisition of the gestures of cooking professionals and the development of their skills. Beyond their educational vocation, these Moocs can also be sources of inspiration for family activities.

The Moocs French as a Foreign Language (FLE) and French as a Language of Integration (FLI) are available for people wishing to learn about the French language and culture.

Other more general modules have also been made available to help people reflect on their professional project: job search techniques, personal training account (CPF), but also more specific modules on inclusion of disability, diversity, discovery of digital professions.

A FEW FIGURES

**10**  
MOOC AND MODULES IN FREE  
ACCESS ON  
[HTTPS://MOOC.AFPA.FR](https://mooc.afpa.fr)

**197,000**  
MOOC REGISTRATIONS

**153,003**  
REGISTRATIONS AT MOOC CUISINE,  
PATISSERIE AND OENOLOGY

**10,000**  
MEMBERS IN THE FACEBOOK COMMUNITY  
[WWW.FACEBOOK.COM/GROUPS/MOOCQUISINEAFPA/](http://WWW.FACEBOOK.COM/GROUPS/MOOCQUISINEAFPA/)



IN ITALY A WEBINAR FOR A  
SUSTAINABLE CATERING MANIFESTO

**HOW CAN  
YOU MANAGE  
THE NEW  
CHALLENGES  
OF  
RESTARTING IN  
THE CATERING  
SECTOR?**

**HOW CAN YOU  
PREVENT  
AND REDUCE  
FOOD WASTE?**



.....

To these important questions we tried to give an answer with the webinar organized on June 22nd in the context of the **LIFE FOSTER Project**, entitled **“Prevention and reduction of food waste and shared responsibility in catering. With the LIFE FOSTER project, towards a Sustainable Catering Manifesto”**. The event, promoted by Federazione Italiana Cuochi (Italian Federation of Chefs), involved many experts in the sector, speakers from the world of industry and national and European public institutions who shared experiences, good practices and policy indications on the theme of **sustainability in the catering sector**: a strategic challenge the sector is called upon to face in this complex phase of Italy recovery. **Reducing food waste in catering through the training of future professionals** is the aim of the **European project LIFE FOSTER** which, in addition to Italy - represented by the lead **partner ENAIP NET** together with partners **Federazione Italiana Cuochi and University of Gastronomic Sciences of Pollenzo** - sees the participation of organizations from France, Malta and Spain.







The problem of food waste in Italy, as well as in the world, is relevant. Italians still “throw” 4.9 euros per family every week into the dustbin, for a total of about 6.5 millions and a total cost of about 10 million euros that includes production/distribution chain waste 2020. It should be noted, however, that 57% of Italians have increased their awareness thanks to the spread of waste surveys. These are excellent results, but the road to prevention is still a long one. The Minister for the Environment Costa, during the National Food Waste Prevention Day, set the target of reducing food waste by 50% and announced the entry of environmental education in all schools.

*“The LIFE FOSTER project, launched in 2018 - explains **Barbara Archesso, LIFE FOSTER Project Manager for ENAIP NET**, one of the speakers at the conference - has somehow anticipated this*



.....

*announcement as the project aims to contribute to prevent food waste by developing virtuous behaviours by operators of the catering sector, through the training of young people and adults. In Europe, on a total waste of 88 million tons in 2012 - according to data from the FUSION project - 12% is produced by catering. Moreover, restaurateurs and chefs can influence the behaviour of those who follow and attend them”.*

The meeting highlighted how professionals, specialists and public authorities want to reshape our food systems and bring them back on a sustainable path; the speakers highlighted that the VET training has a central role.

*“I believe that the connection with food waste is due to the loss of value of food in our society. - said **Prof. Silvio Barbero, University of Gastronomic Sciences of Pollenzo** - We must return to a concept of shared responsibility because all our actions have consequences. Reducing food waste does not only mean wasting less but it means using food products in a different way: this is true sustainability! We, as Universities, are developing this concept which is a philosophical thought but which today can become **a concept of alternative economy linked to community responsibility.**”*

*Training and information are two prerequisites for true sustainability in catering. “Sustainable catering - says **Rocco Pozzulo, President of the Italian Federation of Chefs** - must take into account: **the relationship with the territory**, because a short supply chain inevitably reduces waste; **a greater involvement of the consumer** because it informs the customer about the good practices used in the kitchen to reduce waste and finally **more training for young people**”.*

.....



TRAINING OF TRAINERS IN VALENCIA





.....

The main objective of the training for teachers at the Altaviana VET School in Valencia, which took place between June 22 and July 10, 2020, was to provide and transfer knowledge about the problem of food waste, mainly in the hostelry sector, analysing specific data from Spain. Another objective was to develop skills and competencies in the participants to establish the problem of food waste in the restaurant sector, as well as proportional analytical tools for solving problems to try to locate the most effective solutions applicable to their job environment. Twelve teachers from the Altaviana participated alongside the director of the same centre.

Given the situation of confinement caused by the worldwide pandemic of COVID-19, the course has been developed on-line using the Teams platform of the Altaviana School. The Altavana teachers’ training was aimed at providing and transferring knowledge, awareness, skills and competencies to establish and solve the problem of food waste in the hostelry sector.

In the practical activities of the course, the problem has been focused in a particular way on the school restaurant so that the teachers themselves could reflect on the current food waste problems they are incurring and think and propose possible solutions to minimize it.

From the point of view of training coordination, the result of the training was highly valued, thanks to the proactive participation of the trainers and their high level of experience in the restaurant sector.

In the end of the training, teachers emphasized that it could be relatively simple and affordable to reduce food waste in the daily activity at hand, through greater control of orders and stocks and greater planning of recipes, thus reducing the environmental impact. Collaborating to reduce this waste is a concrete way of being coherent and responsible with our community and everything that surrounds it.

.....



DESPITE THE LOCKDOWN, IN ITALY  
AROUND 1000 STUDENTS HAVE BEEN  
TRAINED TO REDUCE FOOD WASTE

The covid-19 crisis didn't stop LIFE FOSTER training activities in Italy, where the ENAIP NET activated e-learning classes for students, since they had to stay at home for nearly 2 months during the lockdown ordered by the Italian government, from 9th March to 3rd May 2020.

Around 40 trainers (professional cooks) were involved to re-start courses through digital tools, both in Veneto and Lombardia regions. LIFE FOSTER classes had already begun between late 2019 and early 2020, but more than 50% of the 1000 students (i.e. 648) still had to complete the foreseen training program.





.....

Training had to consider several difficulties, such as using stable e-learning platforms for training, joining all the students who sometimes only had smartphones instead of laptops. The most challenging difficulty, though, was talking in a theoretical way about issues that students usually experience in practical cooking laboratories.

*“Luckily, we had already prepared digital LIFE FOSTER training materials, awareness questionnaires and so on... and the only obstacle was to switch from a physical to a digital environment”,* says Giampietro Frescura, the responsible person for training in catering area in Veneto region. *“In a couple of weeks LIFE FOSTER digital learning was activated, together with all the regular curricular activities that ENAIP, as a VET provider, normally offers. Some important effects of the specific training about food waste reduction and prevention have already been registered, although students’ knowledge hasn’t been tested ‘on the field’ yet. “During the lockdown and the following weeks, many families started to buy groceries at online supermarkets. To do so, they asked for their sons and daughters’ help, since they are more skilled in online shopping”,* continues Mr. Frescura. *“Well, the purchase behaviour of ‘fosterized’ students was impressive: no full carts, high attention to the expiration date of perishable goods, preference for food that could be used in multiple different dishes... it was a great success for us!”*

Therefore, despite the difficulties of the covid-19 crisis, the culture against food waste has been spread successfully through the pedagogical continuity of activities for the youths. *“We must keep in mind – concludes Mr. Frescura – that besides the positive immediate effects of the training, with LIFE FOSTER activities we’re preparing the future catering professionals on sustainable working practices. An investment for the health of our future environment.”*

.....



BYE-BYE FOOD WASTE

CANDIED  
ORANGES

Don't throw orange peels away,  
create delicious candied orange peels instead.

All you need is water with salt and sugar (the same weight of the peel)

For the recipe video please click [here](#).







## FOR MORE INFORMATION

**EMAIL:**

**info@lifefoster.eu**

**PHONE:**

**+39 049 8658925**

**WEBSITE:**

**[www.lifefoster.eu](http://www.lifefoster.eu)**

*LIFE FOSTER:*

*Training, education and communication to reduce food waste in the food service industry.  
This project is co-funded by the LIFE Programme of the European Union. Any communication or  
publication related to the project, reflects only the author's view and the European commission is not  
responsible for any use that may be made of the information it contains.*

© Developed by LIFE FOSTER - 2019

**#LIFEFOSTERPROJECT**