Waste Wise Activity Guide

Objective

Understand what foods are commonly wasted and generate ideas for how to repurpose them.

Materials Needed:

- **<u>Live word cloud generator</u> (follow link)**
- **Whiteboard and Markers**

Instructions

1. Explain the objective of the activity (as stated above) to the participants.
2. If using the lesson 4 PowerPoint, display slide 13.
3. Ask the following question to the participants: **"What foods do you waste the most?"**
4. Collect their answers, encouraging each person to submit 3-4 responses, and give them about 5 minutes to complete this step.
   a. In the materials section there is a link to word cloud generator website that populates with answers as they are submitted. When you follow the link, click on the box that reads "Live Wordcloud" to get started. A window will pop up with the login code for participants; once they are logged in, close the window to display the responses.
   b. Alternatively, if you prefer not to use a website, invite participants to record their answers on a whiteboard or use another method that allows all answers to be viewed by everyone.
   c. **Propose the following questions if students are struggling to come up with answers:**
      i. Think back to what you ate in the last 24 hours. Did you waste any of these foods?
      ii. Which foods do you find spoil before you get a chance to eat them?
      iii. Are there any foods you frequently buy but don't consume?
5. Take note of which foods were submitted multiple times, as these will appear larger in text size if using the word cloud generator. Provide commentary on some of the responses.
6. Select 4-5 foods that are present in the word cloud or list generated. Try to select responses like "apples", "bananas", or "bread". Avoid using the term "leftovers" or other responses that reference a specific meal (i.e. spaghetti). See the orange box below that outlines the 8 most commonly wasted food items if you need additional suggestions.

7. Split the participants into groups with the number of groups matching the number of selected food items from step 5. A suggested group size is 4-5 people, however, this can be adjusted as needed. Additional groups can also be made.

8. Assign each group a specific food item. Explain that their task will be to think of recipes or other ways that their food item can be repurposed (i.e. stale bread can be used to make breadcrumbs).

9. Give them about 5 minutes to complete this. Encourage them to use the internet for research if allowed, and you may suggest the <u>Wasteless Recipes NourishSmart webpage</u>, which outlines 14 recipes that can be made from food scraps. Make this link accessible if you offer this resource.

10. Allow each group 1-2 minutes to explain the food item they focused on and the different repurposing ideas they found.

11. (Optional) Facilitate a discussion on reducing food waste and repurposing food with the following questions:
    a. What additional methods can help reduce food waste? (e.g., freezing food, proper storage of produce, organizing the fridge, following the First In-First Out principle, ensuring leftovers are eaten)
    b. How does repurposing food contribute to sustainability? What larger impact can it have on your community? (Refer to materials from other lessons in the curriculum for ideas.)

12. Close the activity by emphasizing that individuals have the power to reduce food waste by being more conscious of repurposing foods when possible. Encourage participants to consider how their decisions can make a positive impact on local communities and the planet.

Top 8 Most Wasted Foods

1. Potatoes
2. Bread
3. Rice
4. Bananas
5. Apples
6. Leafy Greens
7. Milk
8. Cheese

NOURISH SMART

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