



Lesson 4: Food Waste Campaign / Event

FRUIT SMOOTHIES

ACTIVITY SUMMARY

- The purpose of a campaign day or school event is to give pupils the opportunity to apply their learning. They can take real-life action on the things they've learnt. The campaign is also a chance to share the learning with the wider school community.
- Choosing a campaign that is relevant to your school context will ensure engagement and legacy. We have given 3 example school campaigns, but feel free to adapt or choose your own.
- In this example campaign day, pupils will create fruit smoothies from surplus fruit and share them with parents at the school gates.

RESOURCES

Provided as part of this pack:

1. Posters
2. Pledge template
3. Mini quiz
4. Food allergy notice
5. Top tips

You will need:

- Surplus fruit
- Smoothie blender
- Serving cups (for smoothies)
- Food waste caddy
- Compostable bin bags
- A table
- Cloths

WORKSHOP LENGTH: Half a day (afternoon recommended)



CURRICULUM LINKS

Learning Outside the Classroom (LOT); experiential learning by direct experience; understand how experiences affect our behaviour, lifestyle and work; to identify ways of engaging parents, carers and the wider community; Design & Technology'; nutrition and healthy eating.

Main Learning Points

- To plan ahead
- To follow instructions
- To work as a team
- Communication



Time	Activity	Resources
<p>2.5 hours</p>	<p>PUPIL-LED FOOD WASTE EVENT: CREATE FRUIT SMOOTHIES from surplus fruit and share them with parents at the school gates.</p> <p>> <u>Step-by-step:</u></p> <ol style="list-style-type: none"> 1. Set up a stall at the school gates - carry a table outside and place near the school gates where parents pick up their children (use a gazebo if you have one to protect from weather), and take cloths for spillages. 2. Use posters made in previous sessions to decorate the stall, or print out the posters provided (including food allergy notice). 3. Make fruit smoothies either at the gates or in advance and keep chilled. Use fruit that was surplus (and would have otherwise gone to waste): for example, fruit left over from break time, some supermarkets sell wonky fruit and veg boxes, or talk to your local green grocer and explain your project (pupils can also do this). Your local shop may donate their surplus fruit for your event (give them lots of notice). You could have 3 different types of surplus fruit e.g. 'wonky', 'frozen', or 'squashed'. This will raise awareness of some of the different ways to prevent food waste. Tip: freeze fruit in advance as smoothies taste much better cold. Use 3 types of fruit per smoothie to avoid fruit overload (e.g. banana, strawberry and apple), top up with water. 4. Put the fruit into different bowls to display to parents, label the bowls 'wonky' 'frozen' and 'squashed'. Ladle fruit into a smoothie maker to create smoothies at the stall or in advance. 5. Serve smoothies to parents in small taster cups (tip: Try to get compostable cups). 6. Ensure all parents/pupils who taste a smoothie take a flyer home (created by pupils in workshop 3), and ensure they make their own pledge (template provided). 	<p><u>In this pack:</u></p> <ul style="list-style-type: none"> - Posters - Food allergy notice - Pledges - Mini quiz <p><u>You will need:</u></p> <ul style="list-style-type: none"> - Blender (for smoothies) - Serving cups (for smoothies) - Surplus Fruit (source locally)

WORKSHOP LENGTH: Half a day (afternoon recommended)

Time	Activity	Resources
	<p><u>> Pupil-led</u></p> <p>We recommend engaging the pupils throughout. Ways to do this are outlined in workshop 3, and include:</p> <ul style="list-style-type: none">• Pupils make flyers to go home to parents on the day• Pupils write letters home to parents to invite them to the campaign day• Pupils make banners/placards to campaign for food waste prevention (and use them with chants to attract attention on the day)• Pupils decide where the stall should be located, who to invite, and what fruit should be used (they can also help source the fruit by approaching local shops)• Ensure all pupils have a role at the campaign day, different roles can include:<ul style="list-style-type: none">o Fruit monitorso Queue monitorso Smoothie serverso Smoothie makerso Pledge or mini quiz collectorso Flyer distributorso Campaigners (placards holders) <p>If you have a large class, you can consider two stalls so that all pupils have a role on the day.</p>	<p><u>In this pack:</u></p> <ul style="list-style-type: none">- Posters- Food allergy notice- Pledges- Mini quiz <p><u>You will need:</u></p> <ul style="list-style-type: none">- Blender (for smoothies)- Serving cups (for smoothies)- Surplus Fruit (source locally)
30 minutes	<p><u>> Clear up</u></p> <p>After the event, ensure you have enough helpers to pack up and clean up.</p> <p>To measure success, you could count the number of parent pledges made on the day, count the number of smoothies given out, or count the number of people who attended the event. Be sure to share this with the class and/or wider school.</p> <p>Tip: Your local council may be able to attend and give out food waste caddies to parents who are eligible for food waste collections from their homes.</p>	

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Lesson 4: Food Caddy Campaign / Event

FOOD CADDY

ACTIVITY SUMMARY:

- The purpose of a campaign day or school event is to give pupils the opportunity to apply their learning. They can take real-life action on the things they've learnt. The campaign is also a chance to share the learning with the wider school community.
- Choosing a campaign that is relevant to your school context will ensure engagement and legacy. We have given 3 example school campaigns, but feel free to adapt or choose your own.
- In this example campaign day, pupils will play games, quiz pupils and parents about which items go in a food waste caddy, and distribute food caddies to parents at the school gates. (These should be supplied by the local council).

RESOURCES

Provided as part of this pack:

1. Posters
2. Pledge templates
3. Bin signs (food recycling, general recycling, and general waste)
4. Sets of 10 Pictures (for caddy game)
5. Caddy quiz

You will need:

- Food waste caddies (large and small) - supplied by the local council
- Food waste liners (if supplied by local council)
- Art materials to "bling" a caddy
- See-through bottle/jar showing items for food waste caddy
- Three small bins/buckets
- Table

WORKSHOP LENGTH: Half a day (afternoon recommended)




CURRICULUM LINKS

Learning Outside the Classroom (LOTC); experiential learning by direct experience; understand how experiences affect our behaviour, lifestyle and work; to identify ways of engaging parents, carers and the wider community.

Main Learning Points

- To plan ahead
- To follow instructions
- To work as a team
- Communication



Time	Activity	Resources
2.5 hours	<p>PUPIL-LED FOOD WASTE EVENT: QUIZ ABOUT FOOD WASTE ITEMS, 'BLING YOUR CADDY' and distribute free caddies to parents at the school gates.</p> <p>> <u>Step-by-step:</u></p> <p>1. Food waste caddies</p> <p>Caddies are usually available free of charge from your local council, some also offer free caddy liners and information flyers about what goes in caddies. Your council may have a Waste Education Officer who can provide caddies, attend your event and give out information (give them lots of notice). Some councils will come and deliver a school assembly on food waste. Be aware that food waste is not collected by some councils or to all properties, so please check your council's food waste policy beforehand.</p> <p>2. Food caddy game: 'TO CADDY OR NOT TO CADDY'</p> <p>Print a set of 10 picture cards. Choose a location for the game with enough space for a queue of pupils. Set up the 3 bins/buckets labelled 'Food Recycling', 'General Recycling' and 'General Waste'. Give a set of picture cards to pupils manning the stall. Parents/other pupils use the cards and place or throw the pictures into the correct bin. Pupils then record the points.</p> <p>3. Food waste jar</p> <p>Display compost and food waste in a bottle/jar prop, half filled with compost/earth and the top half with food waste (e.g. banana skins, peelings, bread, egg shells, tea bags, coffee grains, etc). This jar shows the different stages of food decomposing and is a good visual prop on a stall.</p> <p>4. Bling your caddy</p> <p>Set up art materials on table for pupils to 'bling their caddy'. Event attendees (parents or other pupils) decorate a food waste caddy using the art materials. You can run this activity as a competition or encourage communal decorating of bins.</p> <p>5. On the day</p> <ul style="list-style-type: none"> • Set up a stall at the school gates - carry a table outside and place near the school gates where parents pick up their children (use a gazebo if you have one to protect from weather). • Use posters made in previous sessions to decorate the stall, or print out the posters provided. Display pictures of food items (provided) which can go in a food caddy. • Ensure all parents take an information flyer home on how to prevent and reduce food waste - even if their food waste is not collected (can obtain from council). 	<p><u>In this pack:</u></p> <ul style="list-style-type: none"> - Posters - Pledges (print around 100 or however many parents you feel will attend) - Bin signs - Picture sets caddy game - Caddy quiz <p><u>You will need:</u></p> <ul style="list-style-type: none"> - Art materials (optional) - Food waste caddies (from council) - Food waste liners (if supplied by local council) - Three small bins/buckets (for caddy game) - See-through bottle/jar showing items for food waste caddy (optional) - Table 

Time	Activity	Resources
	<p>> <u>Pupil-led</u></p> <p>We recommend engaging the pupils throughout. Ways to do this are outlined in workshop 3, and include:</p> <ul style="list-style-type: none"> • Pupils make flyers to go home to parents on the day • Pupils write letters home to parents to invite them to the campaign day • Pupils make banners/placards to campaign for food waste prevention (and use them with chants to attract attention on the day) • Pupils decide where the stall should be located, who to invite, and how to allocate the prize caddy • Pupils manage the decorating stall • Ensure all pupils have a role at the campaign day, different roles can include: <ul style="list-style-type: none"> o Caddy game monitors o Caddy decorating monitors o Queue monitors o Caddy quiz monitors o Pledge or survey collectors o Campaigners (placards holders) <p>If you have a large class, you can consider two stalls so that all pupils have a role on the day.</p>	
<p>30 minutes</p>	<p>> <u>Clear up</u></p> <p>After the event, ensure you have enough helpers to pack up and clean up.</p> <p>To measure success, you could count the number of quizzes parent pledges made on the day, count the number of caddies given out, or count the number of people who attended the event. Be sure to share this with the class and/or wider school.</p>	

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Lesson 4: Recipe Book Campaign / Event

RECIPE BOOK

ACTIVITY SUMMARY

- The purpose of a campaign day or school event is to give pupils the opportunity to apply their learning. They can take real-life action on the things they've learnt. The campaign is also a chance to share the learning with the wider school community.
- Choosing a campaign that is relevant to your school context will ensure engagement and legacy. We have given 3 example school campaigns, but feel free to adapt or choose your own.
- In this example campaign day, pupils will create a 'leftovers' recipe book that can be distributed to the wider school community.

RESOURCES

Provided as part of this pack: You will need:

- | | |
|------------------------|--|
| 1. Recipe template | - Leftover dishes - donations from parents |
| 2. Posters | - Plates |
| 3. Pledge template | - Napkins |
| 4. Food allergy notice | - A table |
| 5. Mini quiz | - Cloths |
| 6. Top tips | - Food waste caddy |
| | - Compostable caddy bags |

WORKSHOP LENGTH: Half a day (afternoon recommended)



CURRICULUM LINKS

Learning Outside the Classroom (LOT); experiential learning by direct experience; understand how experiences affect our behaviour, lifestyle and work; to identify ways of engaging parents, carers and the wider community; Design & Technology; nutrition and healthy eating.

Main Learning Points

- To plan ahead
- To follow instructions
- To work as a team
- Communication



Time	Activity	Resources
2.5 hours	<p>PUPIL-LED FOOD WASTE EVENT: CREATE A LEFTOVER RECIPE BOOK TO SHARE WITH WIDER SCHOOL COMMUNITY and offer samples of surplus food dishes at the school gates.</p> <p>> <u>Step-by-step:</u></p> <ol style="list-style-type: none"> 1. The key to this event is the preparation. Give out the recipe templates to parents, and encourage them to submit their recipe ideas. Remember recipes should use leftovers, e.g. leftover bread to make breadcrumbs, leftover veg to create a soup. Reach out to the wider school community and encourage recipes from kitchen staff, teachers, the head, parents, pupils etc. 2. Ask parents to create their dishes and bring them in for the campaign day. Try to ensure at least five different dishes for the stall. 3. Set up a stall at the school gates - carry a table outside and place near the school gates where parents pick up their children (use a gazebo if you have one to protect from weather), and take cloths. 4. Use posters made in previous sessions to decorate the stall, or print out the posters provided (including food allergy notice). 5. Place dishes using leftovers donated by parents on the stall, and serve to other parents and pupils to raise awareness. Tip: remember to take pictures of the dishes that were made before they're dished out! 6. Ensure all parents/pupils who taste some food take a flyer home (created by pupils in workshop 3), and ensure they make their own pledge (template provided). 7. Give out recipe templates to parents at the school gates, and ask them to write their favourite recipes (but ensure they use one leftover food item in their recipe), add these to your pile of recipes for the book. 8. After the event, compile all recipes, along with some pictures of dishes from your campaign day and create a booklet. Use the 'top tips' to put into the book, and pupils pictures where possible. 9. Print and distribute recipe book to parents/local community. 	<p><u>In this pack:</u></p> <ul style="list-style-type: none"> - Recipe template - Posters - Pledge template - Food allergy notice - Mini quiz - Top tips <p><u>You will need:</u></p> <ul style="list-style-type: none"> - Leftover dishes - donations from parents - Plates - Napkins - A table - Cloths - Food waste caddy - Compostable caddy bags

Time	Activity	Resources
	<p>> <u>Pupil-led</u></p> <p>We recommend engaging the pupils throughout. Ways to do this are outlined in workshop 3, and include:</p> <ul style="list-style-type: none"> • Pupils make flyers to go home to parents on the day • Pupils write letters home to parents to invite them to the campaign day • Pupils send a recipe template home for parents to complete and return for the recipe book • Pupils decide on a name for their leftovers recipe book • Pupils make banners/placards to campaign for food waste prevention (and use them with chants to attract attention on the day). • Pupils decide where the food stall should be located, who to invite, and what fruit should be used and what leftovers dish they will make for the day. • Ensure all pupils have a role at the campaign day, different roles can include: <ul style="list-style-type: none"> o Recipe monitors o Queue monitors o Quiz monitors o Smoothie servers o Food servers o Pledge or survey collectors o Campaigners (placards holders) <p>If you have a large class, you can consider two stalls so that all pupils have a role on the day.</p>	
<p>30 minutes</p>	<p>> <u>Clear up</u></p> <p>After the event, ensure you have enough helpers to pack up and clean up.</p> <p>To measure success, you could count the number of parent pledges made on the day, count the number of recipes received, or count the number of people who attended the event. Be sure to share this with the class and/or wider school.</p> <p>Tip: Your local council may be able to attend and give out food waste caddies to parents who are eligible for food waste collection.</p>	

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FOOD WASTE CADDY



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Bin signs to use in 'To caddy or not to caddy' game

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RECYCLING



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Bin signs to use in 'To caddy or not to caddy' game

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YES TO TASTE
NO TO WASTE



GENERAL WASTE

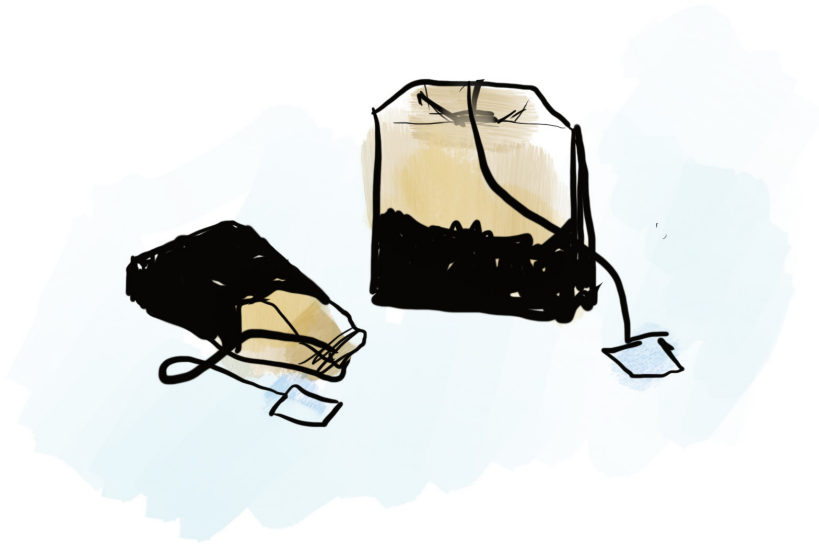


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Bin signs to use in 'To caddy or not to caddy' game

To caddy or not to caddy?



TEABAGS

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.

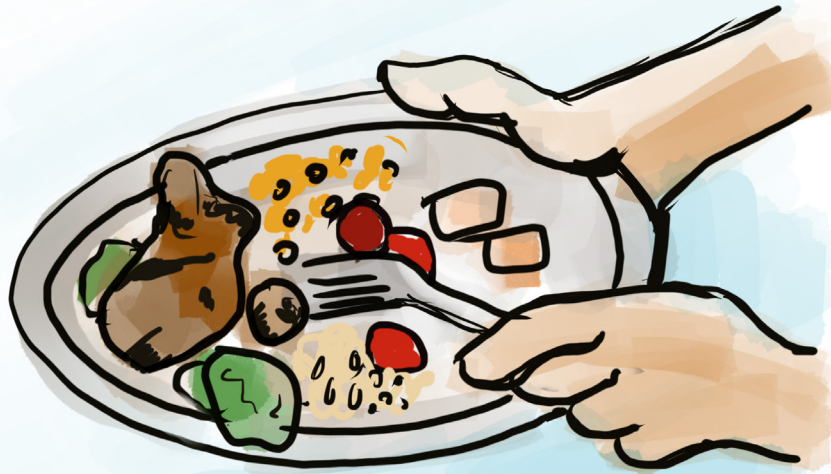
To caddy or not to caddy?



MILK PLASTIC BOTTLE

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.

To caddy or not to caddy?



FOOD SCRAPINGS

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.

To caddy or not to caddy?



MOULDY BREAD

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.

To caddy or not to caddy?



VEGETABLE PEELINGS

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.

To caddy or not to caddy?



EGGSHELLS

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.

To caddy or not to caddy?



OIL OR LARD

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.

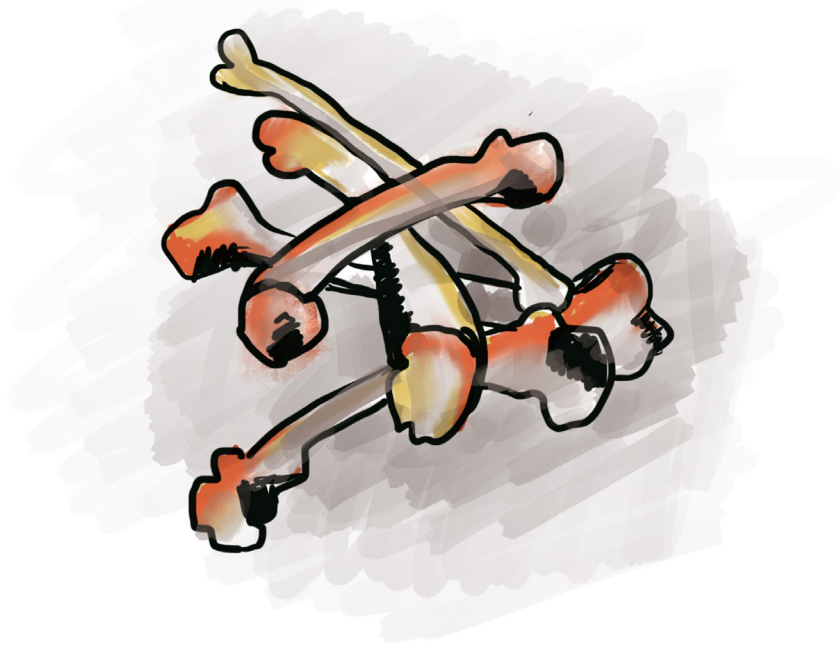
To caddy or not to caddy?



ORANGE OR BANANA SKIN

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.

To caddy or not to caddy?



CHICKEN BONES

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.









To caddy or not to caddy?






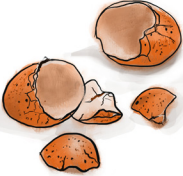




TIN CANS

Print and cut these pictures to use in the caddy game in workshop 5 and the Food Caddy Campaign.

To caddy or not to caddy?

	FOOD CADDY 	GENERAL RECYCLING 	GENERAL WASTE 
Teabags 			
Milk plastic bottle 			
Plate scrapings 			
Bread 			
Vegetable Peelings 			

To caddy or not to caddy?

	FOOD caddy 	General Recycling 	General Waste 
Eggshells 			
Oil or lard 			
Banana or orange skin 			
Bones 			
Tin cans 			

YES TO TASTE



NO TO WASTE



**Please inform
us of any **food**
allergies**



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MINI QUIZ

1. How many portion of fruit and vegetables should we have a day?

One

Three

Five

Nine

Ten

2. True or False?

Bruised bananas can be used in a smoothie

TRUE / FALSE

Frozen fruits are not good for you

TRUE / FALSE

Eating less meat is good for the environment

TRUE / FALSE

Mouldy food can go in the compost bin

TRUE / FALSE

3. What gas is released in the air when food goes to landfill?

Methane

Carbon Dioxide

Oxygen

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Methane

Carbon Dioxide

Oxygen

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We're going to 'love our leftovers!'



We sometimes have

.....

.....

(food name)

left over at home and we pledge to:

- Freeze it for later
- Re-use it in another meal
- Recycle in a caddy



Name:

We're going to 'love our leftovers!'



We sometimes have

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Name:

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FROZEN



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SQUASHED



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WONKY



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**SMALL CHANGE
BIG DIFFERENCE**
presents...



SMOOTHIE TOP TIPS

- **You can make a breakfast smoothie by adding oats**
- **Smoothies are a good way to try fruit and veg you don't think you will like**
- **Smoothies count towards your 5-a-day!**
- **Smoothies are a great way to use up frozen, wonky and leftover fruit and veg**
- **Chop up fruit that is about to go off and freeze it. It lasts longer!**
- **Fruit and vegetables use less water and energy to grow than other food types**

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**SMALL CHANGE
BIG DIFFERENCE**
presents...



SMOOTHIE TOP TIPS

- **You can make a breakfast smoothie by adding oats**
- **Smoothies are a good way to try fruit and veg you don't think you will like**
- **Smoothies count towards your 5-a-day!**
- **Smoothies are a great way to use up frozen, wonky and leftover fruit and veg**
- **Chop up fruit that is about to go off and freeze it. It lasts longer!**
- **Fruit and vegetables use less water and energy to grow than other food types**

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