

NEWSLETTER Nº 5
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# FOOD WASTE: AN INCREASINGLY IMPORTANT TOPIC FOR CHEFS AND THE CATERING SECTOR. FIC'S COMMITMENT THANKS TO THE LIFE FOSTER PROJECT

Food waste can be considered as a topic of growing importance by chefs and restaurant managers and owners. This is what resulted from the analysis of the questionnaires completed by the participants in the series of webinars organized by FIC as part of the Life FOSTER project on 22nd of June 2020 and on 26th of November 2020.

The latter webinar was also the first occasion to present the objectives of the Food Waste Prevention and Reduction Manifesto with the participation of speakers such as the Member of the National and the European Parliament, University of? Municipalities and so on. The webinars, which you can access here:

https://www.youtube.com/watch?v=3XlqkC\_mtXQ, met the interest of the many participants and made it possible to highlight how in Italy there is a specific need for training not yet adequately satisfied in this sector.

As a matter of fact, although the participants stated that they recognized food waste as an increasingly important topic in catering, both for environmental and economical reasons, about 90% of them never had the opportunity before to participate in an event focused on this topic and that addressed directly the catering sector. In this sense, FIC's action is particularly important as it addresses a segment of the population that is aware, but not yet adequately informed or involved. Most of the participants asked for further information, in particular with regards to further training initiatives related to the prevention, reduction and monitoring of food waste in catering.

Most of the participants in the webinar also submitted interesting comments and suggestions to improve the policies in the Food Waste Prevention and Reduction topic.



Among these, for example, we find in the field of training: introducing training focused on nutrition and the prevention of food waste already into primary schools (with pupils of 5-10 age), developing specific training modules for workers and students attending secondary schools and hotel institutes.

With respect to the local policies, suggestions were mostly aimed at creating a local circular chain of solidarity and at using food at km0. Specific indications were also related to the catering sector such as: to increase the attention paid on reducing waste especially related to bread and baked goods; to pay attention to how food is processed and to avoid the dispersion of food during the "mise-en-place"; to design a circular menu while taking into account the complete use of food in all its different parts and processing methods; to consider the reduction of food waste as economically attractive; to enhance the cleaning and preparation phases of food; to create a traceability system for food redistribution.

Building on this knowledge, FIC together with all the partners of the Life FOSTER project is now engaged in the drafting of the Food Waste Prevention and Reduction Manifesto which will be presented internationally during the next weeks.

## A MOOC TO REDUCE FOOD WASTE ON A EUROPEAN SCALE

On March 2020, France was suddenly contained as a response to the Covid-19 epidemic. To maintain pedagogical continuity, Afpa decided to accelerate the deployment of its E-Learning platform and digital courses. 30,000 students and 3,000 lecturers had been fully trained remotely in a few days. In the catering sector, more than 100 teachers and 3,000 pupils had to adapt to these training methods. For some lecturers, it was a generalisation of already existing practices, while for others it was an entirely new situation. Then, the idea of a MOOC to accelerate the dissemination of practices seemed obvious, both for the students in France and for the European partners.

The modular and progressive content of the MOOC allows everyone to invest the time they wish and for Afpa to adapt its support to each audience: pupils, teachers, professionals, stakeholders and all citizens. The teaching is both structural and situational which mixes several modalities: emails, Facebook community, ambassadors, challenges and weekly live lessons.

With the attribution of Open Badge each week, students can certify their progress and share it.

#### 100 mentors and professionals involved

Since 2019, several lecturers have joined forces around this common project. New practical courses which run for 4 weeks have been proposed from Afpa's kitchens, binvolving lecturers, students, managers, directors and professionals in the sector, while creating a real emulation towards food waste reduction. Every Saturday, the studnets met Afpa lecturers to make a zero waste recipe together. A great experience appreciated by all the mentors and the Afpa team. As a testimony, Afpa reunited well-known chefs to present their career paths and practices in their field. These chefs included France Ghielmi, chef of the Fortschwich school restaurant; Moise Piquet, chef of the "Carte Blanche" restaurant; Frédéric Pastorino, chef of the "CookOVin" restaurant and

Virginie de Saint-Quentin de Brégéon, manager of the FoodTruck "La cabane à manger".

#### 50 AMBASSADORS AND 2000 STUDENTS

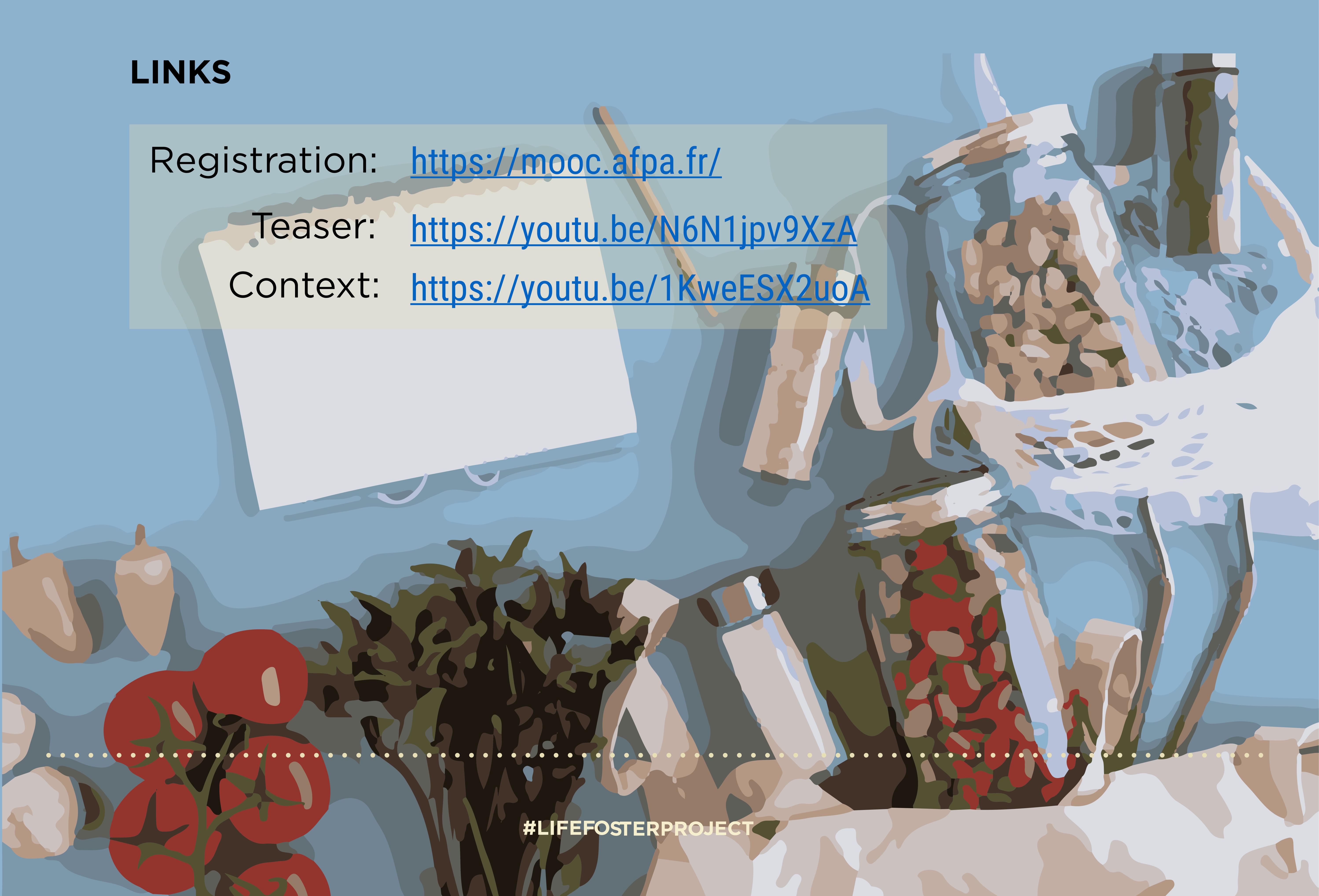
Remote learning is never easy! The MOOC helps to reduce isolation and to create dynamic encouraging students to share their ideas and results with the Facebook community. Padlets have been proposed to the pupils to share their zero waste tips and recipes.

Afpa has appointed 50 ambassadors to support the 2231 new students. The practice courses have strengthened the feeling of belonging to this community of ambassadors and pupils.

#### WHAT'S NEXT?

In France, Afpa will continue to provide course to major institutions as well as other training courses in the catering sector. In Italy, ENAIP would like to offer its students with recipes and testimonials from Italian chefs. The 4-week core course offers resources and flexible options that allow the MOOC to adapt to the culture of the country or the target audience.

The MOOC adventure will continue throughout 2021 and will expand through the Facebook community where moocers can share their skills and practices.



## FIRST RESULTS FROM THE MONITORING OF FOOD WASTE AT THE VOCATIONAL TRAINING CENTERS INVOLVED IN THE FOSTER PROJECT

We will never get tired of supporting and monitoring the important fundamentals to fight food waste. For this reason, UNISG, a partner of the LIFE FOSTER project, developed and created a web application - the Food Waste Flow Balance (FWFB) - to quantify the food waste value and result in voluntary training centers and restaurants. This tool was initially tested out on 15 vocational training

centers in the 4 countries involved in the project in the period between November 2019 and April 2020.

These tests were done to define the value from where to start (the baseline) measuring the progress of food waste production and the effectiveness of the proposed and adopted solutions in the project. Data was collected from the collaboration of 45 menus created during the workshops and laboratories dedicated to the training of future catering operators (kitchen and dining room), for a total of 165 preparations and more than 1000 ingredients. Around 824 people were involved in the testing, including ecturers and students.



#### What did we learn from this first data collection?

Beyond the specificities and variability that emerged from the precise analysis of the data for each single menu elaborated respectively by the different 15 training centers, according to the analysis of the data at an aggregate level, VET centers waste 17.4% of all the inputs they use for cooking and 19.2% of all the input they purchased. These rates are higher than what the scientific literature shows for the restaurant sector with a rate of 12% of food cost attributable to food waste (REFED, 2018).

Food waste mainly involves the preparatory and cooking phases which result in a percentage of 72%. The remaining part of the waste (28%) is attributed to consumption. If we breakdown the food waste into various product categories, the largest share of waste concerns the "vegetables, starch roots and salad" category followed by the "fruit" category.

With a view to identifying the possible actions to prevent food waste, the percentage of the edible share of the total waste generated which exceeds 50%, is analyzed. This percentage contains the portion of waste in the consumption phase, but occupying 28% of the total waste generated. This implies that a significant portion of waste generated in the preparation phase is edible, and for this reason it could represent an input to be exploited in the recipes prepared during the laboratory being monitored or stored for future use with a view to applying the principles of circular economy to the dynamics of planning/preparation of meals.

Another noteworthy element is the issue of over production which appears to be recurrent in the various training centers. The probable attributes is the modus of the laboratories and the need to cook in quantity to demonstrate and teach practical activities, however, there is room to intervene with more upstream planning.

The margins for improvement are therefore wide both in terms of food waste prevention and management. During the second monitoring, which is currently ongoing, the training centers will therefore seek to take measures to reduce food waste.

To be continued then... in case you are curious of the results.

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## 6 EASY WAYS TO REDUCE FOOD WASTE WHILE STAYING AT HOME

With families staying more at home, they are more likely to plan and prepare delicious meals they will enjoy with their loved ones. Since staying at home is the new normal, families might plan special meals during the weekend to make this time more memorable. However, this might mean that a lot of food waste is generated. While staying safe at home, let us all be a bit more conscious of our actions and try to generate as little food waste as possible.

Here are six savvy ways to reduce your food waste, from food prep to clean-up.



## The prep

## Plan realistically:

All too often, the fear of not having enough to eat causes us to overdo the amounts. Instead, plan out how much food you and your family can reasonably consume. Think about small courses with just the right size and aim for moderation rather than eating with abandon. If you worry you will cut it too close, plan on supplementing with bread, cheese or extra salad — items that are easy to have in hand and that will keep fresh if not needed.

## Use the whole vegetable:

Seeds, skins, and even tops of vegetables like carrots can find their way into recipes. Many people discard parts of vegetables that actually have valuable nutrients and can be used in a number of ways.

## Go cheap and ugly:

Do not be shy to search through the clearance section of your grocery store and purchase less than pristine produce - the so-called wonky vegetables! Marked down items not only save you money, but they also save vegetables from the landfill.



#### THE MEAL

## Self-serve:

Empower family members to do their own portion control by serving food buffet style. That way, each person can take exactly what they want and how much, rather than hiding their uneaten leftovers under their napkin. It is a key strategy to reduce food leftover at the end of the meal.

#### THE AFTERMATH

## Compost:

Inevitably, there will be leftovers. But instead of trashing them, find a way—and the will—to compost.

## Love your leftovers:

Get creative with the leftovers to create tasty meals. Transform stuffing into patties, leftover turkey into turkey chili, green beans and brussels sprouts into a savoury casserole.



we can greater appreciate having enough-

enough for ourselves and enough to share.

## CUTTLEFISH AND PRAWNS FIDEUÁ ("FIDEUÁ DE CHOCOS Y LANGOSTINOS")

#### INGREDIENTS:

## For the stock ("fumet"):

Fish heads and bones

Waste of cuttlefish (fins and others) and prawns

(head and shells)

1.51 of water

1 spring onion

1 small garlic head

1 carrot

Sea salt

## For the fideuà:

500g noodles of nº 3

2 cuttlefish

12 prawns

1 onion

3 garlic cloves

2 tablespoons crushed natural tomato

Sea salt

Olive oil

## For the Stock ("Fumet"):

Put the ingredients in a pot, add salt to them, and let it simmer. mpurities are eliminated and, after an hour, strain, and reserve

#### For the fideuà:

Finely chop the onion and garlic cloves and sauté in a paella pan. Cut the cuttlefish into squares and add them to the paella pan. Add salt and keep over a very low heat for 30 minutes, until the onion is well poached. Add the tomato to incorporate them and keep for 10 minutes. Add the noodles, mix and light up the fire. The broth is incorporated on demand.

Five minutes after finishing cooking, the peeled prawns are deposited.

We invite you to put this recipe into practice and, above all, keep in mind that this is about reusing what we have left over. That is, if you are missing any of the ingredients that we propose, there is no problem, replace it with a similar one. Imagination is power and this recipe can be adapted to any food, circumstance and number of dinners.





## FOR MORE INFORMATION

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#### LIFE FOSTER:

Training, education and communication to reduce food waste in the food service industry.

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