

SMALL CHANGE

BIG DIFFERENCE

Community Bite-sized Training



**SMALL CHANGE
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ON

THE

MENU

**About the
campaign**

**Food for
thought**

**Ideas
exchange**

**Take
action**



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ABOUT

THE

CAMPAIGN



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Helping everyone in our city
make small food changes to
lead better, healthier & more
sustainable lives.



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CAMPAIGN

MESSAGES

Food waste prevention

Buy what you need, eat what you buy



Healthy sustainable eating

Good for you,
good for the planet

Food waste recycling

Make it your norm!



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FOOD WASTE PREVENTION

**If everyone in
London froze their
bread to make
toast, we could
save 2,600,000
slices from the bin
every day.**



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HEALTHY

SUSTAINABLE

EATING



**If everyone in
London went meat
free one day a
week, we could
reduce harmful
greenhouse gases
by more than
450,000 tonnes a
year.**



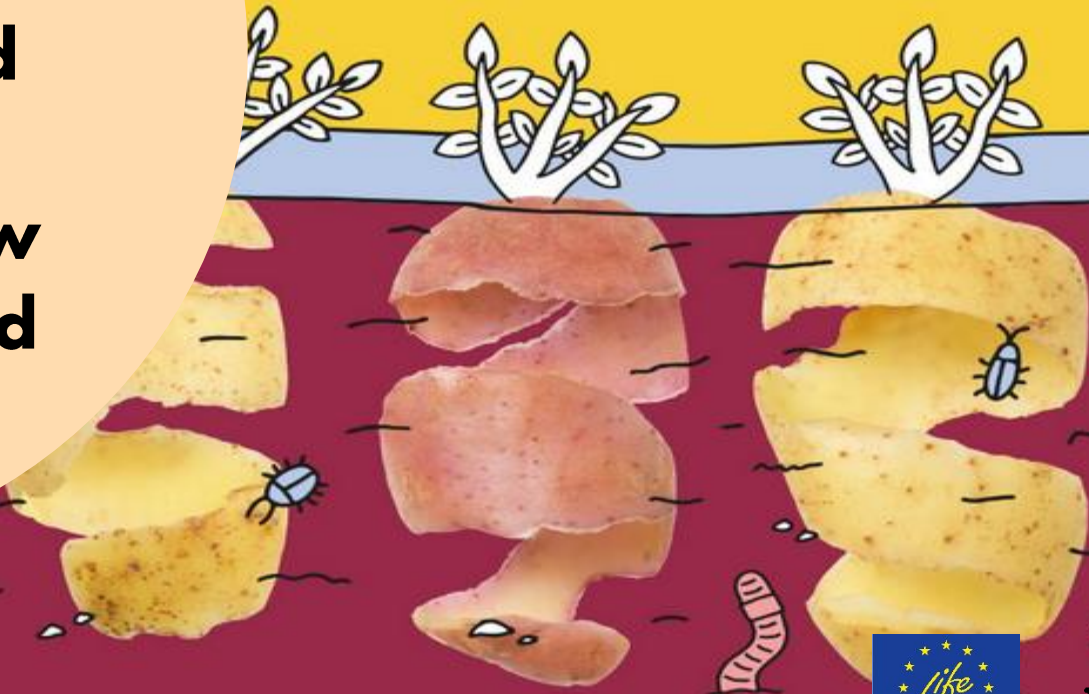
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If everyone in London recycled just one potato peel today, that could be turned into enough compost to grow 1,384,728 brand new potatoes.

FOOD

WASTE

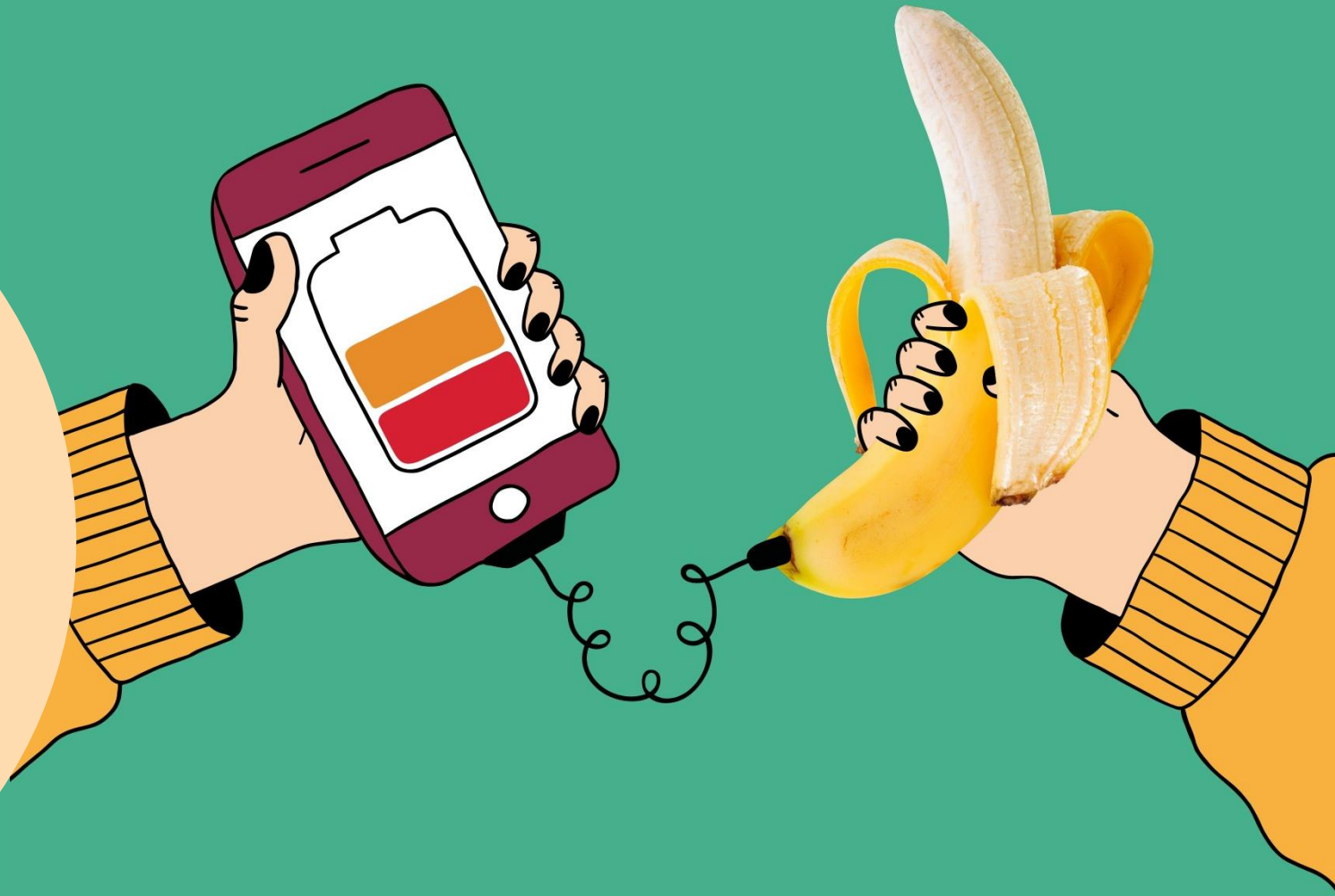
RECYCLING



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FOOD WASTE RECYCLING

**If everyone in
London recycled
one banana skin
today, we could
turn that into
enough energy to
charge 16,616,738
mobile phones.**



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FOOD FOR THOUGHT



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**How much does food
waste cost the
average family a
month?**



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£70
(£20 for individuals)



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**How much food is
thrown away by all
London households
each year?**



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910,000 tonnes*

*the equivalent to over 71,000
double decker buses



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**How much does it cost
waste authorities to
dispose of and process
London's food waste
each year?**



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£50 million
per year



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**If food waste was a
country, it would be the
3rd biggest greenhouse
gas emitter.
True or false?**



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True



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What would create a bigger carbon footprint?

- a. Field-grown local fruit
- b. Greenhouse local fruit
- c. Field-grown fruit shipped in from Spain



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b. Greenhouse local fruit



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FOOD FOR THOUGHT

Use your investigation skills
to find the answers to the
questions below

1 Where is the best place
to store apples?



2 Fresh vegetables are
always healthier than
frozen or tinned.
True or false?

TRUE ☐ FALSE ☐



4 How many tea bags
would you need to
recycle to put the kettle
on for a new cup of tea?



3 What three key
resources are also
wasted when we throw
away food?

1 _____
2 _____
3 _____

5 What does the 'use-
by' date label mean?

USE BY



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www.smallchangebigdifference.london

Discover the answers to the questions on your 'Food for Thought' quiz sheet



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Where is the best place
to store apples?

Fridge



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Fresh vegetables are always
healthier than frozen or tinned.
True or false?

False



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What three key resources are
also wasted when we throw
away food?

Land, water, energy



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How many tea bags would you
need to recycle to create enough
energy to make a new cup of tea?

6 tea bags



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What does the 'use by' date label mean?

It refers to food safety- food can be eaten up to the end of this date but NOT after



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Which one of these adds the
most protein to a cooked
breakfast?

1/2 can baked beans



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IDEAS

EXCHANGE



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Think about:

- What changes do you want to see?
- What are the challenges?
- How will you overcome these?



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EXAMPLE

ACTIONS

**Share
your top
tips and
recipes**

**Organise
awareness
activities as
part of other
national events
and campaigns**

**Organise
a stall at
fairs and
festivals**

**Host
cooking
workshops**

**Run a
Disco
Soup!**



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Over to you



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Time to present!



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TAKE ACTION

Check out the Small Change Big Difference website for inspiration and ideas:

www.smallchangebigdifference.london

Download resources here:

<http://resources.trifocal.eu.com/resources>



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