



LIFE FOSTER

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THE MANIFESTO FOR FOOD WASTE PREVENTION IS OUT!

How to build sustainability in the catering sector? And, more generally, how can food service professionals, trainers, educators, students and citizens help our economies and our environment by preventing and reducing food waste?

These important questions were addressed by the LIFE FOSTER partnership, by involving in the discussion professionals, specialists and other experts with the aim of proposing solutions against food waste at a national and European level.

The result of this cooperation is the launch of a joint Manifesto, in October 2021, which can be subscribed on the project website.

The Manifesto proposes to each target group some voluntary commitments to become ***Ambassadors of food waste prevention*** and have an active role in shaping a better future.

Food service professionals, for instance, can contribute by planning menus and orders, buying less but more frequently, purchasing without excess from a proper supplier.

On the other hand, trainers can train other trainers and teachers in food waste prevention and then train students to use and consume food responsibly: this will benefit the company where they will work and themselves.

Students and citizens can cooperate to reducing food waste in everyday-life actions. Therefore, the Manifesto highlights some tips, such as, to plan what they will be eating ahead of time, to buy fresh and local, to keep their refrigerator and freezer clean, and many others...

Food waste is nowadays a global challenge that calls for local responses and everyone's action.

Find what you can do and download our Manifesto.

Join us and subscribe the Manifesto to be and Ambassador of food waste prevention!

The Manifesto for Food Waste Prevention and the subscription form are available here: <https://www.lifefoster.eu/manifesto/>

LIFE FOSTER AND ITS FOOD WASTE MONITORING TOOL AT ECOMONDO

Nadia Tecco, University of Gastronomic Sciences

On Thursday 28 October 2021, the University of Gastronomic Sciences in Pollenzo participated in the seminar ["New management options and assessment tools to accelerate the transition towards circular economy"](#) with a speech dedicated to the presentation of the Life FOSTER project. The conference was part of the thick list of events and meetings organized within [ECOMONDO](#), the reference international fair in Europe for technological and industrial innovation, which unites all sectors of the circular economy in a single platform: from recovery of matter and energy to sustainable development. And the topic of food waste could certainly not be missing! In the session dedicated to the food supply chain, the presentation by Nadia Tecco and Franco Fassio focused on the "Food Waste Flow Balance", the measurement tool implemented as part of the Life FOSTER project. The quantification functions of the web application were illustrated in terms of life cycle. It has been illustrated the first results of quantification of the material flows and their economic value about the 15 training centers that have already experimented its use. The use of the web application has in fact made it possible to observe an improvement in the prevention and management of food waste between the first and second monitoring campaign, with a reduction of the average value of the quantity of food waste by 5% (passing from 17% to 12 %), which is equivalent to an average economic saving of 3%. The integration of the quantification tool within the training path of trainers and students has thus demonstrated how the measurement of waste itself cannot be considered an action to reduce food waste, if not placed within a be observed more broadly in its cultural context that allows for understanding. where and how the risk of creating food waste can be countered and to question those behaviors, habits, practices that favor its generation.

EU PROPOSAL TO INTRODUCE FOOD WASTE REDUCTION TARGET

Gabriel Cassar, Malta Business Bureau

Food waste and loss have a clear environmental, social and economic impact on our planet. One should just consider the amount of natural resources, time and money which are invested in food production, as well as the negative impact which food waste itself has on our environment when it starts to decompose. Statistics show that Europe is wasting roughly 20% of all food it produces, while 800 million people worldwide are undernourished according to the United Nations.

In 2020, the European Commission released its Farm2Fork strategy which compliments the EU Green Deal and aims to make Europe's food systems more environmentally sustainable and healthier for consumers. The strategy includes scope for the creation of an EU-wide target for food waste reduction.

Several different options for legally binding targets have now been presented in the proposed revision to the Waste Framework Directive (2008/98/EC).

The Commission has proposed a two-step approach. The first step is to consider what parts of the food supply chain they will address and how waste is to be measured. In its most ambitious form, the new policy would set a target on the entire chain from the farms where food is produced, to the final consumer's plate, setting the same reduction target for all EU member states. A softer option is to tackle only certain parts of the supply chain (e.g. retail or consumers), and only setting a collective EU target, with member states offering their individual contributions.

The next step is to actually decide on what the target will be. The most ambitious option presented by the Commission is to reduce food waste by 50% by 2030. This would put the EU in-line with its commitments under the Sustainable Development Goals (target 12.3) On the other hand, the bare minimum is proposed at a 15% reduction.

While the proposal will set binding targets on the EU, each member state will still be flexible in how to achieve these. Options include awareness raising, behavioural change, engaging with food suppliers and producers, and so on.

The Commission argues that reducing food waste will lead to cost savings for both businesses and consumers. While some businesses will have to introduce technologies or systems to reduce waste in their kitchens, the savings from less waste are expected to outweigh them.

ITALIAN STUDENTS ON STAGE FOR 2 NEW LIFE FOSTER VIDEOS!

Now you may view the videos taken during summer 2021 by catering students from the ENAIP NET training centres (in particular Enaip Veneto) in Conegliano and Piazzola sul Brenta (brilliant young actors!). Following the LIFE FOSTER project training, the students showed us how to prevent and reduce food waste in several situations.

Do you need some smart tips?

Take a look at them, by following the below links!

LIFE FOSTER – Students on stage: the cooperation between the dining room and the kitchen staff, passing through the menu

- <https://www.youtube.com/watch?v=H8KX41wDyY0>

LIFE FOSTER – Students on the stage: smart tips to manage groceries from the supermarket to our fridge

- <https://www.youtube.com/watch?v=0xBWogBGP1Q>



COOK WITH LESS FOOD WASTE LIKE A PRO!

FISH CAKES

Recipe by **Paul Fenech**, Institute of Tourism Studies

INGREDIENTS :

- 3 large potatoes
- 500 g leftover cooked fish
- 1 tablespoon butter
- 1 large finely chopped onion
- 1 tablespoon chopped fresh parsley
- 1 egg
- Seasoning
- Oil and butter for frying

METHOD:

- Boil the potatoes, meanwhile finely chop the onion.
- Flake the cooked fish into small pieces.
- When the potatoes are cooked mash well.
- Add the flaked fish to the mashed potatoes and mix well, add also the beaten egg, chopped onion, chopped parsley and seas on. Mix well again and form into fish cakes.
- They will be a bit soft but place in a fridge for two hours and the fish cakes will harden.
- Pass the fish cakes through flour and shallow fry till golden in color.
- You can serve with salad and also as fish burgers in a bun.



[Watch the recipe video here.](#)





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LIFE FOSTER:

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