



TRAINING PROGRAMME ON WASTE PREVENTION

IN THE FOOD SERVICE SECTOR
2019



Title: Training programme on waste prevention in the Food Service sector 2019

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TAKING **COOPERATION** FORWARD

ABOUT THE PROJECT

STREFOWA – Strategies to Reduce and Manage Food Waste in Central Europe is a three-year project in Central Europe to find and design new ideas dealing with food waste. Our aim is to reduce food waste or to treat it in a better, more useful way, along the whole supply chain.

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TRAINING PROGRAMME FOR RETAILERS

INTRODUCTION

This training course aims to raise awareness among caterers about the extent of food waste and the importance of preventing it: when caterers adopt the mission of reducing waste, it is more likely that they will take concrete action and that the results will be significant.

The training will focus on the prevention of food waste with an overview of the food waste treatment hierarchy in the food service sector. In particular, the training will introduce the situation at the European level and then more specifically the case of the catering sector, discussing data on the causes of food waste, divided by categories.

After an analysis of the sources, solutions will be proposed, starting with the prevention of waste and ending with proposals to reuse all the food that can still be served.



FRAMEWORK

OBJECTIVES

The objective of the training programme is to raise awareness among those working in the food service sector on the issue of food waste, both in its generic form, but especially in their sector.

The objective is therefore to promote the prevention of food waste at all stages of food preparation and, where such waste is inevitable or unforeseen, to encourage the donation of surplus food to people in need, without forgetting the importance of proper separate collection of organic waste for the recovery of matter and/or energy (compost, biogas, etc.).

TARGET GROUP

The training programme is aimed at those working in the food service sector, in particular at the owners of the restaurant/hotel/catering with information related to the management, organization and staff involvement. Moreover, the course focuses on the kitchen staff as regards the actual management of the food cooked and served.

FORMAT OF TRAINING

The training is carried out through:

- a frontal presentation in a meeting room through the use of slides, illustrative videos and case studies;
- a remote lesson that can be sent to those who could not participate in the training. The online materials may also be useful to those present on the frontal instruction. Sharing minutes and educational materials will help increase the number of people reached and enhance the training. It is also important to encourage participants/recipients to interact with the referents of the training via email or telephone in the days following the practice if they have any doubts or questions.

Age:

The training programme is not aimed at people of a specific age, but at anyone who owns, manages or works in the food service sector. However, targeting young people may be strategic: this target group constitutes a very important interlocutor as it represents the new generation of managers in the tourism sector. The involvement of new recruits is important considering change in the near future.

Number of Participants:

The ideal number of participants depends exclusively on the structure and tools available to the trainer. In particular, being a frontal instruction, the ideal number of participants depends on the number of seats available in the meeting room, the size of the screen on which the slides are projected and the presence of an amplification system (microphone and speakers).

Duration:

The training lasts 3–4 hours depending on the involvement and attention of the participants and, if desired, can be divided into two parts. The training can have a different duration depending on whether the participants are involved in the discussion and participate in possible debates or not.

Setting

The training can be held in any meeting room or training room. The size of the training location, as well as the number of seats, must be consistent with the number of participants in the course.

It is preferable to choose a location that is easily accessible by public transport and a day and time that does not affect the presence of the people to whom the training is addressed to (thus considering the fact that those who work in the food service sector probably have different working hours and days).

Training requires the use of a laptop connected to a large screen or a projector that projects onto a white fabric or wall. If the room is large, an amplification system (microphone and speakers) should also be used. Material

Material

During the training, participants should get familiar with food labels (live or in photographs) to acquire knowledge about how to best manage the storage of specific products and how to correctly interpret the expiration date.

Presentation: "*TP_STREFOWA_FoodService_presentation_en*"

SCHEDULE & IMPLEMENTATION

As mentioned above, the course has a duration of about 3–4 hours and can be held in one go or divided into two parts (for example in case you cannot get the availability of participants for very long durations). If carried out separately, however, the two parts of the training must still be done at a short distance from each other because the topics are closely interlinked.

Below are proposed the topics to be dealt with already divided into two groups:

Item 1

CAUSES OF FOOD WASTE IN THE FOOD SERVICE SECTOR

Time 90 minutes

Aim / Summary

The first part of the training addresses a general overview of food waste throughout the food chain. Then the specific case of the catering sector is introduced: data and studies of international literature, main causes of food waste, etc.

Task

- Frontal presentation
- Video presentation
- Exercitation
- Discussion and sharing of ideas and good practices

Material

- PPT “TP_STREFOWA_FoodService_presentation_en”
- Video “Food Waste” by European Union 2015 (See Appendix – n° 1)
- Exercise on “food labels” used in the European Union (See Appendix – n° 3)

Item 2

PREVENTION OF FOOD WASTE AND FOOD WASTE HIERARCHY

Aim / Summary

The second part of the training focuses on the solutions to be adopted for the prevention of food waste. For each source of food waste identified in the previous part of the training, it is possible to combine a solution to avoid, or at least reduce, the quantities of food waste produced. The topics can be addressed with case studies and questionnaires. Incorporate a reflection practice so that participants can propose and share innovative solutions. The training concludes with an overview of the other solutions provided by the food waste hierarchy, which are, however, subject to local/national regulations.

Task

- Frontal presentation
- Video presentation
- Discussion and sharing of ideas and good practices

Material

- PPT “TP_STREFOWA_FoodService_presentation_en”
- Video “Chef masterclass videos” (see Appendix – n° 2)
- Pilot Action 15 about the "Optimisation of separate collection of food waste in hotels in Rimini (Italy)" (See Appendix – n° 4)
- Initiatives to fight food waste in Europe – STREFOWA TOOL (See Appendix – n° 5)

During the frontal presentation, which, as mentioned above, is carried out through the use of ppt slides (an example of a ppt slide for training on food waste prevention in the food service sector is available for download on the STREFOWA Project website), we recommended supporting a discussion between the participants in the training on the different topics covered during the lesson. Through the comparison with other people working in the same sector, it is possible to share ideas and good practices implemented to prevent food waste.

As part of the STREFOWA Project, two interesting Pilot Actions were also executed, the specific theme of which was the prevention of food waste in the Food Service Sector:

- <http://www.reducefoodwaste.eu/pa7-food-waste-prevention-in-tourism-and-food-preparation.html>
- <http://www.reducefoodwaste.eu/pa-8-food-waste-prevention-in-tourism-and-food-preparation.html>

In addition, within the framework of the STREFOWA Project, “Guidelines for the prevention of food waste in the food service sector” have been developed (available for download on the STREFOWA Project website). These guidelines analyse, by type of food service, the levels of efficiency, the origin and the type of food waste generated. The origins and possible solutions for each source of food waste are then examined.

REFERENCES

Stenmarck A. et al, (2016): Estimates of European food waste levels. FUSIONS
[http://www.eu-fusions.org/phocadownload/Publications/Estimates of European food waste levels.pdf](http://www.eu-fusions.org/phocadownload/Publications/Estimates%20of%20European%20food%20waste%20levels.pdf)

WRAP, (2013): Where food waste arises within the UK hospitality and food service sector: spoilage, preparation and plate waste. November 2013

<http://www.wrap.org.uk/food-drink/business-food-waste/hospitality-food-service>

<https://www.eurofoodbank.org/en/advocacy>

APPENDIX

1. <http://ec.europa.eu/avservices/video/player.cfm?ref=1111438&lg=IT&sublg=none>
2. <http://www.wrap.org.uk/content/chef-masterclass-videos>
3. https://ec.europa.eu/food/sites/food/files/safety/docs/fw_eu_actions_date_marking_infographic_en.pdf
4. <http://www.reducefoodwaste.eu/pa15-optimisation-of-separate-food-waste-collection.html>
5. <https://tool.reducefoodwaste.eu/>



<https://www.interreg-central.eu/STREFOWA>

