

# FIGHTING FOOD WASTE: REFLECT AND ACT



PORTUGAL STUDENTS AGED FROM 12 TO 15 HEALTHY EATING HABITS FOOD WASTE

## THE SCHOOL

- Escola Básica Pedro Jacques de Magalhães
- Large school located in a county well-known for its natural and gastronomic heritage, where urbanism and rurality combine.

Familiarity with the open schooling approach before joining the SALL project

Beginner

Experienced

## AHA MOMENTS

**Shared by teachers:** “It was possible to observe a significant improvement, as there was no longer any food waste, at the same time healthier eating habits were created” ; “The project has provided dynamic and common moments of reflection between the various partners to find solutions to the problems detected.”

**By school leader:** “Reflecting on what we eat at school, food waste and ways to reduce it, help to make future students more informed, responsible and committed citizens”.

## THE LIVING LAB PROJECT



### THE PROBLEM(S)

Students started this living lab project by monitoring the amount of wasted food at the school canteen during one week: 140kg of food is thrown away, 8% of the meals are not eaten and only 20% of the students eat fruits. They decided to reduce the amount of food waste and encourage healthier eating habits.



### THE COMMUNITY

- Representatives of the the Environmental and Educational Departments of the city council contributed with expertise and feedback
- A representative of the Parents Association contributed with feedback on the strategy to raise students’ awareness about food waste



### THE SOLUTIONS

- Adjust the quantity of the food served on the plates
- Create a fruit take-away spot with leftover fruits from the canteen
- Separate organic waste from other residues
- Raise awareness of food waste problem within the school



### THE PROTOTYPES

- A fruit take-away spot
- A series of workshops on nutrition, organic waste management and composting
- A set of sustainable and healthy food recipes
- A world café to explore the issue with stakeholders



The SALL project has received funding from the European Union’s Horizon 2020 Framework Programme for Research and Innovation under grant agreement No. 871794.