



Home Economics Food Waste Project 2018

Food Rescue Actions

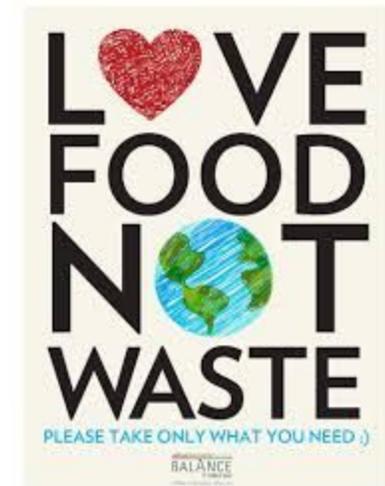
Selects one or more actions that suits your school's facilities, resources and time available.

Action 1. Food waste awareness at school

Design informative posters to encourage food waste prevention at school.

Find creative and engaging ways to explain;

- Food waste and food poverty
- Food waste and the environment
- Food waste and carbon footprint
- Food waste and money loss
- Food waste and natural resources
- Actions that can be taken to prevent food waste



Display these in the school to create awareness on food waste and to inform the school about your participation in this Food Waste Project. Give a presentation or talk to your fellow school students at assembly about food waste.

Action 2. Save your Scraps - Make Pickle

Pickling is a form of fermentation. When you ferment a food, you encourage growth of "good" microorganisms in it, while preventing growth of spoilage-causing microorganisms. These microorganisms help preserve the food, and change its flavor and texture in interesting ways.

When vegetables are soaked in a salt brine it allows for the growth of bacteria that eat the vegetable sugars and produce tart-tasting lactic acid. Pickled food is not only a great way to prevent food waste it's also a great way to boost our friendly bacteria which we need for a healthy gut.

Cucumber pickle¹ - perfect for beginners;

What you need;

- 1 cup of water
- 1 - 2 teaspoons salt
- ½ cup vinegar (apple cider, white or rice wine)
- ½ cup sugar (optional sweetener)
- 2 cups of sliced cucumber
- ½ cup sliced onion
- 1 clean jar & lid
- spices & herbs of your choice such as dill, bay leaf, chilli, garlic

Method;

- Wash your jar in hot water, ensure it is clean and dry
- Prepare your brine by adding the salt to the water in a measuring jug and stir until salt and sugar have dissolved
- Slice your veg and add to the jar



¹ <https://www.blessthisplease.com/quick-pickled-cucumbers/>

- Add in any seasoning - taste to adjust to your liking
- Pour water into jar and make sure all the contents are covered in brine
- The flavours develop over time, leave over night and enjoy the next day
- Store in refrigerator for up to three months

To avoid mould (bad bacteria) from forming, make sure the contents are submerged in the liquid and close the jar tightly.

Action 3. Save your Scraps - Make Stock

This action can be done as part of a regular home ec practical class using any veg left over. For example; instead of throwing vegetable skins and stalks - make stock instead.

What you need;

- 1 large saucepan and boiling water
- Veggie scraps
- Herbs, salt & pepper to season
- Colander & bowl
- Ice-cube trays to store in freezer or jars to store in freezer / to take home

Method;

- Make sure your veggie scraps are clean and chop them into large bite sized pieces
- Prepare your saucepan of water and add your veg
- Simmer for 20 mins & season with salt, pepper and herbs of choice
- Strain in a colander collecting the broth in a bowl and allow to cool
- Pour the broth into ice cube trays and store in freezer
- Alternatively, pour into jars and store in the fridge or bring home
- Next time you're making a casserole, stew, curry or soup just add in your own stock for extra flavour.



Action 4. Grow Your Own Herb Garden

When we spend the time to grow our own food, we understand and appreciate the work that goes into it. When we have grown and cooked our own food, we are less likely to waste it.

What you need;

- Egg cartons or other items from your recycling bin like yogurt pots
- Soil / potting mixture, seeds, water

Method;

- Fill your containers one-half to three-quarters full with planting soil
- Plant two or three seeds on top of the potting mixture in each cell. Cover the seeds with a thin layer of potting mixture. Refer to the seed packet for specific depth requirements.
- Water the potting mixture lightly with a spray bottle. Don't over-water, as soggy soil prevents germination and may kill emerging seedlings.
- Place the seedlings in a warm area. Although warmth is critical for germination, sunlight isn't a requirement at this time. Most seeds germinate in temperatures between 15 and 25 degrees Celsius.



- When your seeds have sprouted, you can transfer them into individual or larger containers so they can grow bigger.
- Keep them indoors during Autumn / Winter and let them grow in sunlight, continuing to water more often and feed if / when necessary.
- When your plants get even bigger with more leaves you can take them outdoors (Spring / Summer is best).
- Once your herbs are grown add them to your recipe



Top tip to preserve your herbs!

If you don't think you'll use all of the fresh herbs, you can make herb butter and freeze it to use in your cooking another day.

Simply chop your herbs, mix into butter or olive oil with a spoon, portion a spoonful into ice cube trays and store in the freezer.

Herb butter can be used to fry meat or veg and to season anything like soup and stews.

Action 5. Organise a Food Rescue at School

Contact your local food producers (supermarkets, grocery store, farmers market) and ask them to donate any surplus or food going to waste for your food rescue lunch.

Write a letter to them explaining what a food rescue is and why you are hosting it at school.

Design posters to promote the event around school telling students when it's happening, where and what a food rescue event is all about.

When students attend the food rescue explain that the food being served was rescued food, if the class had not rescued the food it would have all ended up in the bin.

Examples for what you could make:

Food Rescue banana pancakes

Food Rescue soup

Food Rescue muffins

Food Rescue root veg chips

Food Rescue smoothies



VOICE will provide a copy of our Food Rescue Guide:

<http://voiceireland.org/wp-content/uploads/2015/02/Food-Rescue-leaflet-Final-5Dec.pdf>

Action 7. Visit FoodCloud's Hub in Tallaght!

FoodCloud is an organisation that works to prevent food waste by using an app that connects supermarkets with too much food with charities that help people with too little food.

Recap: supermarket and producer food waste from introduction class.

VOICE can liaise between the school and FoodCloud to arrange this class trip.



Large quantities of surplus food from producers, manufacturers, and wholesalers



is collected and stored in a FoodCloud Hubs center (Dublin, Galway, or Cork)



for redistribution to Irish charities all year round



Optional: Learn more about composting

STOPFoodWaste.ie

Invite StopFoodWaste.ie to come to your school to run a composting workshop.

You don't need to have a garden or an existing compost bin.

Stop Food Waste bring all materials and can help you set up a school compost bin if you have the facilities.

Visit www.stopfoodwaste.ie for more.