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love food reduce waste



LIFE FOSTER

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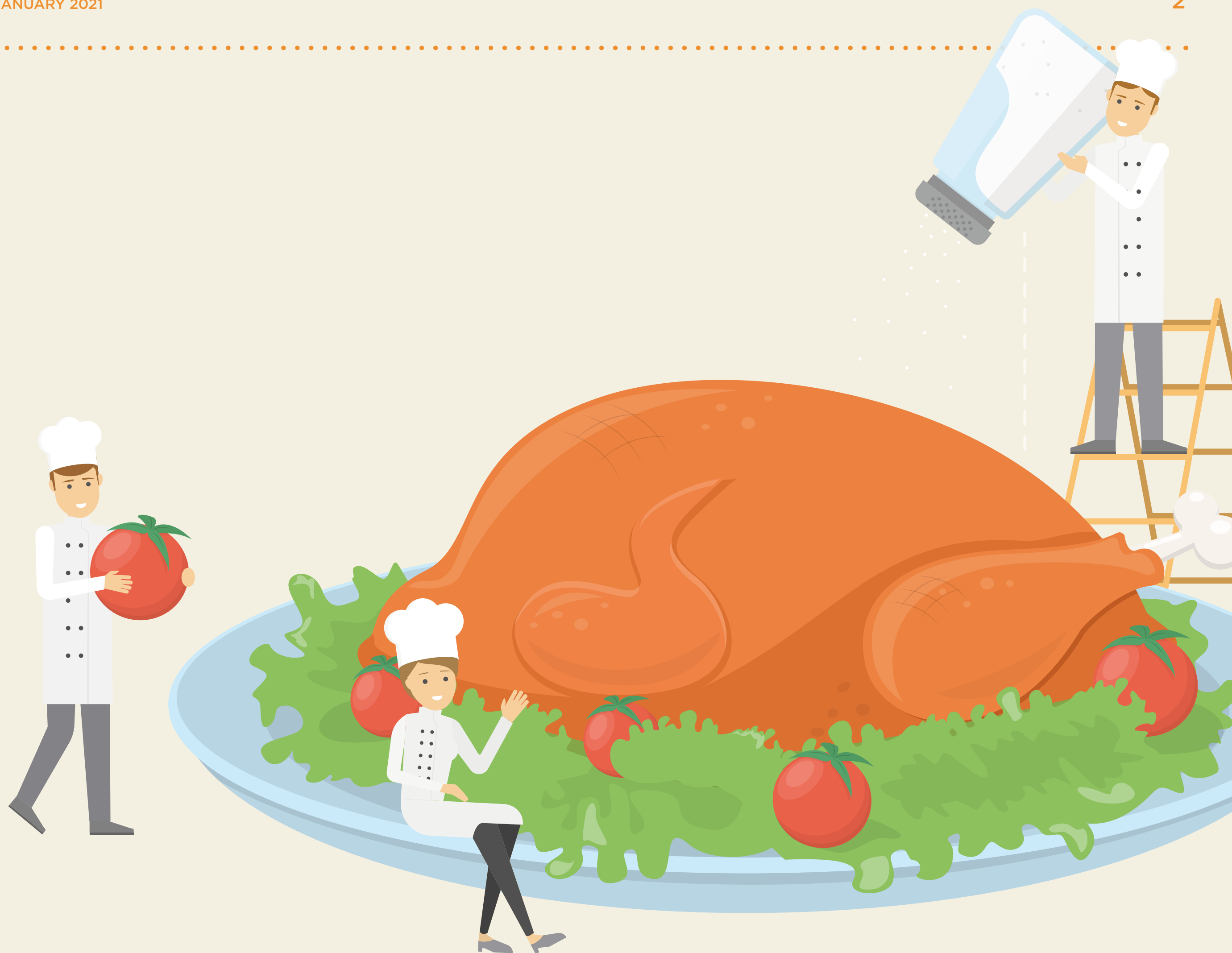
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FOOD WASTE FLOW BALANCE: THE LIFE FOSTER WEB APPLICATION TO QUANTIFY FOOD WASTE VALUE AND AMOUNT IN THE RESTAURANT SECTOR

Restaurants and VET centres currently lack sufficient insight into how much, why, and where food and/or associated inedible parts are removed from the food supply chain.

This makes it difficult to develop strategies and prioritise actions to prevent and manage food loss and waste. LIFE FOSTER has developed a diagnostic able to tackle the challenge to manage what we do measure. The Food Waste Flow Balance (FWFB) is the web application design by the University of Gastronomic Sciences <https://www.unisg.it/en/> with the technical support of DGS dgsspa.com for the digital development within the LIFE FOSTER project as the monitoring tool for the prevention and management of the food waste in voluntary training centers and restaurants. By inserting the data about a menu or recipes (according to an input output data entry logic), it will be possible to be aware of how much food and money is possible to save.





With the FWFB the user will be able to:

1. quantify food waste and its value during the storage, preparation and consumption phases and have a diagnostic of the spillage points of your menu (considering the food waste and the other energy and water costs) with a graphical representation of easy and immediate understanding of these pieces of information;
2. get hold of useful elements to design effective solutions;
3. create awareness on the food value and strengthen the engagement within the staff.

Furthermore, the introduction of quantification, as an activity within the training activities in the VET centers and during the stage period, can favour the development of a culture and attention to the value (environmental, but also economic and social) of the resources that are used for the preparation of meals among the students, consumers of today, but that tomorrow will play the role of professionals in the restaurant sector.



The use of the FWFB is flexible with respect to the various forms of organization so far detected in the involved training centers. It has also been designed to be compatible with the different organizational models of restaurants that they will participate to the project and thus be used by the largest number of subjects possible against a single data entry system capable of guaranteeing the comparison of the collected data. Compared to other methods, in its implementation and way of processing and restoring the data on the amount of food waste, the input-output model gives back the overall sense of the system's operation and the concatenation effect of wrong actions / lack of adequate planning during the different work phases inside a restaurant business. This feature is consistent with the LIFE FOSTER vision and is of fundamental importance and indispensable for a correct management of the food flow within the entire process from purchasing to the final consumption and disposal. This is fully consistent with the EU related policy to ensure the application of circular economy principles to food waste management according to the EU Action Plan for the Circular Economy and the revised legislative framework on waste entered into force on July 2018, that requires to set-up an EU-wide food waste reduction target by 2023, to be met in 2030.



INVOLVING CHEFS AND PROFESSIONALS IN THE FOOD WASTE REDUCTION THROUGH LIFE FOSTER WEBINARS

In the previous newsletter we presented you the pedagogical continuity plan set up by Afpa to face the health crisis of Covid-19. In this article we approach the actions set up with the professionals of the catering sector in France.

To capitalize with them and for the stakes and best practices of the sector, Afpa acts on three axes. Firstly, through the periods of application of its trainees and apprentice chefs. The apprentices have a Booklet that reminds them of the best practices. They are invited to refer to it and to make it a tool for exchanging practices with their chefs / chefs of brigade.

Secondly, Afpa has set up a series of three webinars to exchange with professionals: “Life Foster Afpa Meetings”. During its first broadcast in May and June 2020, 71 professionals had participated. A new season was proposed on the occasion of the European Week for Waste Reduction from 20 to 29 November 2020.



For this second broadcast of webinars structured in three parts, Afpa invited chefs for live testimonials.

The first part addresses the challenges of the fight against food waste at the global, European and French levels. It presents the context and the five objectives of THE LANCET 2019 report. The EGALIM Law applicable in France since 2018 is also discussed.

The second presents the current state of waste and the economic impact of waste in collective, gourmet and home catering. The economic impact is, for example, 13,000 euros or 193,000 euros for a 400-bed hospital. It discusses the important role played by chefs to innovate and reducing waste. It shows that in a restaurant, the waiter and waitress also have a role to play in raising customer awareness. He explains how the menu meets health and wellness needs. Finally, an approach to identify the causes of wastage and implement an action plan to reduce it is also proposed.

Francine Guiehmi, head of a school restaurant in Alsace presented her practices during the second webinar. Chef for 18 years, she and her teams prepare 700 meals over 4 days. Her restaurant has signed an Agenda 21 charter and the “My eco-



responsible restaurant” charter. She proposes in her menus the discovery of new products but also old vegetables. Her restaurant uses 20% organic products with local producers. The students are involved in this approach and participate in sorting and weighing.

The third deals with the practices to be implemented in a restaurant.

Virginie Brégéon de Saint-Quentin, together with her husband Jacques, applies in her Food Truck a 100% the most eco-responsible approach possible. She offers, for example, beer in barrels, water in decanters, local ice cream in returnable glasses and hot drinks in bulk. It also favors local products such as coffee roasted in Brittany and delivered by boat. “The most beautiful products speak for themselves”, according to Virginie. This helps to enhance the brand. On the menu are also zero waste recipes. The peelings are composted in shared gardens near the restaurant. Hunting, repairing and reusing are also widely implemented in her Food Truck.

Webinar:

<https://www.youtube.com/playlist?list=PLFhRZAIXBBF3FeltyqFUqbWLJI17HcsZZ>

THE FARM TO FORK STRATEGY: TOWARDS A FAIR AND SUSTAINABLE EU FOOD SYSTEM

Earlier this year, the European Commission published its Farm 2 Fork strategy which aims to make the EU food system fairer, healthier, and environmentally friendly. This strategy forms part of the wider EU Green Deal initiative seeking to make Europe the first climate-neutral continent. The Farm 2 Fork strategy includes policy proposals which address issues and externalities all along the food supply chain: from primary producers like farmers, to manufacturers and food service, as well as consumers.



Some of the principal issues identified within the strategy include reducing the negative environmental impact of food production, reducing packaging levels, and improving consumer knowledge on nutritional information. This is expected to result in proposals and policy revisions concerning nutrient levels, labelling, amongst others. This strategy is also being framed in the context of the COVID-19 pandemic, which highlights the increasing importance of robust and resilient food systems which can offer a secure supply of food at an affordable price for consumers.

Aside from the topics mentioned above, the Farm 2 Fork strategy also recognises that reducing food waste and loss should be a crucial element of a sustainable food system. The Commission has recommitted itself to the UN Sustainable Develop Goal target (12.3) of reducing per capita food waste at retail and consumer level by half by the year 2030. Using the proposed common



methodology to measure food waste and loss across all EU member states, the Commission plans to set binding targets after 2022.

This will require a concerted effort by all member states and stakeholders, meaning that the EU Platform on Food Losses and Food Waste will become even more crucial.

Finally, the Commission recognises that confusion surrounding the meaning of ‘best before’ and ‘expiration’ dates is giving rise to substantial food waste. Research into consumer behaviour will be key in addressing this issue and revise EU policy.

Follow this link to read more about the Farm 2 Fork strategy:

https://ec.europa.eu/food/sites/food/files/safety/docs/f2f_action-plan_2020_strategy-info_en.pdf

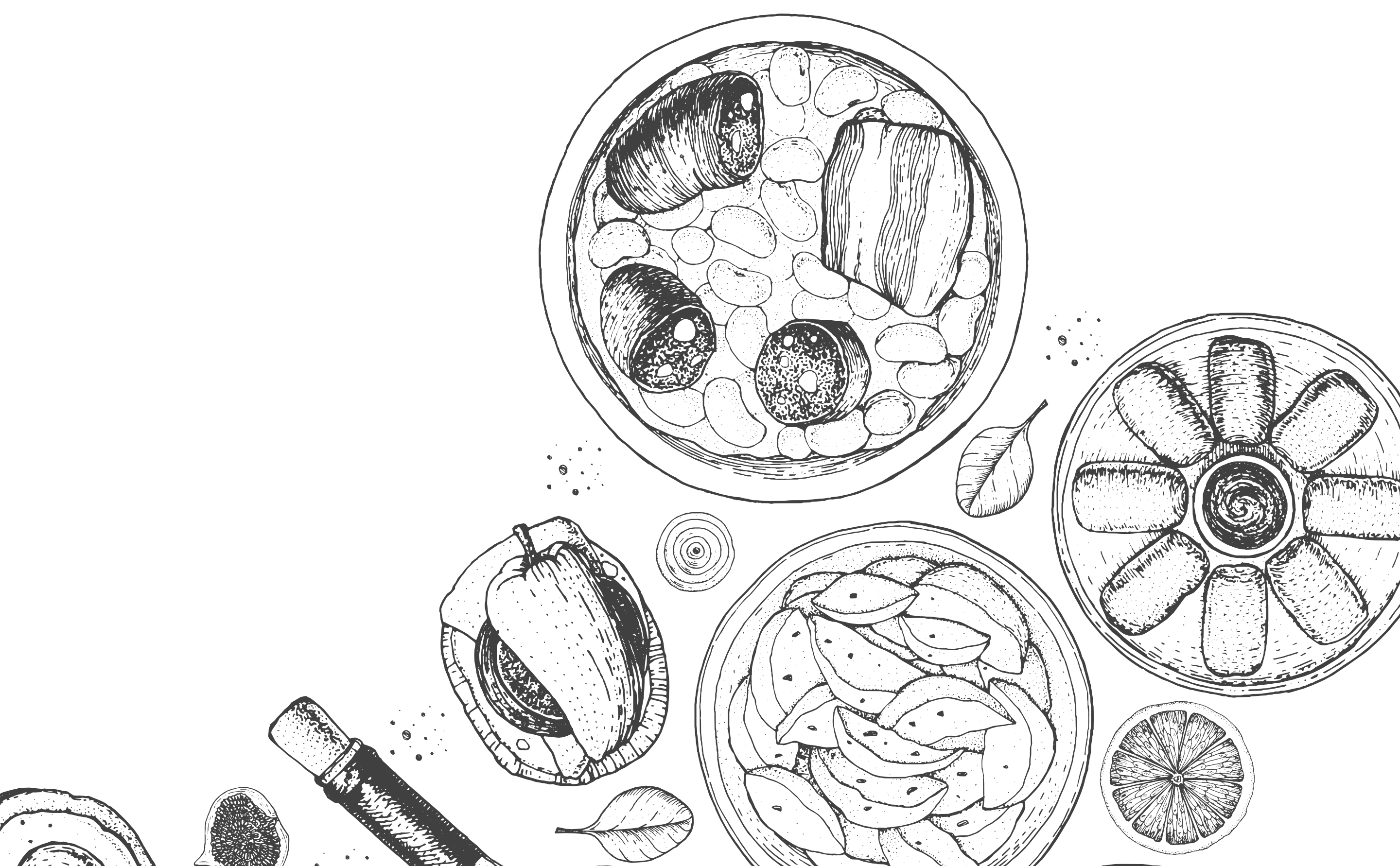


FOOD WASTE IN SPAIN DURING THE LOCKDOWN PERIOD

Spain has been one of the countries most affected by the coronavirus pandemic in its first wave, in terms of infections and mortality, and the strict lockdown regulations that were set in place in mid-March 2020. The COVID-19 outbreak has caused significant shocks in most food supply chains.

From an overall perspective, the crisis has shown that during the lockdown the amount of food waste generated in households has increased by 12%.

The research conducted by researchers from the UNESCO Chair at ESCI-Pompeu Fabra University, as well as from the University of Cantabria, the EnergyLab Technological Center and the Catholic University of Peru (June, 2020), has reached this conclusion after analyzing the management of food waste in Spanish households from March 9 to April 12 from an environmental, economic and nutritional



point of view. That is, the data for the first days are prior to confinement and up to 4 weeks later. When comparing the results with the data of the same dates of the previous year, it has been observed that “he ate worse” and “more food was wasted than in 2019”, they have indicated in a statement.

Thus, an increase of 12% in the generation of food waste was observed, the nutritional content fell between 6 and 8%, the economic impact has been 11% and greenhouse gas emissions have grown by 10%. The study has used “life cycle analysis”, which makes it possible to evaluate greenhouse gas emissions throughout the supply chain (from food production to consumption and waste management).

In the research, 57 types of food and beverages have been included in order to study changes in diet, nutritional intake and the impact on the family economy. Those responsible for the analysis conclude



At the Life Foster project, the main objective is to raise awareness about food waste and the possibility of preventing and reducing it through the application of more sustainable practices. As the COVID pandemic is still a worldwide problem, we have to tackle food waste in these circumstances as well.

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