



EAUC Annual Conference University of Leeds 23 – 25 March 2015

CHALLENGING CONNECTIONS

Incorporating the Student Sustainability Summit, Further Education Sustainability Summit and Transformational Leadership Summit

Exchange A8: Love Food Hate Waste – Save More: helping people to save money by reducing food waste

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CHALLENGING CONNECTIONS

Love Food Hate Waste - Save More

Helping people to save money
by reducing food waste

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Learning, Teaching
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Love Food Hate Waste



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Love Food Hate Waste is the UK's campaign to raise awareness of the need to reduce the amount of food we waste, and which offers simple solutions to tackle it.

Love Food Hate Waste - Save More



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Save More is a pack of fun and informative activities that pass on a very important message: how to save money by reducing food waste.

Love Food Hate Waste - Save More



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Who is it for?

Hard-to-engage adults, who can save money by reducing food waste and those keen to help people to do the same.

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Why do we need it?

Food waste is a BIG problem. We waste £12.5 billion of food and drink each year. That's around £470 per household.

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What's in the pack?

- 16 activities with session notes
- Supporting information

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What does it cost?

Nothing. It's free.

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Really?

Really. Some activities need a small amount of prep. Usually nothing more than a bit of photocopying or cutting out.

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How does it work?

Like this.

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‘Most Wasted’

*← A Save More activity
BTW ...*

Most people say they do not waste food.
The average household throws away £9
of food per week.

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‘Most Wasted’

So, let’s talk about the food we waste.

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Top 5 'most wasted' are?

Milk, cooked meals, soft drinks, vegetables,
salads, potatoes, fruit, cereal, meat, bread.

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Top 5 'most wasted' are?

Milk, cooked meals, soft drinks, vegetables,
salads, potatoes, fruit, cereal, meat, bread.

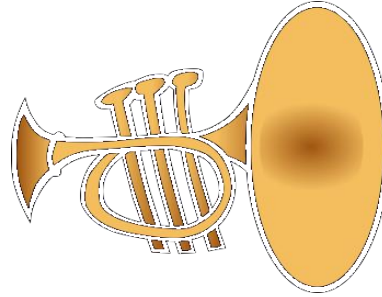
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The most wasted is...



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Why do we waste food?

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Why do we waste food?

Of the £9 of food per week wasted by the average household, £4 of that is because it is not used in time.

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So what is the most wasted ...
...in your household

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Why?

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Discuss

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Discuss

OK, not right now. But why not see if anyone has any ideas for not wasting it?

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Discuss

OK, not right now. But why not see if anyone has any ideas for not wasting it?

Nice one, Dave.

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Discuss

OK, not right now. But why not see if anyone has any ideas for not wasting it?

Nice one, Dave. *Then give it a go.*

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Discuss

OK, not right now. But why not see if anyone has any ideas for not wasting it?

Nice one, Dave. Then give it a go.
A promise is pretty powerful y'know.

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About Save More

91% enjoyed the activities

91% found them useful

87% would come to a session again

86% would recommend a friend

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Save More

- ✓ Developed by professionals
- ✓ Expert-reviewed
- ✓ Tested in the community

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“The participants found it really useful to learn about the differences between Best Before and Use By dates. That, and the activities focused on using up leftovers, will probably have the most impact on the amount of food they throw away in future.”

**Dagmara
Edinburgh Community Food**

Who? Women in the criminal justice system, parents of under 5s, unemployed men

Where? NHS premises, early years and school settings

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“This was a fantastic session. The participants were particularly engaged in the activity. We made sure that each group included a range of abilities as there was a bit of writing required, but this mixing up led to some really wonderful ideas and meal suggestions.”

Kate and Jason
Swansea Community Farm

Who? Community groups, young mums, older people, volunteers

Where? Community cafe setting

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“The session went well with each person contributing to the discussion and giving examples of foods they would or would not freeze - and why. Some knew what to do and shared ideas. Others were happier to freeze food now that they had the A - Z of Food Tips.”

Kay

Derbyshire Adult Community Ed Services

Who? Young mums, unemployed people, lower levels of literacy and numeracy

Where? Early years and adult education settings

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www.lovefoodhatewaste.com

Challenging Connections



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‘Challenging Connections’ is about inspiring and challenging you to look again at your connections, your partnerships and the voices you are hearing and those you are not. Please allow 5 minutes to discuss:

- How can you overcome any potential challenges?
- What connections you could make? How can people in the room help?
- Who do you need to challenge internally?

Alternatively you could embed this as a key theme in your presentation and reference it throughout.

Delegates are encouraged to note these points in the back of the delegate brochure to take back and implement at their institutions.