Food Waste Prevention; An experiential approach

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Life WASP-Tool
Development and demonstration of a waste prevention support tool for Local Authorities

Waste prevention actions:

• Home composting
• Reducing the use of plastic bags
• Prevention of waste clothing
• Prevention of food waste
• Prevention of office waste

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The Problem

- Worldwide about **2 billion Tons of food** is thrown away as waste
- corresponding to **30-50% of world production**
- **Households** produce almost **50%** of all food waste
- At least **60%** of them do not really belong in the trash.
- Half of these are food that has not been prepared
- **30-50%** are fruits and vegetables

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The causes

• Lack of programming in shopping and in food preparation
• Consumer incentives and promotions
• Habits and behavior patterns
  • Buy and cook large quantities
  • Reject the leftovers
• Lack of information
  • Not understanding the expiring information
  • Inappropriate food preservation
  • Incapable to evaluate the safety and suitability on their own

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Information material

Instructions for

a. Storage & Conservation

b. Food preparation
«Cooking with Leftovers »

Recipes for food and art in creative cuisine
Publication in local newspaper “Green Cooking – Cooking without wastage”
Food Waste Prevention; An experiential approach; Educational program

“Eat Well - Waste Less”

Aim

• Awake Awareness
• Update Information
• Chang behavior

regarding the handling of food within the household economy, in order to prevent food waste
The experiential nature

• Experiential means active participation of trainees, which is achieved by
• Predesigned by trainer practicals
• Deposit of questions and experiences from learners and interaction with the instructor
• An experiential seminar formulated only in the process and suggested topics
• The content depends on the dynamics of the group of learners
Cooperation with the Technological Institute (TEI) of Crete

• Department of Nutrition and Dietetics
  scientific cooperation

• Professor George Fragiadakis

• Laboratory for Management of Solid Residues and Wastewater
  Organizational Support

• Professor Thakis Manios

• Paulina Tzaferou, Agricultural Technologist, associate researcher
Design Aspects

• Duration 5 hours (a day)
• Day / time conducted
  • Saturday morning 10.00-15.00 (30 participants)
  • Monday afternoon 17.00-22.00 (34 participants)

• More than 500 people have been informed
  • 101 people have registered
  • 64 finally participated
Topics

1. Food waste prevention – Proper food management at home
2. Understand and learn from the food labels
3. Understanding the expiring information on food labeling – when we can eat expired food.
4. Purchase, maintenance, sanitation and food cooking
   (focus on perishable foods such as fish, vegetables, poultry, meat, eggs, dairy products)
Workshop 1
Understand and learn from food labels

Indicative questions
• Is Quantity / portioning declared?
• Is country of origin declared?
• List of ingredients?
• Storage & Maintenance Recommendations?
• cooking instructions?
• expiration date?
• Additives?
• recyclable packaging?
• nutritional value?
• Does it contain allergens?
• What is the number of total components?
• Record the first 3 ingredients as listed
Workshop 2

Recognize corrupt and unsuitable food

Representative samples for observation

• pasteurized milk
• cold cuts
• pastries
• cheese
• juices
• tomato paste
• cans
• leafy vegetables
Program Evaluation

Assessment points

• Effectiveness
  • To what extent has responded to the needs and expectations of participants, it is useful those who learned and whether to implement them

• Organization - design
  • Duration, day/time

• Topics
  • What issues were interesting
  • What issues should be included in the future?
Profile of participants - Age

Age - Saturday
- 31% 20-30
- 27% 30-40
- 19% 40-50
- 15% 50-60
- 8% 60-

Age - Monday
- 41% 20-30
- 15% 30-40
- 26% 40-50
- 0% 50-60
- 18% 60-
Profile of participants - Employment

Employment - Saturday
- 19% Φοιτητής/-τρια
- 8% Εργαζόμενος/-η
- 11% Συνταξιούχος
- 62% Άνεργος

Employment - Monday
- 0% Φοιτητής/-τρια
- 11% Εργαζόμενος/-η
- 11% Συνταξιούχος
- 78% Άνεργος
Profile of participants - Sex

Sex - Saturday
- Γυναίκες: 73%
- Άνδρες: 27%

Sex - Monday
- Γυναίκες: 62%
- Άνδρες: 38%
Effectiveness

Responding to the needs & expectations

- Παρα πολύ: 37%
- Πολύ: 45%
- Αρκετά: 11%
- Μέτρια: 7%
- Λίγο: 0%
- Καθόλου: 0%

He will apply what he learned

- Παρα πολύ: 42%
- Πολύ: 41%
- Αρκετά: 15%
- Μέτρια: 2%
- Λίγο: 0%
- Καθόλου: 0%

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20
organizational characteristics

Was the duration sufficient?
Suggestions for topics

• More focus on food waste and ways to reduce theme
• Nutritional value of food - what ingredients are harmful and should be avoided
• Planning a menu and calculating portions - qualitative and quantitative nutritional requirements
• Techniques and methods of food preservation - cooking techniques
• Freezing - thawing
• Managing food waste and packaging waste
• Instructions for home composting
• Recycling used oils
Conclusions

• There is great interest and public response to actions for food waste prevention
• There is a strongly expressed demand and interest for "good practices" in handling food
• The audience responds positively to the experiential approach of education
• There is an open field for us, as waste management organizations, for improving the situation
• The interaction with the public enriches our own knowledge and experience.
Thank you for your interest!