

HOW TO REDUCE THE AMOUNT OF FOOD WASTE – AN EXAMPLE OF GOOD PRACTICE



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Summary

Europe recorded 100 million tons of food waste that amounts to 116 kg per capita in 2012. According to data provided by the Statistical Office of the Republic of Slovenia in 2013, the quantity of food waste decreased by 63% in the period from 2008 to 2013 in Slovenia. It decreased from 400.000 tons (in 2008) to 149.000 tons (in 2013), from 197 kg to 72 kg a year per capita. We claim that the amount of food waste can be reduced and our success at School center Šentjur is the proof of that. In the last two school years (2014/2015 and 2015/ 2016) specific planned activities were carried out, namely measuring the quantity of discarded meals, informing the students and their parents about the problems of food waste, engaging students in the creation of monthly menus and analyzing the causes of food waste. Recent measurements of the quantity of discarded meals showed that the amount of food waste decreased by more than 1/3 compared to the previous school year. The food waste decreased from 14,0 kg to 8,9 kg a day. The remaining quantity of food waste, in view of the energy value, could ensure the daily meals to ten students. We were surprised to find that a vast proportion of waste food constitutes of bread, of which the students take more than they can eat. They themselves see a solution to the problem of food waste in smaller amounts of acquired meals (according to the motto: »take as much as you can eat«). Such activities to reduce food waste will have to be implemented in the future as well, including a promotion of a more respectful attitude towards food. Our aim is to present the statistical data concerning the amount of food waste in Europe and Slovenia as well as an example of good practice showing how the public institution can reduce the amount of food waste.



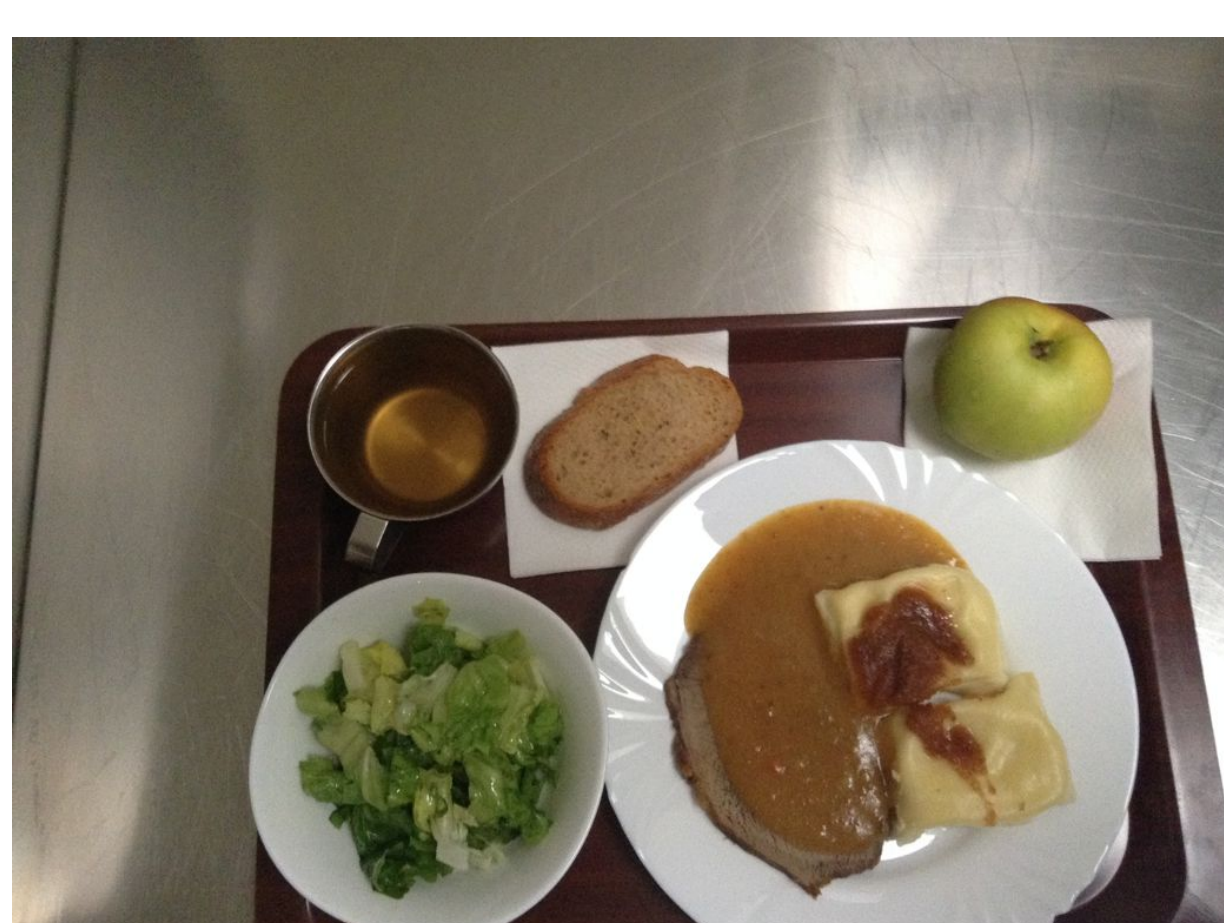
Picture 1: Our school herb garden



Picture 2: Students tending to the school garden beds



Picture 3: An alternative to a regular menu



Picture 4: An example of a typical meal



Picture 5: Bread can also be found in the food scraps bin

Table 1: Amount of Food Waste in Slovenia

Amount of Food Waste per year	2008	2011	2013	2015
Per resident (kg)	197	82	72	73

Table 2: Quantity of discarded meals at ŠČŠ

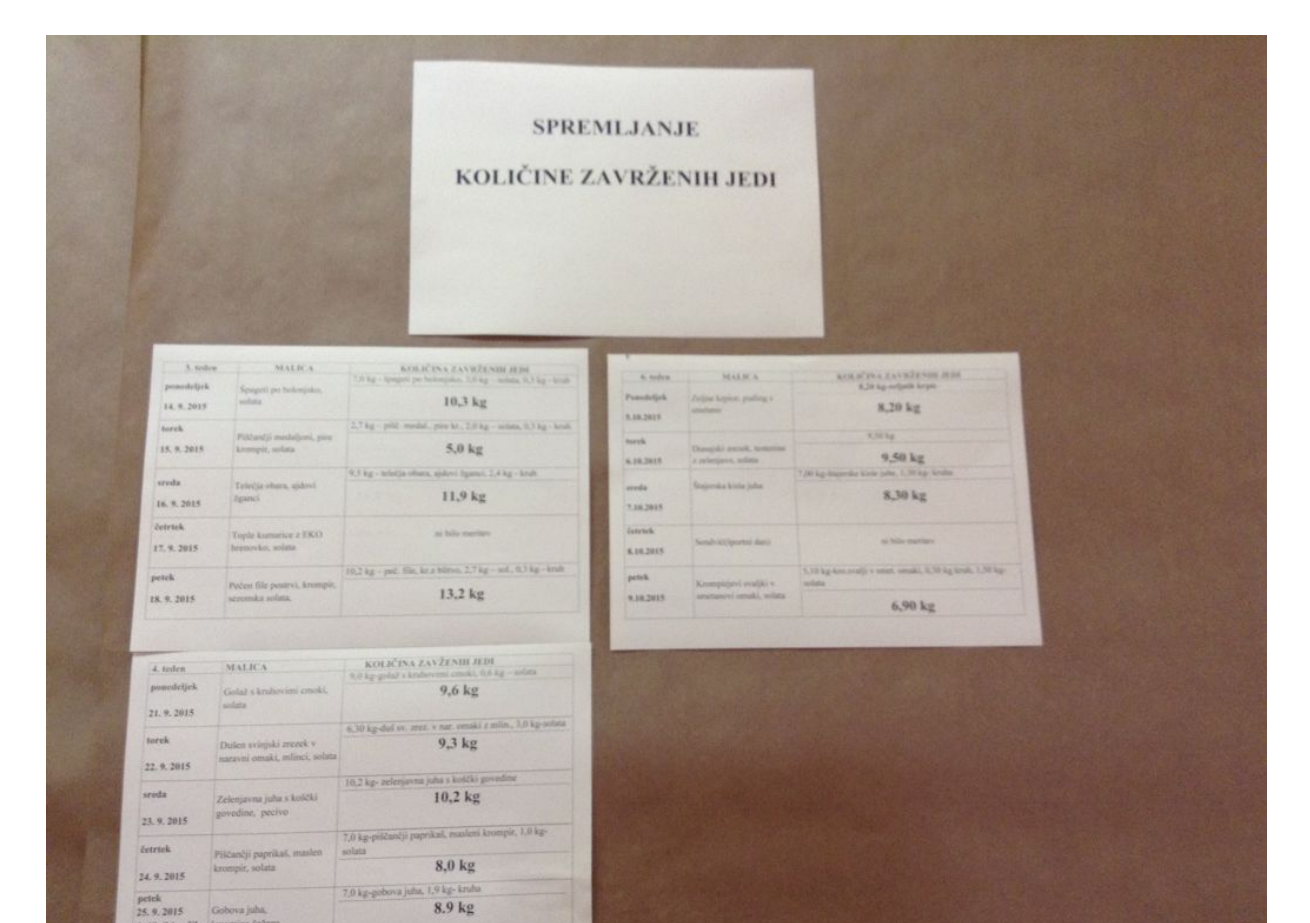
Period of measurement	Quantity (kg/day)	Percentage/June 2015
June 2015	14,0	100
September–October 2015	9,4	67
February 2016	8,9	64

Table 3: Reasons for discarding food at ŠČŠ

Discarded food type	Reasons for discarding food - the percentage of students (%)			
	Excessive portion	Unpleasant taste	Unappetizing appearance	Not given
meat	23	51	6	20
pasta	27	42	8	23
stews	20	49	9	22
vegetarian	9	67	10	14
dairy	20	36	11	33
fast food	28	39	16	17
salad platter	19	45	13	23
fish & seafood	14	53	11	22
bread	40	23	11	26
fruit	23	36	16	25
salad	17	40	15	28
pastry	16	53	10	21



Picture 6: The entire amount of the discarded meals



Picture 7: We are following the amount of food waste



Picture 8: We made an additional notice board



Picture 9: The project team Klara, Leon, Lidija and Katarina