

Reduce Food Waste at Home

Scouts investigate food waste in their own home, and come up with solutions to reduce it.

Section: All
Time: 1 hour
Where: Home



PLAN

This activity can be broken into two steps. The first task is to identify food waste in the household and the second is to come up with ways to avoid this waste. One approach would be to have a session with the scouts on the issues around food waste, and then give them advice on how to log the waste in their household. Scouts could bring their results to the next session, where they work together to come up with solutions. Alternatively, the instructions to log waste, and identify solutions, could all be done in a single session, and then the scouts work on this from home.

DO

To start with, scouts need to figure out the different ways in which food is wasted in their house. One way to do this would be having a notebook beside the bin where the family record all food as it is binned (or heading for the compost heap). The next job is to work back and figure out why the food is ending up in the bin. Here are some possible reasons:- Was there too much food on peoples plates, or too much made for the meal? Was the food handled or stored incorrectly, such as milk left out of the fridge, packaging left open or apples and bananas stored in the same bowl? If food went out of date, was it because there was too much bought when shopping, or was it forgotten about in the back of a cupboard, or hidden at the back of the fridge? The last task for the scouts is to figure out how they can cut down this waste in the future. If they have identified the problems, then the solutions should follow on from these. Proper storage and careful shopping will go a lot of the way towards reducing waste. Scouts might also come up with ideas around meal-planning and using up leftovers.

REVIEW

- Give time to discuss and share the solutions which the scouts came up with. Pooling their ideas will mean that they have even more ways to reduce food waste at home.



In a nutshell...

- Scouts figure WHAT food is wasted in their home
- They work out WHY it is waste
- Finally, they figure HOW this waste can be avoided



Follow-on

The scouts might like to share their ideas outside of their own homes. A poster for the den could help others to reduce waste. How about producing a short video where each scout presents an idea on how to cut out food waste, and circulate this on social media.



SDG 2 Zero Hunger

The goal of ending hunger and malnutrition is focussed particularly on the poor and people in vulnerable situations. Scouts can understand the unfairness of wasting food, while others go without, and realise that very many people don't waste food because they don't have enough in the first place.



Find out more!
 Visit - www.betterworld.ie
 Contact us - sustainability@scouts.ie
 Produced by the Scouting Ireland Sustainable Scouting Team