

FOOD

Q: HOW CAN OUR FOOD CHOICES HAVE POSITIVE IMPLICATIONS FOR THE ENVIRONMENT AND OUR FINANCES?

LEARNING OBJECTIVES

To understand how to reduce food waste in their homes.

To understand how reducing food waste can save families money and help protect the environment.

MATERIALS

You could introduce the topic by using questions 16-21 from the *Responsible Consumerism* quiz.

FINANCIAL EDUCATION PLANNING FRAMEWORK LINKS

I recognise that being a critical consumer can help me make responsible saving and spending choices and that my choices may affect other people (11 - 14 years)

I know that there are different ways to calculate value for money and that price is only one factor (11 - 14 years)

ACTIVITY

Ask young people to work in groups and list all of the food that gets wasted in their communities. Encourage them to not just think about food that's out of date but also to consider leftovers, fruit and vegetable peelings etc. Discuss the types of food that are commonly wasted and the reasons for wasting this food.

Which foods do they think are the most commonly wasted? (Milk, bread & potatoes)

Why is food wasted at home? (Overbuying, not stored in ideal conditions, making too much and throwing away leftovers, fussy eaters etc.) How much does all this wasted food cost? Explain that the average family of four can save as much as **£70** per month by reducing their food waste.

Ask the young people to work in groups and list as many ways that they can think of to reduce food waste.

These could include:

- Planning meals for the week so that you only buy what you need
- Shopping to a set budget
- Using a shopping list
- Using leftovers in other dishes
- Freezing food as soon as you buy it
- Freezing leftovers
- Checking the 'best before' and 'use by' dates on food when shopping to ensure they will stay fresh until used
- Cooking smaller portions
- Using a diary or an app to help keep track of food waste

Encourage them to think about 2-4-1 deals and multi-packs, especially bulk buying fruit and vegetables - is this always the best option? If you throw a lot of the fresh food away because it goes out of date before you can use it, is this actually cost-effective? The groups could also carry out some research into different ways to reduce food waste, including finding out about some of the food sharing apps available.

CHALLENGE PORTFOLIO ENTRY OPTION

Task the young people with designing an information sheet, article or poster to explain to their community a. why food waste is an issue and b. the financial and environmental benefits of reducing food waste. Once they've created their campaign material, remind them to complete their *Challenge Summary Sheet* too.