Training to measure food waste

For kitchen and canteen staff

Do good: Save food!
To give you the desire and the means to measure and reduce food waste at canteen and kitchen levels.

We want to:

• Help you measure and monitor food waste.
• Help you understand how to reduce and track results against targets.
• Identify what you need to succeed.

The training helps you voice your opinion and express your needs.
Introduction

What Are We Talking About?

The food waste definition*:

« Any food intended for human consumption that is lost, discarded or degraded at any stage of the food chain is food waste. This includes edible and inedible food parts. »

To make food waste measurement easier, we don’t make difference between non edible food waste e.g. banana peels and bones and edible parts.

*Source: ADEME et Pacte National de Lutte contre le Gaspillage Alimentaire
**Why Does It Matter?**

1. According to you what is the average food waste by meal at primary school? 72 - 120 g corresponding to 15-30 % of the meal

2. Globally what percentage of wasted food was perfectly edible and could have been eaten? 75%

3. Over a year, how much food is it wasted on average in a 200 pupils primary school? *Help: it’s in tons* 3,4 tons, equivalent to 13 800 meals

- It is essential to teach children the value of food, as they will make tomorrow’s world

- Children do not receive optimal nutritional intake when food is thrown away.

*Source: Food waste in schools, WRAP, 2011; Réduire le gaspillage alimentaire en restauration collective, ADEME, 2016*
Introduction

Protect the Planet

Farming is a major threat to biodiversity.

Land occupation footprint: if land on which food later wasted is grown was a country, it would be bigger than China.

Carbon footprint: food later wasted produces 3.6 gigatons of greenhouse gases each year—more than any country other than the US and China.

Water footprint: 1/4 of water used in agriculture is used in food that will end up as waste.
• What shocks you most about food waste at school kitchen and canteen?

  • Why?
When should you weigh food waste?

At kitchen:
When food is being discarded. Whether it is during production, stocks management, surplus food, plate waste ... I weigh and report what I throw away.

At canteen
During lunch, plate waste are discarded in the appropriate container (sorted out or not) to be weighted and reported at the end of the lunch time.

Waste = Weigh = Report
What are you supposed to weigh?

We consider as food waste (and should therefore be measured), all food thrown away in the bin whether it is:

• avoidable (bread, surpluses, left-overs, etc.),
• partially avoidable (potato peel, scrap cuttings, etc.) or
• unavoidable (eggshells, bones, etc.). This is because
  – It is impossible to set objective criteria about what should be eaten or not;
  – It makes food waste measurement easier.
  – It can contribute to identify potential for food recovery solutions such as compost and anaerobic digestion.

NB: All food waste whether it is recovered or not (composting, anaerobic digestion, animal feed,...) should be weighted and recorded. Exclude non food waste as much as possible e.g. yoghurt cup, napkins etc.
Who should weigh and record food waste?

**At kitchen:**
Anyone discarding food waste should register data fulfilling the printed data entry sheet.

**At canteen:**
1. The canteen staff sort out (or help students to do it) the plate waste to discard the food in the appropriate container.
2. One person in charge of weighing the discarded food (together with students or not) reports information on the printed data entry sheet.

**Appoint the people that will be in charge of:**
- Printing and collecting data entry sheet(s) in the kitchen and at the canteen every day
- Reporting the data from the data entry sheet(s) in the Excel Food Waste Tracker.
What equipment do you need?

To discard food properly:

- Suitable containers for the 5 different food components to be sorted and weighed apart if decided this way.

To weigh the dicarded food:

- One scale for the kitchen and one scale for the canteen.

To record the food waste quantities:

- The data entry sheet to be printed for each measurement day

Pour reporter et enregistrer les informations :

- Le fichier Excel Tracker Antigaspi
What information should be registered?

Each day you should report into the data entry sheet the information that will later be registered in the Excel Food Waste Tracker:

• Date
• Number of students served at the canteen today
• Meal component that is wasted
• Weight of the wasted meal component
• Reason why the meal component is wasted

NB: A blank space "notes" on the data entry sheet allows you to report special information to explain food waste (e.g. "chicken bones today" or a students group missing", ...)
How to use the Excel Food Waste Tracker?

Download the Food Waste Tracker [here](#).

- **Sheet dashboard**: Select your language, enter the name of your establishment and select your establishment type. Charters from the dashboard will allow you to analyse your data and to act after you started food waste tracking.
- **Sheet Instructions**: Follow the step by step instructions.
- **Sheets Diagnostic & Evaluation**: Type measurement start date dd/mm/yyyy. Each day report the data recorded in the data entry sheet into the table to enter data. Don’t forget to enter the number of students served for each day.
- **Sheet Your impact**: Find here the information about the impact of your food waste reduction efforts.
- **Sheet Data entry sheet**: You can print data entry sheets to allow canteen and kitchen staff to report directly on paper information about food waste to be later recorded in the Excel food waste Tracker.
The *Do Good: Save Food!* initiative
A collaboration guide helps you implement food waste reduction actions

20 GOOD PRACTICES
for kitchen and canteen staff and education teams.

+ TOOLS TO HELP YOU IMPLEMENT
posters, an Excel food waste Tracker, supports to train your staff

GOOD PRACTICE #5 Tracking food waste

*Useful resource for: Kitchen and canteen staff, pupils*

"The measurement methodology is effective and enabled us to know exactly what to discard and why", Curtis Johnson, kitchen chef at Emmanuel School

**Introduction:**

*Measuring food waste* is essential in order to: 1. make the different stakeholders aware of the need to take action. 2. Understand the causes of food waste and target the most effective actions to reduce food waste. The proposed *methodology* is complemented by tools to assist with implementation on the ground.

**Objectives:**

Using the waste measurement and monitoring method facilitates a reduction in food waste in the kitchen and canteen by an average of 20%.

- Effectively measure food waste to understand why it occurs.
- Identify the most effective waste-reduction actions.
If you had to choose one element to help children reduce food waste or one action that you would like to take, what would it be?
Thank you for your commitment!

http://internationalfoodwastecoalition.org/