



LIFE FOSTER

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#LIFEFOSTERPROJECT

LIFE FOSTER'S LEGACY: SHARING WHAT WE LEARNT



As the LIFE FOSTER project is coming to an end, the most relevant lessons that the partnership has learned in this pathway are ready to be shared. They truly constitute a valuable legacy to be passed onto students, trainers, professionals, policy-makers and stakeholders; as well as the overall society.

All throughout the LIFE FOSTER journey, the primary aim was to demonstrate the importance of vocational training to address an environmental problem, the one of food waste, using a preventive approach, in order to reduce waste and resource consumption, with multiple positive effects also at economic and social level.

Which are our most important lessons learned?

Together with our project partners, we have launched a discussion on the key messages that summarise our LIFE FOSTER experience and underpin our achievements. These are the results:

Lessons for enterprises: How to support their awareness-raising and stimulate them to undertake food waste prevention actions

- I. promote awareness-raising campaigns on food waste prevention, highlighting the economic benefit for enterprises
- II. support information campaigns, in collaboration between public institutions and businesses, to raise customer awareness
- III. define EU/national/local incentives for the use of food waste measurement tools and their accessibility to all businesses, in order to up- or re-skill employees on food waste prevention skills
- IV. create an “ecolabel” for businesses that reduce food waste



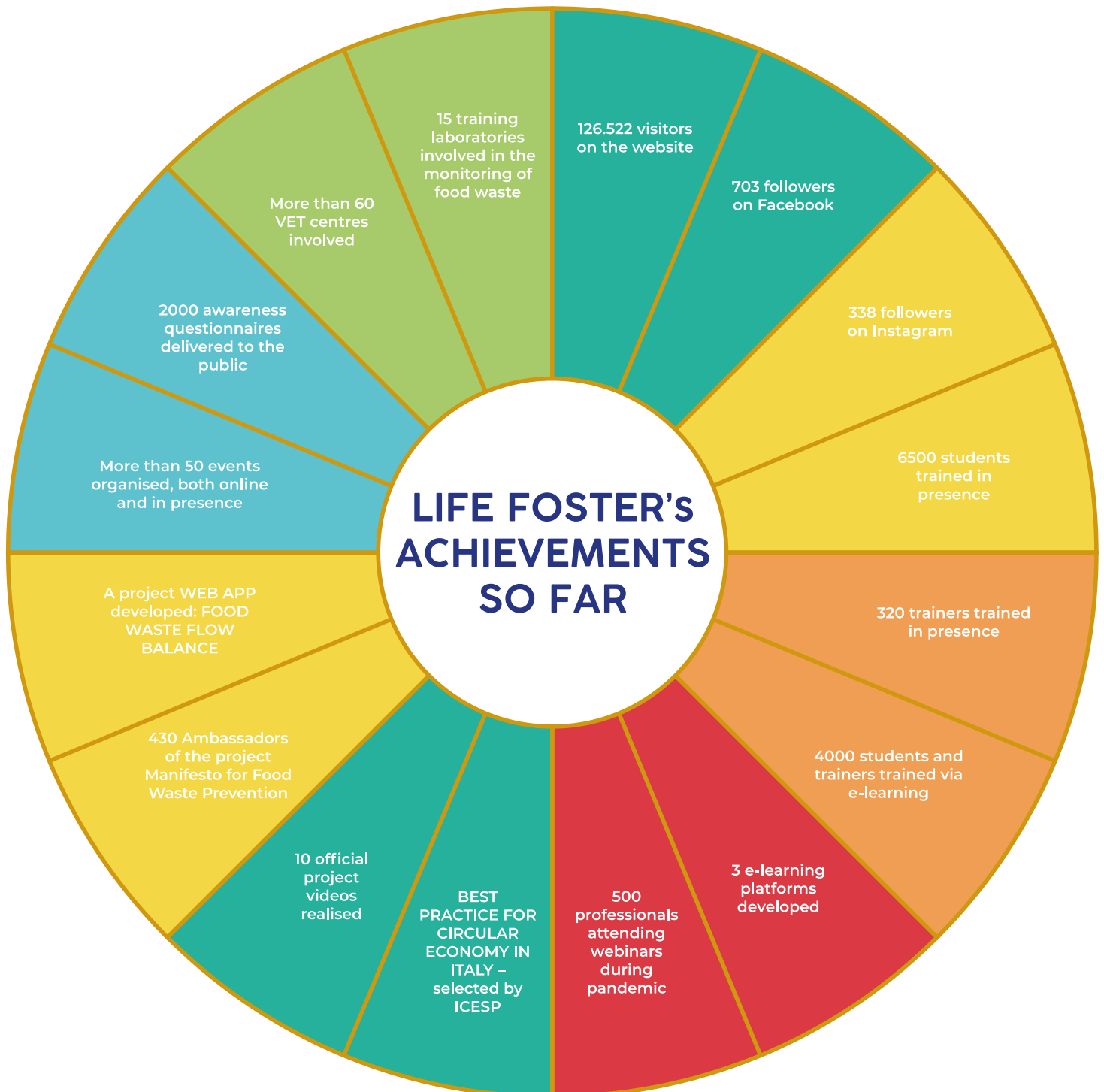
Lessons for VET: How to activate behavioural change in the workplace and an overall mentality shift in environmental issues

- I. include food waste prevention as a cross-curricular competency in food service training
- II. encourage certification of food waste prevention competencies (e.g. micro-credentials)
- III. promote training of employed/unemployed youth and adults on food waste prevention for food service workers
- IV. favour the introduction of food waste measurement tools in food service training
- V. create an “ecolabel” for VET providers committing to food waste prevention

Lessons for measurement tools: How to provide further evidence on the importance of quantifying and monitoring food waste

- I. encourage the establishment of a reliable baseline with suitable tools
- II. favour the adoption of context-specific measurement tools to improve enterprise management
- III. stimulate investment in measurement tools
- IV. encourage the use of tools that can quantify the economic value of food waste
- V. promote access to food waste measurement tools as part of a prevention strategy
- VI. encourage the development of a culture of measurement





SURVEY FOR CATERERS/ CATERING COMPANIES

Just 2 minutes of your time!

Help us to carry out a socio-economic
project monitoring.

Your contribution is important
for the LIFE FOSTER project!

[Click Here to
Participate](#)



Circular Recipes - A zero-waste brainstorming challenge

Author Nadia Tecco, University of Gastronomic Sciences

Competitions play a vital role in culinary arts as they continually raise the standards of culinary excellence. There is no better way for a culinarian to hone their craft than by putting their skills and knowledge to the test in a competitive format. And why not dealing with and applying circular economy principles?

So we were glad as UNISG to have designed and hosted Circular Recipes – A zero waste brainstorming challenge, the first international culinary competition based on circular economy on the 24th and 25th May 2022 at our Food Lab.



The competition was opened to all students from training centres that have joined the LIFE FOSTER project in Italy, France, Spain and Malta and have received a training on food waste prevention!

The focus of the challenge was on demonstrating the problem-solving skills of the participating students in designing recipes that are zero-waste but with a correct nutritional intake.

Each participant was required to present the recipe of a main dish for the pre-selection phase according to the Healthy Eating Plate from the nutrition expert for School of Public Health from Harvard. After a first pre-selection based on an online brainstorming, 10 circular recipes were selected and the proposing students invited (1 from Brittany-France, 1 from Malta, 8 from the Italian regions of Veneto, Lombardy and Piedmont) to prepare them in Pollenzo by using a maximum of 6 ingredients within an hour.



The preparations were then evaluated by a jury composed of Johnny Drain, Carol Povigna e Franco Fassio according the following criteria;

- Seasonality;
- Valorization of local gastronomical tradition;
- Application of circular economy principles (full use of ingredients, minimization of water and energy consumption)
- Incidence on waste on the total weight of the ingredients;
- Nutritional balance;
- Story telling;
- Consistency with the candidate recipe during the pre-selection;
- Sensory profile.

Three recipes were chosen as the best circular dishes:

- 1st CLASSIFIED: Buttons of creamed cod on asparagus velvety's spirals made by Peza Giulio (student) and Rodolfo Bof (tutor) from-ENAIP Feltre-Italy;
- 2nd CLASSIFIED: Poached Skate, Broad-bean and Tomato Fricasse, Cauliflower Puree, Spelt Gnocchi, Whey Sauce made by Jeremy Falzon (student) and Joseph Cassar (tutor) from ITS- Malta
- 3rd CLASSIFIED: Risotto with a cream of pea pods and toasted breadcrumbs made by Lorenzo Mezzio (student) and Alessandro Belli (tutor) from ENAIP Voghera.





LIFE FOSTER collaborates with EuroChambres in EU Green Week

The LIFE FOSTER project has collaborated with EuroChambres, through the Malta Business Bureau, in an online event on 2nd June focusing on green skills from the perspective of businesses. This was organized as part of the EU Green Week, which is an annual opportunity to debate European environmental policy with policymakers, leading environmentalists, and stakeholders from Europe and beyond.

To make the European Green Deal real, we need to rethink skills and education. The transition to a carbon-neutral economy will trigger fundamental changes in technology, design, production, services,





consumption, and investments. New jobs will be created, while some jobs will be replaced, and others redefined. There is no doubt that the ambitious goals of the Green Deal cannot be accomplished without people equipped with the appropriate green skills and competences.

The event featured presentations by CEDEFOP, the OECD, MBB and EuroChambres. A panel discussion between EuroChambres members then went on to discuss the challenges businesses face when dealing with the green transition and the respective up- and re-skilling of their workforces. MBB Senior Executive (Sustainability) Gabriel Cassar explained that businesses, and especially those in hospitality, require significant support to source skilled staff in a time when businesses are still recovering from the effects of the pandemic, struggling with staff shortages, and now have to contend with inflationary pressures from the Russia-Ukraine war.



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LIFE FOSTER:

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