



LEADER INSTRUCTIONS LOVE FOOD HATE WASTE ACTIVITY

Introduction

This activity considers which foods we waste most and includes some facts to promote discussion. Suitable for KS2 and above.

The pictures are of foods which are in WRAP's "The Food We Waste" study. The number on the back of each picture represents their position out of 100 top foods avoidably wasted by households. No1 = most wasted.

Facts are also given for each item of:-

- The weight wasted each year.
- The percentage of all wasted food.
- Other facts where possible e.g. the number wasted each day.

Resources

- 1 Display set of pictures (Lowest number 1 - Highest number 97).
- Prompt sheet
- Blu-tack to stick to wall.
- Wall space to fit all pictures.

Activity

- Shuffle pictures.
- Decide which end of the wall is high and which end is low
- Place + and - at either end.
- Put up first picture on wall.
- Ask group do they think second picture is higher or lower than first.
- Show of hands to decide if not unanimous.
- Discuss reasons why the group think so much is wasted of that particular item and how you can try to prevent it.

Reasons for food waste

- Over buying - large packs, 2 for 1 offers and other offers.
- Buying things you don't need - special offers, impulse buying.
- Wrong storage
- Portion size - cooking too much.
- Throwing away leftovers which can be reused or frozen.

Ideas to reduce food waste

- Plan your meals and plan your shopping - this will save you time, money and food!
- Write a shopping list for your meal plan so you only buy what you really need.
- Keep essentials in the cupboard, fridge and freezer and keep an eye on 'use by' and 'best before' dates.



- Use your leftovers and pull together a delicious meal by combining them with your favourite essentials.
- Make sure your portion size is right

For more great tips, recipes, food facts, portioning, storage and money-saving advice visit

Links:

- www.lovefoodhatewaste.com
- www.recycleforgreatermanchester.com/what-else-can-i-do/love-food-hate-waste
- www.leftoverchef.com
- www.sainsburys.co.uk/food/mealideas/leftovers/ideas.htm

FACTS FOR ACTIVITY

	Potatoes	Bread Slices	Apples	Ready Meals	Yoghurt/ Yoghurt drinks	Lettuce	Cooked Rice	Milk	Chicken Portions	Chocolate / Sweets	Grapes	Squashes/ cordials	Fish	Donuts	Lamb
Our number	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Wrap/100	1	2	3	6/7	13	16	19	26	34	36	43	46	51	89	97
Thousand tonnes wasted pa	359	328	190	183	67	61	55	40	32	31	22	20	19	8	6
% of all avoidable food waste	9.7	8.8	5.1	2.5	1.8	1.7	1.5	1.1	0.9	0.8	0.6	0.5	0.5	0.2	0.2
Other facts	5.1 m each day	7 m each day	4.4m each day	444,000 uneaten each day	1.3m every day	45% of all salad untouched 835,616 lettuces every day	55,000 tonnes per year	Around 110,000 litres day	330,000 chicken portions and 5,500 whole chickens very day	700,000 unopened every day	13.2 million every day.	55,000 litres a day	19,000 tonnes every year	22,000kg thrown away each day	Equivalent to 747 lambs per day

THE INFORMATION ABOVE IS TAKEN FROM THE WRAP LIST OF THE TOP 100 TYPES OF FOOD MAKING UP AVOIDABLE FOOD WASTE FOR ALL UK HOUSEHOLDS