workshop

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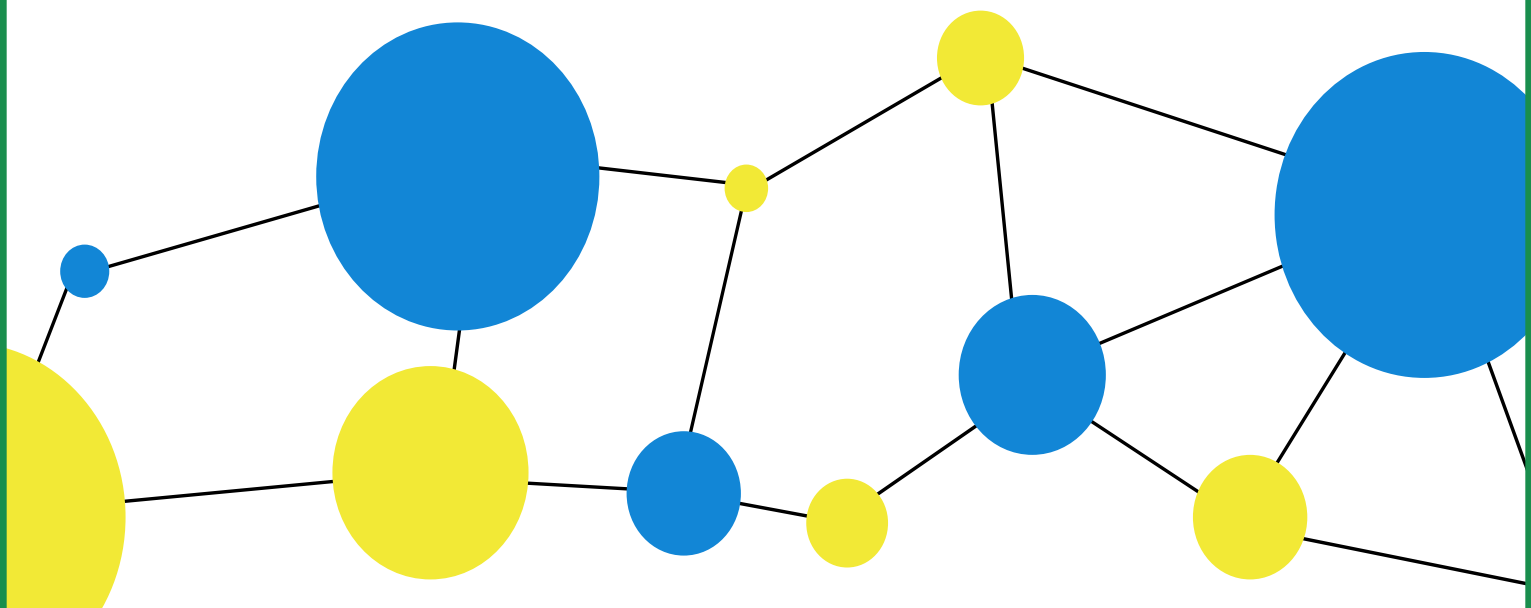
christmas and food



1 what we want to achieve in this workshop?

Did you know that it is estimated that one third of the world's food is thrown away? We live in a world capable of generating food for all humanity and yet in some countries people suffer or starve while in others obesity has become a pandemic.

The holiday season is a time to eat a lot. It seems that the more food and the more exotic the better. Abundance without responsibility leads to tons of wasted food.

In this workshop we will work about the amount of food we throw during Christmas and how to reduce it, as well as to take the first steps towards taking care of our planet and smart consuming.

2 goals: after completing this lesson, you will be able to:

1. Circular Economy

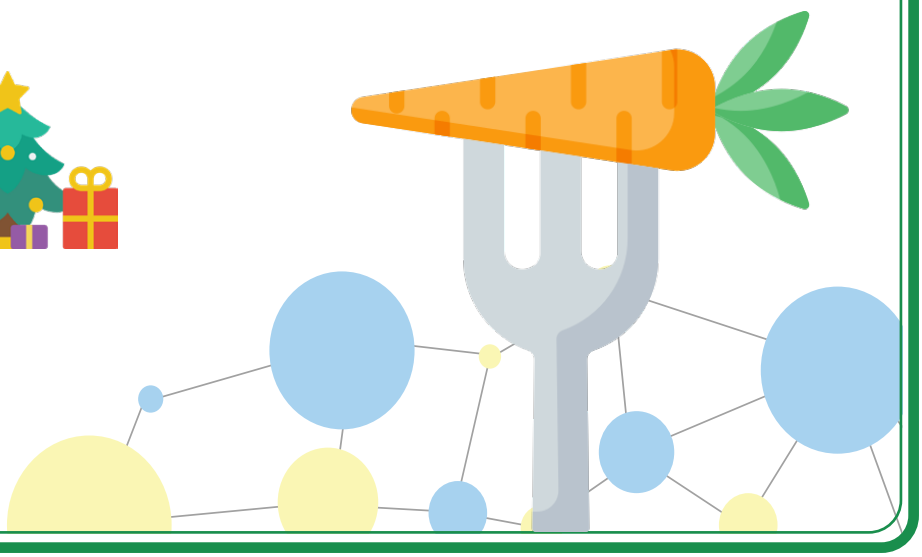
- To have a basic knowledge of what the circular economy is, meaning, use and objectives regarding responsible consumption.

2. Food waste (negative scenario)

- To know how to plan the Christmas food and reduce using ready-to-eat meals.
- To explain why is important to be more ecological during Christmas.
- To talk about the negative impact that food waste food waste has on the environment during Christmas.

3. Sustainable consuption (positive scenario)

- To understand ways of responsible consumerism and reduce food waste
- To use products with low environmental cost (e.g local and seasonal food instead of meat, seafood etc.)
- To understand compositing and it's positive impact on the environment.



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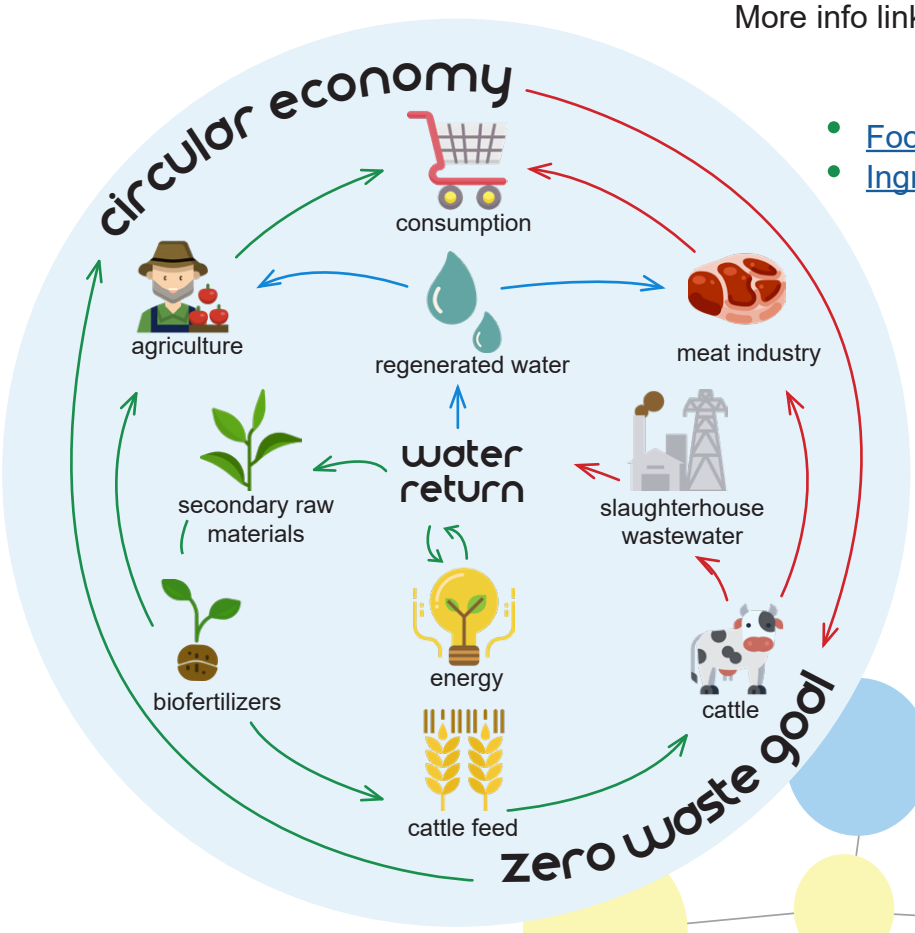
3 theoretical introduction: what is the circular economy? how can we make our consumption more sustainable?

Given the prospect of world population growth in an environment where the scarcity of resources prevails, it is very important that all the links of the agri-food chain work to achieve greater efficiency in their processes, reduce resource and energy consumption and mitigate environmental impact.

The food industry is very sensitive to the impact of climate change on the quantity and quality of agricultural raw materials. Therefore it must bet on sustainable practices that seek to ensure the security of supply and preserve the natural environment and its biodiversity, as well as improving socio-economic conditions of local communities.

Example of how to integrate the circular economy into food production. Keep this chart in mind for workshop 3 as well.



Currently the population is continuously growing. In order to have food for all, in an environment of scarcity of raw materials in the agrofood sector, it is necessary to work on:

- Make farmers aware of the responsibility and efficient use of resources.
- Develop a supply of raw materials that respects resources and biodiversity.
- Raise awareness of the environmental footprint of food production and improve efficiency.
- Act together throughout the agrofood production chain to reduce food waste.
- Promote good environmental practices throughout the agrofood chain: producers, sellers and consumers.
- Promote environmental awareness throughout the agrofood chain through training, communication and dissemination of knowledge on this subject among employers, workers and consumers.

* Info source: "La Economía Circular en el Sector Agroalimentario", ADICAE: Asociación de Usuarios de Bancos, Cajas y Seguros. https://ecologing.es/publicacion-la-economia-circular-en-el-sector-agroalimentario-%c2%b7-adicae/

More info links:

- Food initiative
- Ingredients for a circular economy

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food waste: negative scenario

Christmas is the time of the year that makes us reflect on our consumption model and take actions to reduce the waste we generate in these dates and throughout the year. Many food is wasted throughout the entire food chain, from agricultural production to final consumption in homes, and the causes of food waste vary in different parts of the world.

Food waste.

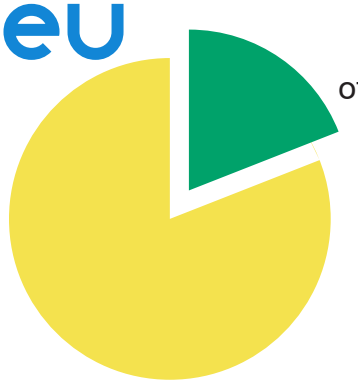
Excess Christmas food.

Overproduction.

How much food is currently wasted?

Globally, approximately one third of the edible parts of food produced for human consumption is wasted, which represents about 1.3 billion tons per year, which includes cereals, fruits, vegetables, oilseeds, meat, dairy products and fish and it is increased mainly during the holiday season.

in the eu estimated **20%** of total food produced is **lost or wasted**



88 MILLION TONES

or **173** KG/PERSON

of food is wasted each year

estimated costs of €143 billion

* Info source: https://www.rferl.org/a/global-food-waste/29602025.html

Environmental problems that food waste is causing:

- one third of the food produced in the world is dilapidated
- food waste ends up wasting nearly a quarter of our water supply in the form of uneaten food
- growing and transporting the food that goes to waste emits as much carbon pollution as 39 million passenger vehicles

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What to do?

On an individual level, as consumers we must improve our behavior, we must be more aware in the selection and purchase of food and in their use. For example, we should not let ourselves go by the "aesthetic standards" imposed by supermarkets. We must select and buy fruits and vegetables that have "imperfections", even better if they are bought directly from small producers. This will prevent the food that do not meet the standards of weight, size and appearance as discarded (it is important to mention that "imperfections" do not alter the taste or nutritional contribution of food).

Refuse what we don't need and change the way we produce and consume by redesigning business models, goods and packaging in order to reduce resource-use and waste

Minimise the quantity, toxicity and ecological footprint of consumption.Use products or components for the same purpose for which they were conceived or upcycle them. Upcycling is the process of transforming waste materials or unwanted products into new products with environmental value.

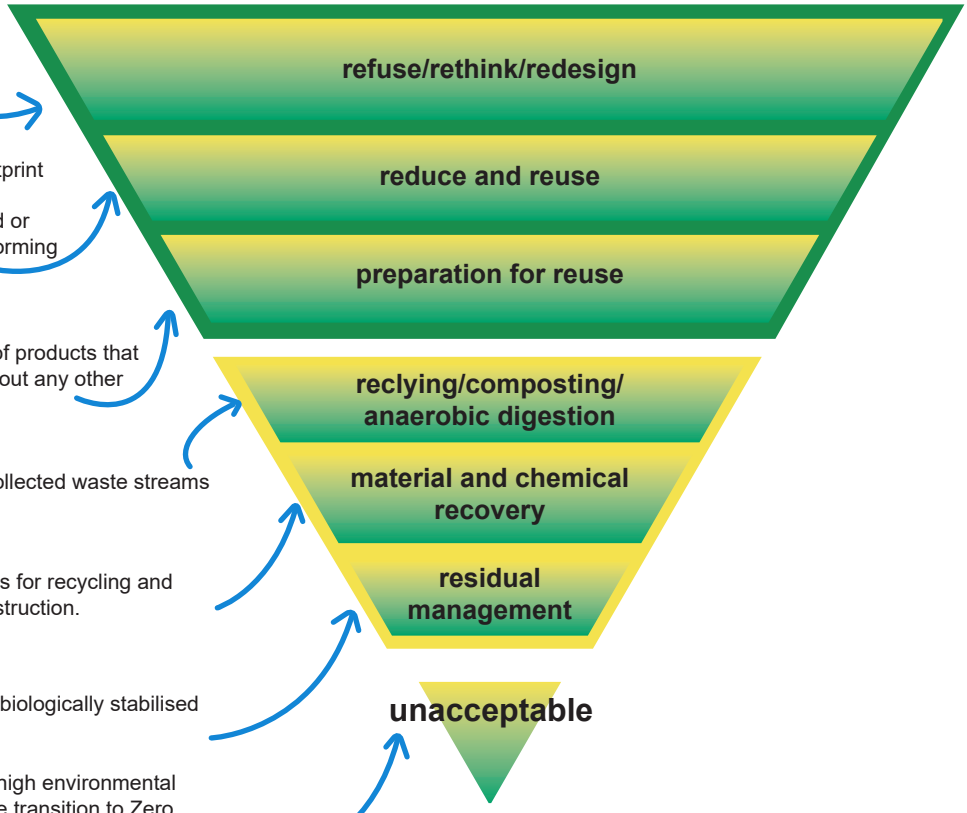
Check, clean or repair products or components of products that have become waste so they can be re-used without any other pre-processing.

High quality material recovery from separetely collected waste streams

Technologies to recover unsorted waste materials for recycling and subsequent reuse in various areas, such as construction.

What cannot be recorvered from mixed waste is biologically stabilised prior to landfilling

Options that don't allow material recovery, have high environmental impact and create lock in effects that threaten the transition to Zero Waste; waste to energy incineration, co-incineration, plastic to fuel, landfilling of non-stabilised waste, gasification, pyrolysis, illegal dumping, open burning and littering.



* Pyramid info from Zero Waste Europe
https://zerowasteeurope.eu/2019/05/a-zero-waste-hierarchy-for-europe/

More info links:

- 5 ways food waste is destroying our beautiful planet
- Food Waste: An Economic and Environmental Problem
- Stop Food Waste Day is about educating and igniting change...

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3b sustainable consumption: positive scenario

There are millions of hungry people and they deal with a lot of natural resources in the production and distribution of food. Throwing food away could even be considered offensive to the social and environmental reality of the planet. Among all the keys to protect the environment is also a sustainable diet and composting the food instead of throwing it.

Whether you are on an omnivorous, pescatarian, vegetarian, vegan or follow any other diet, you can contribute to the environmental care in many ways.

- an omnivorous diet includes both plant and animal food. It's the most common diet among humans, and many other animals are omnivores as well. There are a wide range of omnivorous diets, so generalisations are difficult to make. However, a balanced omnivorous diet provides all necessary nutrients and contributes to health.

- a vegetarian diet focuses on plants for food. These include fruits, vegetables, dried beans and peas, grains, seeds and nuts. There is no single type of vegetarian diet. Instead, vegetarian eating patterns usually fall into the following groups:
The vegan diet, which excludes all meat and animal products.
The lacto vegetarian diet, which includes plant food plus dairy products.
The lacto-ovo vegetarian diet, which includes both dairy products and eggs.

Composting

Compost is the best way to supply nutrients to the soil, which has a decisive impact on the healthy growth of our plants and orchards. This is obtained from organic materials, that is to say that they have formed parts of living beings, whether animal or vegetable, in combination with some soil. To make it you can use some leftovers of your Christmas food that would normally be thrown in the trash, so it is also a way to reduce the volume of waste.

If you have a little garden or yard with grass or plants at home, composting is one of your best options.

Composting Benefits:
- Soil Conditioner: with compost, you are creating rich humus for your lawn and garden. This adds nutrients to your plants and helps retain soil moisture. They don't call it "black gold" for nothing.
- Recycling Kitchen and Yard Waste: composting can divert as much as 30% of household waste away from the garbage can. That's important because when organic matter hits the landfill, it lacks the air it needs to decompose quickly. Instead, it creates harmful methane gas as it breaks down, increasing the rate of global warming and climate change.
- Introduces Beneficial Organisms to the Soil: microscopic organisms in compost help aerate the soil, break down organic materials for plant use, and ward off plant disease.
- Good for the Environment: composting offers a natural alternative to chemical fertilizers when applied to lawns and garden beds.
- Reduces Landfill Waste: most european landfills are quickly filling up; many have already closed down. One-third of landfill waste is made up of compostable materials. Diverting this waste from the landfill means that our landfills will last longer (and so will our wild spaces).

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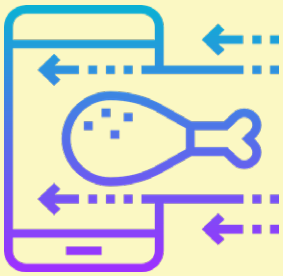
tips for a sustainable christmas dinner:

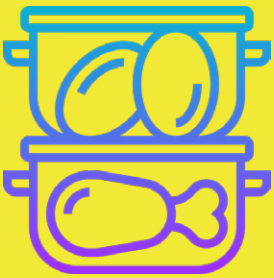


1) Plan the menu: making the menu and making a list of the products we need, not only helps us when cooking, but also when making the purchase.

2) Store food properly: be sure to save the new purchase at the end of the closet and place the oldest one in front to consume first.

3) Take advantage of everything: many of the products we use for cooking are very versatile, such as fish, meat or some vegetables as potatoes - food that can be made in many different ways and from which we can prepare different dishes.

4) Cook with awareness: in an era in which one speaks very often of mindfulness and awareness of everything we eat, it is mandatory that we also pay attention while preparing our meals.



5) Don't throw food away: if you have leftovers, why not keeping it in a tupperware? Make a place in the fridge, and if you see that you are not going to consume it soon, freeze it for later.

More info links:

- 13 ways to have a green, eco-friendly Christmas
- Planning a Sustainable Christmas Dinner Without the Guilt
- Composting: The Benefits

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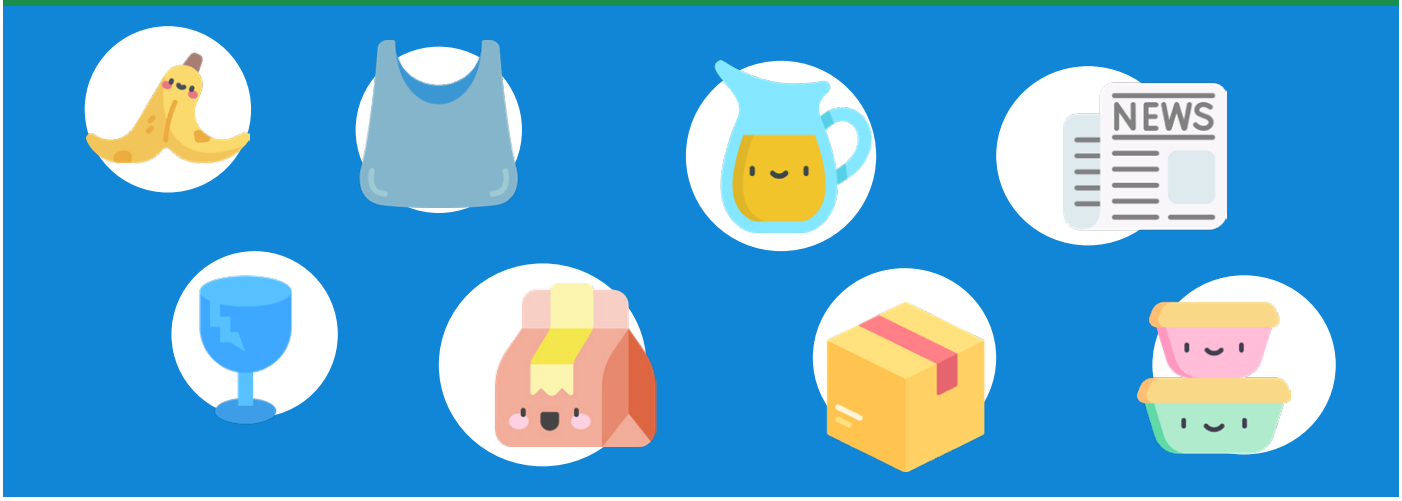
4 tip sheets
food waste

Age 6-10. Circle the waste pictures that you can re-use.



Age 11-15. Give examples of...

1) Biodegradable waste can be broken down or decomposed by nature.
Give examples of biodegradable waste: _____.

2) Non-biodegradable waste cannot be broken down or decomposed by nature.
Give examples of non-biodegradable waste: _____.

Age16-20. Discussion

1) When was the last time you threw out food? What kind of food? Why did you throw it away?
2) What are some of the ways we all waste food at home during Christmas? What are some of the ways we all waste food during the year?
3) Why is it important not to waste food? Consider: ethics, environment, economy etc.

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4 tip sheets

sustainable consumption

Age 6-10. Connect the given products with the bin they belong to.

COMPOSTING RECYCLING

Age10-15. Plan your grocery list and use the leftovers in your fridge to get creative and prepare your sustainable Christmas dinner.

Shopping list

Age16-20. Give 5 examples of food waste causes and the possible solutions to each of the causes.

causes	solutions

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5 role–play

Role-playing game.

You are gathering with your family and relatives at your grandmother's house for Christmas. You are 25 people and your grandmother is always cooking a lot of food for everyone. There are always leftovers after the dinner which most of the time end up in the trash bin. You should think and prepare a role-play showing a successful sustainable Christmas dinner. Introduce the most sustainable way of buying food, what are you going to bring, how are you going to achieve zero waste which would be beneficial for the environment and also the cooking your grandmother does would be efficiently decreased.

Icons source: "Flaticon", www.flaticon.com

6 more activities

If you want to continue learning about the circular economy, efficiency, sustainability and responsible consumption, here you have several links to have more information:

Age 6 -10: Digital Breakouts
Age 11-15: Escape-rooms
Age 16-20: WebQuest

7 conclusion

After this workshop we would like to discuss and think about the things you learned.

What have you learned?

Would you change anything related to your everyday consumption?

Would you share this information with your family in order to have a more sustainable Christmas next year?

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