



# Practical tips for reducing food waste in your school community

Professional School of Tourism  
“Prof. Asen Zlatarov” –Plovdiv, Bulgaria



# Introduction

- Food waste is an important topic for global policy, and for the European Union, insofar as it is related to food security, the circular economy and good environmental practices.
- Various studies show that between  $\frac{1}{3}$  and  $\frac{1}{2}$  of the world's food waste is not recovered, leading to negative impacts throughout the food production, processing and supply chain, including on households.
- There is an urgent need to prevent and reduce food waste in order to make the transition to a resource-efficient Europe.



# European policies

regarding food waste

- **What the EU is doing to reduce food waste?**
  - ✓ Target to reduce food waste by 50% by 2030.
  - ✓ EU platform on food loss and food waste
  - ✓ Waste Framework Directive
  - ✓ Uniform Date Labeling of Food
  - ✓ Funding and research
  - ✓ Food donation guidelines
  - ✓ Promoting a circular economy
  - ✓ Farm to fork strategy - part of the European Green Deal
  - ✓ Awareness-raising campaigns



# Bulgaria's policy

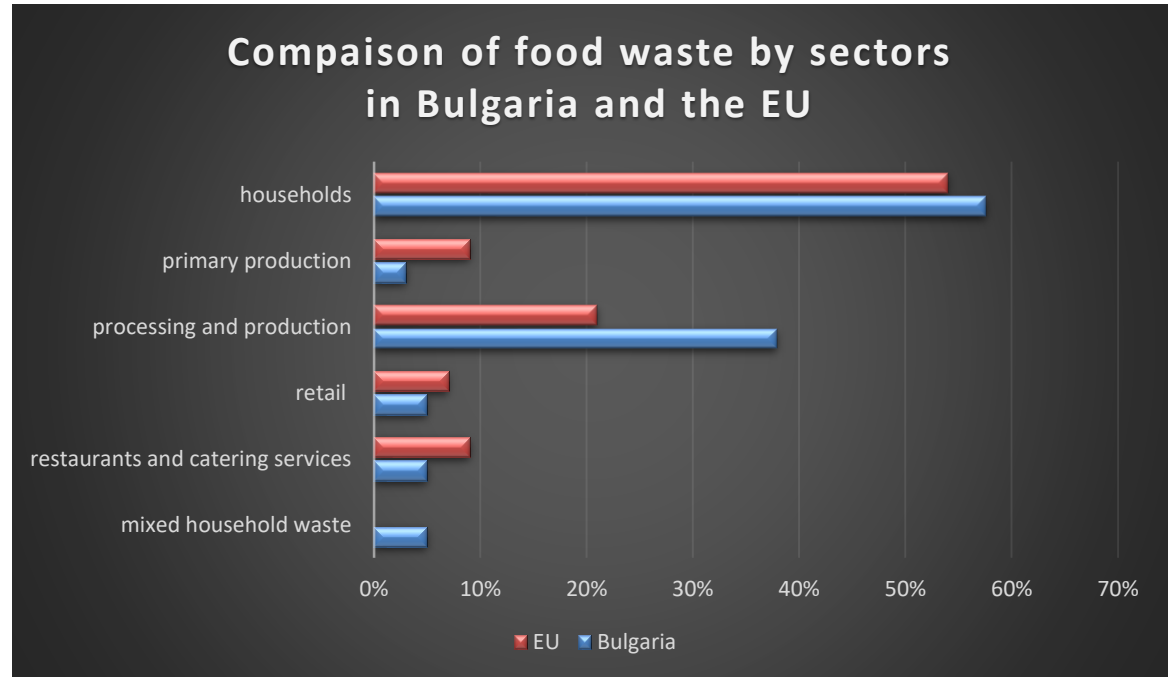
regarding food waste

- Bulgaria's food waste policy is reflected in the following strategic and regulatory documents:
  - National Waste Management Plan
  - National strategic plan for the phased reduction of biodegradable waste destined for landfill
  - Food Act
  - Waste Management Act
  - Bulgarian Food Bank
  - National Food Loss Prevention and Reduction Program, which includes measures to address food loss and food waste from 'farm to fork'

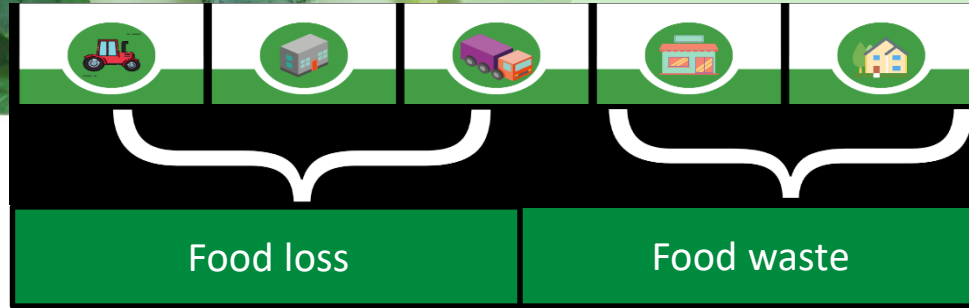
# Methods

According to the United Nations Environment Programme (UNEP):

"If we continue to use resources the way we are used to, by 2050 we will need the resources of three planets like Earth. The scarcity of raw materials and climate change require a shift from a use-and-throw society to a carbon-neutral, environmentally sustainable, pollutant-free economy."



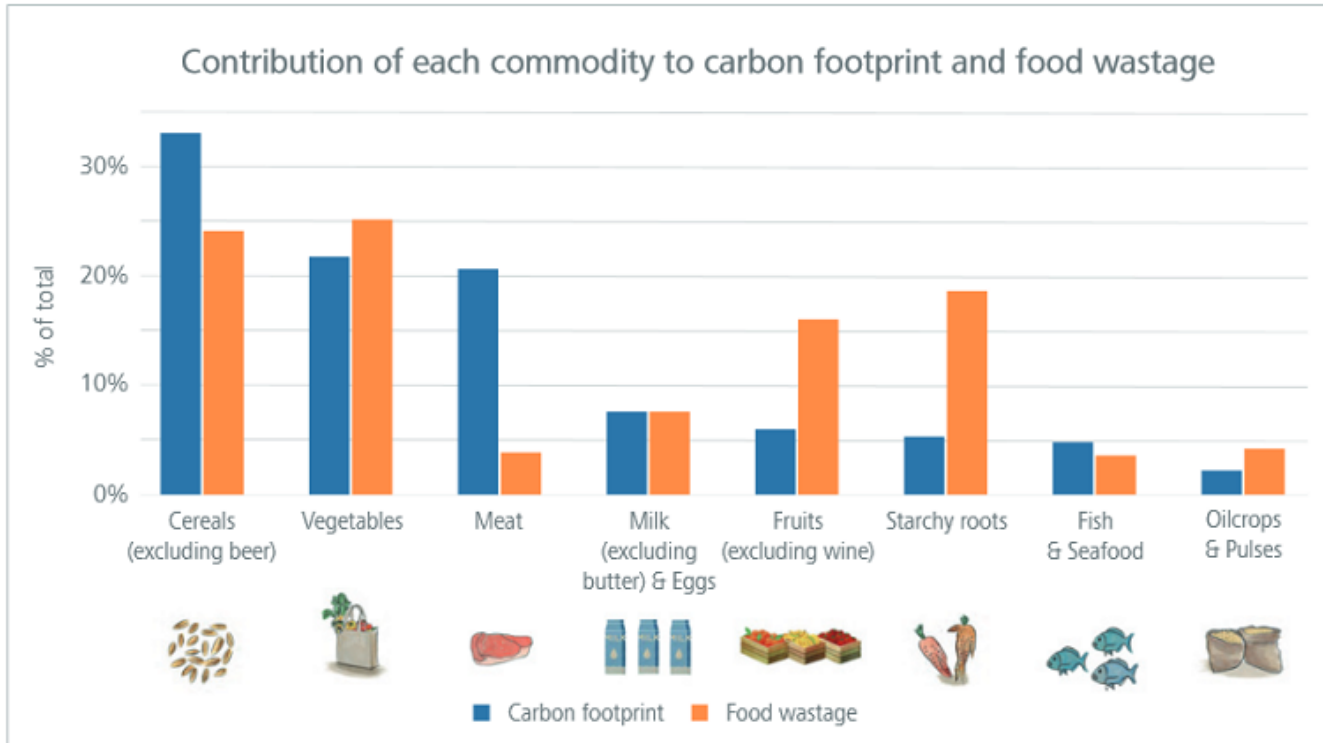
# Methods



Main sources of  
food waste:



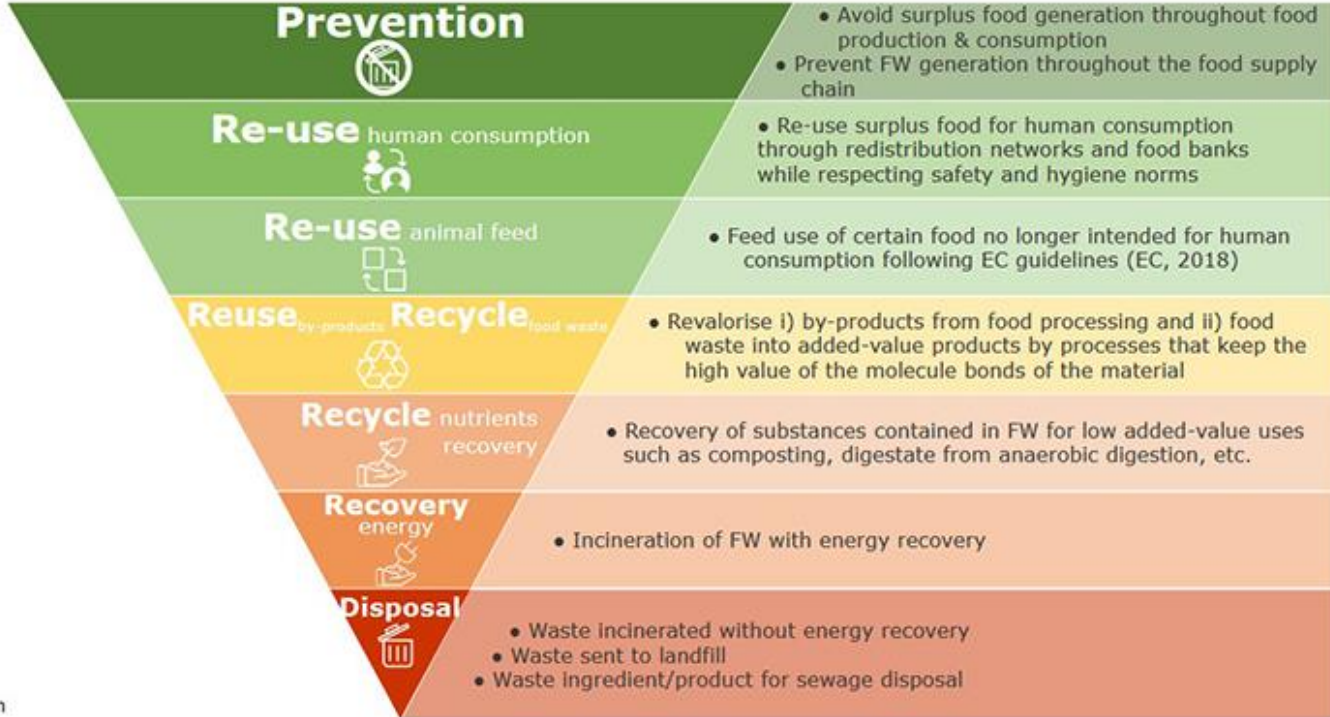
# Methods



# The Waste hierarchy

Most preferable option

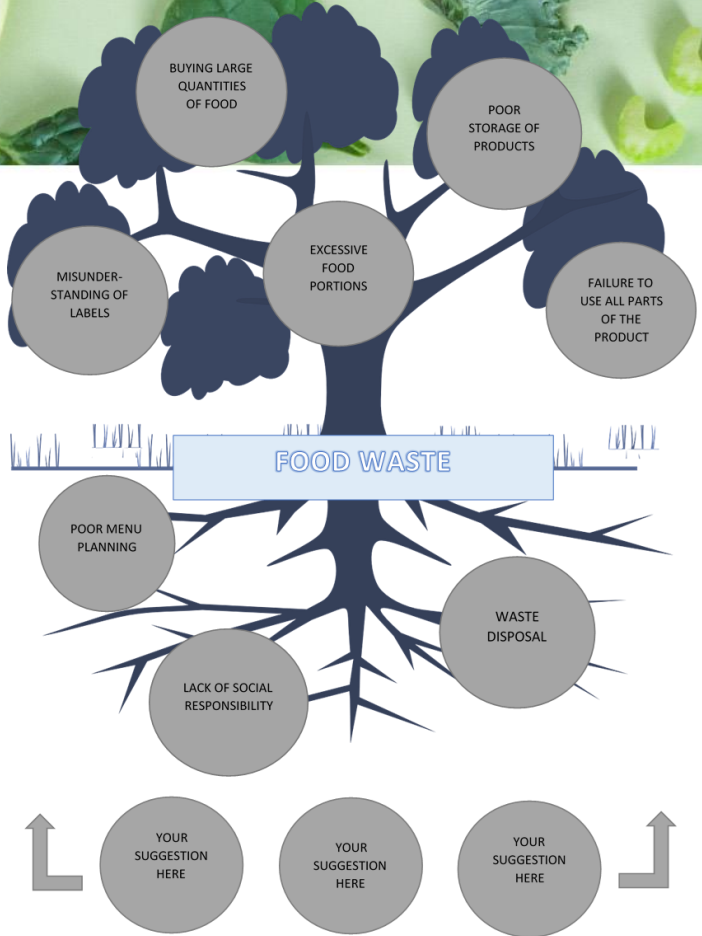
Least preferable option



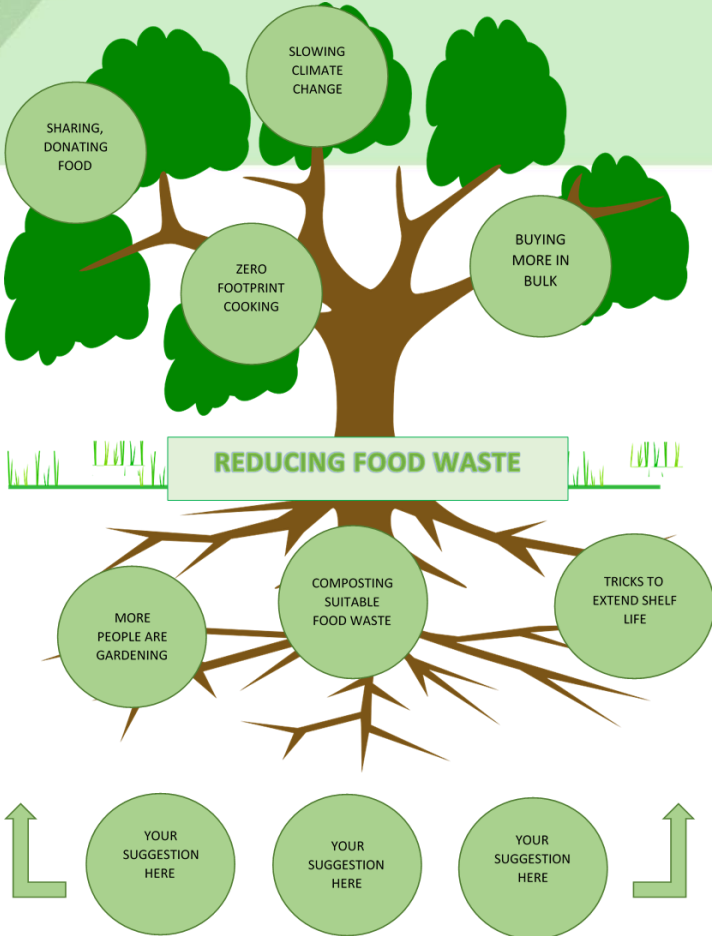


# Methods

## PROBLEM TREE



## SOLUTION TREE



# Practical tips to reduce food waste in the school community

Waste not  
Want not

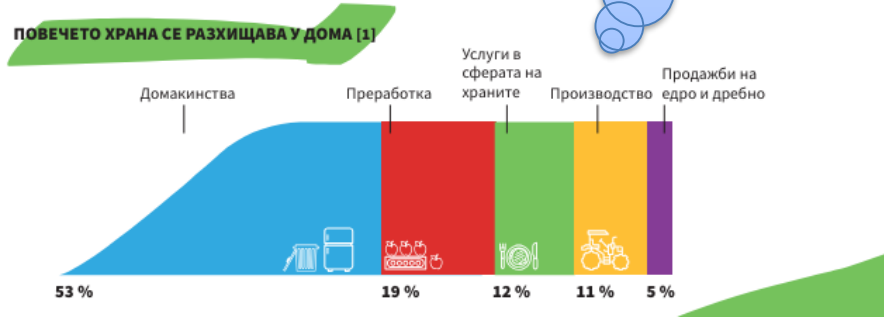
## What is the problem with food waste?

“ Можете ли да си представите, че в ЕС около **88 милиона тона храна се изхвърлят ежегодно**? Ако се замислите за нейната парична стойност, то тя наистина е голяма. Може да се сравни с годишния бюджет на ЕС за програми за подпомагане на всички страни-членки. ”

“ В глобален мащаб **1.3 милиарда тона храна се изхвърлят всяка година** – което е **15 пъти повече** отколкото в ЕС. Това означава, че една трета от храната, произведена за консумация от хората по света се превръща в отпадък. Трудно можем да си представим паричната й стойност, достигаща **865 милиарда евро годишно**. ”

By throwing food away, we also waste the resources used to produce it: land, water, energy and effort. You probably know that greenhouse gases are considered to be the main cause of climate change. But did you know that food waste also releases greenhouse gases and contributes to climate change?

1/3 се изхвърля




# Practical tips to reduce food waste in the school community

Waste not  
Want not

## Why do we need to reduce food waste?

- ✓ Less wasted food = more savings
- ✓ Less wasted food = more for all people
- ✓ Less wasted food = clean environment





Practical tips  
to reduce food waste  
in the school community

## How can consumers reduce food waste?

- ✓ Responsible consumer behaviour
- ✓ Cultivating sustainable consumption habits
- ✓ When shopping - preparing a list of necessary food products
- ✓ Checking the expiry date and knowing the meaning of the label
- ✓ Storing food according to packaging instructions
- ✓ Putting new food at the bottom of the fridge/cabinets
- ✓ Using what is left from the previous meal
- ✓ Freezing food

Waste not

Want not

# Food waste weekly checklist

Day 1

meal	food	quantity	how disposed?	reason	≈ cost
Breakfast					
<i>e.g.</i>	<i>milk</i>	<i>1/2 cup (250 ml)</i>	<i>Kitchen sink</i>	<i>Left over</i>	<i>0,50 BGN</i>
Lunch					
Dinner					
Other meals					



# Conclusion



- Food waste is an important global policy issue in terms of its involvement in food security, circular economy and sustainable environmental practices.
- The concept of zero footprint seems almost unattainable in today's consumerist world, but with persistence and small steps everyone can contribute towards sustainable food consumption and reducing food waste.

Thank you for  
your attention!

Professional School of Tourism  
“Prof. Asen Zlatarov” –Plovdiv, Bulgaria

