

ZERO WASTE BRAINSTORMING CHALLENGE 2022



Circular Recipes

ORGANIZED BY



IN COLLABORATION WITH



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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.



COMPETITION RULES

CIRCULAR RECIPES, Zero Waste Brainstorming Challenge 2022 is a Competition organized by the University of Gastronomic Sciences of Pollenzo within the LIFE FOSTER project.

For any information regarding the competition, please consult the websites www.lifefoster.eu or contact us by e-mail n.tecco@unisg.it, specifying in the object CIRCULAR RECIPES- Zero Waste Brainstorming Challenge 2022.

PREMISE

The University of Gastronomic Sciences announces the International Gastronomic Competition - **CIRCULAR RECIPES - Zero Waste Brainstorming Challenge**, reserved for students of schools / training institutes who have joined the LIFE FOSTER project in the countries of France, Spain, Malta and Italy.

The goal is to collect recipes that demonstrate the problem-solving skills of the participating students in designing anti-waste, circular recipes with a balanced nutritional intake.

The challenge will take place in two phases:

1. **preselection phase from 1 April to 30 April 2022 online:** each student (aged between 15 and 23) can apply for a maximum of one recipe by filling the form available on the dedicated page <https://www.lifefoster.eu/challenge-2022/> and the sending of a maximum of 5 photos relating to the realization of the recipe to the address n.tecco@unisg.it ;
2. **final competition on 24-25 May 2022** at the Food Lab of the University of Gastronomic Sciences of Pollenzo, Bra (CN), Italy. A maximum number of 10 students will be able to access the final phase of the competition, at least 2 from each state participating in the LIFE FOSTER project, selected in the pre-selection phase. During the competition, students will have to make the candidate recipes in the pre-selection phase. The communication of the participants in the final competition will be made on May 6, 2022.

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GENERAL RULES

CONTACTS AND INFORMATION

UNIVERSITA' DI SCIENZE GASTRONOMICHE – Piazza Vittorio Emanuele II, 9, 12042 Pollenzo CN mail: n.tecco@unisg.it
LIFE FOSTER: info@lifefoster.eu - www.lifefoster.eu

For all types of information on the pre-selection phase of the competition (registration, recipes to be presented) write by 22 April to n.tecco@unisg.it, specifying in the object CIRCULAR RECIPES- Zero Waste Brainstorming Challenge 2022.

REGISTRATION AND DEADLINE

By registering for the **CIRCULAR RECIPES - Zero Waste Brainstorming Challenge**, participants accept the regulation and its conditions. Registration must be done by completing the online form in its entirety. In the enrollment form, it will also be required to indicate the name of a contact person from the school of provenience. Registration must be completed no later than 30 April 2022. The form is available in the section "Sign up and submit your recipe at the address <https://www.lifefoster.eu/challenge-2022/>

By filling out the registration form for the challenge, the participant provides his/her consent to process the data we will collect in compliance with law no. 196/03 and its amendments published in the Official Gazette no. 65 of 19 March 2007 (protection of persons and other subjects regarding the processing of personal data) and of Regulation (EU) 2016/679.

Registration is intended as acceptance of the conditions of the regulation.

THEME OF THE CHALLENGE

Each participant is required to present the recipe of a main dish for the pre-selection phase. In case of selection for the final competition, the competitor will be required to make the candidate recipe.

WHAT IS A MAIN DISH...

Main dish: It is a dish generally defined as a single dish that contains from a nutritional point of view all the macronutrients that should make up every meal, i.e.:

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- proteins (deriving from lean meat or blue fish or eggs or cheeses or legumes);
- carbohydrates (deriving from pasta or rice or other cereals such as barley, spelled, sorghum, millet, burghul, quinoa, couscous, or bread or potatoes);
- lipids, of animal origin or preferably of vegetable origin (olive oil);
- fiber, deriving from vegetables and legumes.

For the proportions between the different macronutrients it is possible to refer to the "Healthy Eating Plate" created by nutrition experts at Harvard T.H. Chan School of Public Health <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

The maximum limit of characterizing ingredients to be used in the recipe is 6 (excluding seasonings, e.g. salt, oil, butter ...). The maximum time for making a single dish cannot exceed 60 minutes. The purchase of the ingredients for the preparation of the dish during the final competition will be made by the organizer.

The preparation can be either cold or hot or with cold parts and hot parts. The preparation can be both omnivorous and vegetarian.

RECIPE

Each participant can propose no more than one recipe for the participation in the Challenge. Information on the recipe (title, description, ingredients, execution process and accompanying photos, description of actions for the prevention and reduction of waste, weight of food waste, impact assessment on water and energy consumption, reasons related to the choice of recipe) must be entered exclusively by completing the online form. The maximum time for making the single dish cannot exceed 60 minutes.

The information relating to the quantity of ingredients (maximum 6 characterizing ingredients with the exception of condiments) will refer to the single portion. The photographs (max 5) must also refer to the single portion. In case of selection for the final competition, the execution of the recipe must necessarily follow what was presented in the pre-selection phase. Each competitor in the final phase of the competition will have to prepare 6 portions of his own recipe.

INGREDIENTS

The maximum limit of characterizing ingredients to be used in the recipe is 6 (excluding seasonings, e.g. salt, oil, butter ...).

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In case of selection for the final competition, the execution of the recipe must necessarily follow what was presented in the pre-selection phase. Each competitor in the final phase of the competition will have to prepare 6 portions of his own recipe. The jury will verify the correspondence of the ingredients with the recipe presented in the pre-selection phase and it will be mandatory to weigh all the ingredients before the start of the competition and at the end of it to calculate any waste and possible waste, using for the evaluation criteria and monitoring of waste, a simplified version of the web application [FOOD WASTE FLOW BALANCE](#) developed by the University of Gastronomic Sciences of Pollenzo. During the realization of the recipe, each competitor will have a container for the collection of the organic fraction, the contents of which will be weighed by the judges at the end of the competition.

THEY WILL NOT BE ALLOWED AMONG THE INGREDIENTS

- Fresh-cut fruit and vegetables (FFV)
- Crustaceans and mollusks already shelled
- Semi-finished products of industrial production

Photos of food raw materials in the original packaging with brands or logos will not be allowed.

THE BRAINSTORMING CHALLENGE

For the pre-selection phase, each participant must present 1 portion of their recipe to the plate.

For the final phase of the competition each participant will have to elaborate 6 portions of his/her own recipe per dish.

Each selected student will be able to make use of the assistance of an accompanying teacher who will have to be stationed outside the competition laboratory on sight, but in direct contact with the competitor and will only be able to provide suggestions during the competition (coaching).

INTERNATIONAL JURY

The jury is made up of 3 professional judges as follows: 1 Professor from the University of Gastronomic Sciences of Pollenzo, 1 Chef from the Food Lab of the University of Gastronomic Sciences of Pollenzo, 1 Chef of renowned international fame for his actions against food waste.

By participating in the Challenge, the competitors accept the rules and conditions. The decision of the judges is final and unappealable.

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EVALUATION CRITERIA

Here the list of the criteria and the relative scores for the pre-selection phase and for the final competition. Half points will not be accepted.

Criteria	Maximum score awarded in the pre-selection phase	Maximum score attributable in the final competition
		* Maximum score attributable in the preselection phase
Seasonality of the ingredients	15	15*
Valorisation in the recipe of aspects relating to the local gastronomic tradition	15	15*
Application of the principles of circular economy in the recipe (e.g. full use of the ingredient, minimization of the water and energy impact of the execution)	15	15*
Incidence of waste% of the total weight of the ingredients	15	15
Nutritional balance	10	10*
Description and presentation of the recipe (story-telling)	10	10*
Consistency between the recipe proposed and the recipe performed		5
Sensory profile (taste, presentation)		15
Maximum total score	80	100

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AWARDS AND AWARDS CEREMONY OF THE COMPETITION

The 10 candidates selected for the final phase of the challenge will be guaranteed travel, board and lodging expenses for the days of 24 and 25 May (2 nights) at the University of Gastronomic Sciences of Pollenzo and neighboring facilities. The expenses for any accompanying persons (in the case of minors) will be covered by the project partners (ENAIP-NET, AFPA, CECE and ITS) on the Life FOSTER project budget.

During the two days, candidates will have the opportunity to participate in specific training on the theme of circular cuisine which will include both a theoretical and practical session at the [Food Lab of the University of Gastronomic Sciences](#) in Pollenzo. All the selected candidates will be awarded the diploma of participation in the final phase of the Challenge and of attendance of the training.

The award ceremony for the competition is scheduled for **Wednesday 25 May 2022**, approximately starting at 15:00 at the University of Gastronomic Sciences in Pollenzo.

The first three classified will be awarded.

- 1st Prize: Gold Medal
- 2nd Prize: Silver Medal
- 3rd Prize: Bronze Medal

RIGHTS OF THE ORGANIZATION

All rights deriving from the use of recipes, photos and videos, of the preparations in competition go to the University of Gastronomic Sciences of Pollenzo. It is mandatory to sign a release (signed by the parents in the case of minors) in compliance with the legislation on data management, filming and images see GDPR for participation in the final competition. The organizer (as well as any persons invited by the organization) has the right to photograph, film, publish or use photos of the works and / or videos of the participants.

RIGHTS OF THE ORGANIZATION IN THE EVENT OF CHANGES

The organization reserves the right to cancel the event, to postpone or modify its duration or times or to make any other technical changes.

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