

Appendix:

Introduction - Story: Matteo gets a taste of canteen life

Matteo is 9 years old and is in Year 3 at the elementary school in Neustadt. Today is children's drop-off day in Neustadt. All children are allowed to come to work with their parents on this day and see what the moms and dads are doing there.

Matteo has decided to visit his dad, who works in the large canteen at the secondary school in the neighboring town. The kitchen there is as big as two classrooms and there is an incredible amount to do: chopping vegetables, handing out food to the children and washing dishes - Matteo is involved everywhere. Matteo is even allowed to help with the large dishwasher himself: He takes the plates from the trolley, places them in large baskets and presses the button to start the dishwasher. It's ready in five minutes - much quicker than at home! Before Matteo and his dad put the dishes in the dishwasher, they have to throw the garbage and leftover food from the plates into the garbage can. Matteo can't believe what he sees there. He has to show his friends at school! He asks his dad to take a photo of it with his cell phone and print it out at home.

The next day at school, all the children talk about their experiences. Matteo talks about the canteen and shows the photo to the other children.

Example photos:





Foodwaste



DID YOU ACTUALLY KNOW,

- ...that every person in Germany throws away around 78 kg of food every year?
- Much of it is still edible. This food waste is called avoidable. Bread, vegetables, and fruit, as well as leftovers, end up in the trash the most.
- ...that up to a quarter of the food prepared in a school canteen is thrown away? That's like throwing every fourth full plate of food in the bin!

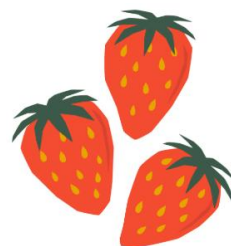


WHY DO WE THROW FOOD AWAY?

- We buy more than we need
- Food is a matter of taste - at home or in the canteen there is sometimes food that we don't like and that is left over.
- Sometimes we have a bigger portion on our plate than we can eat (at home, in the restaurant or in the school canteen)
- We often throw food away when the best-before date has passed

WHAT IS A BEST-BEFORE DATE?

The best-before date can be found on packaged foods. It indicates that the food can be stored correctly until at least this date and is therefore good to eat.





How to save food



YOU CAN DO THIS AT HOME

- You can use overripe fruit and vegetables creatively. For example, you can bake something from brown bananas, cook a compote from wrinkled apples or turn soft tomatoes into a delicious sauce.
- Eat food that you've had at home for a while before using freshly bought food.
- Only throw food away if it is really no longer good

HOW TO RECOGNIZE WHETHER FOOD IS STILL GOOD

Food is often still edible even after the best-before date has expired!

Here's how you can check:



- Rely on your senses!
- Does the food look like you know it?
- Does it smell the same?
- Does it taste the same as usual when you try it? Does it feel normal on the tongue?
- If you are not sure:
Ask an adult or throw it away!



TIP:

Ask in the canteen if you can request your favourite meal



YOU CAN DO THAT AT SCHOOL:

Examples for the break:

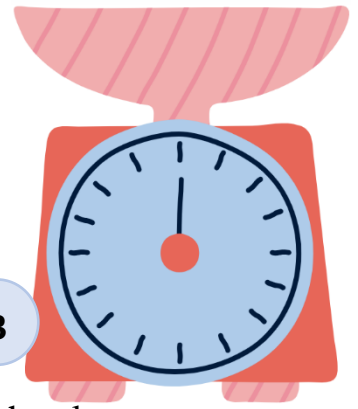
- Take a tasty snack that you like to eat with you for the break.
- If you have any snack left over, don't throw it away. Share it with your friends or eat it later at school or at home.

Examples for lunch in the canteen:

- Ask if you can try unfamiliar foods first. Go for seconds if you like it and want more.
- If there is something in your lunch that you don't like (e.g. the sauce) leave it out if possible.
- What's gone is gone. If you run out of food, take something else. Not everything has to be available until the end of the lunch break.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weight of the measuring containers with food leftovers on the plate					
Empty weight of measuring container					
Weight of food leftovers					
Number of portions served					
Space for photos and notes					

MEASURING LEFTOVERS – HERE'S HOW



1. Enter date **1**
2. Weigh empty measuring container -> note empty weight **3**
3. Place the rest of the plates in the measuring container
Attention: Servings, bones, fruit bowls, etc. do not belong to the plate leftovers and do not go into the measuring container!
4. Weigh the full measuring container -> note the weight **2**
5. Calculate the leftover plates: Weight of full measuring container - empty weight -> note result **4**
6. Ask for and record the number of portions served **5**
7. Calculate leftovers per portion:
Weight of leftover plates ÷ number of portions -> note result **6**

PROTOCOL:

NAME OF OUR SCHOOL / CANTEEN:

ENTER THE LEFTOVERS HERE!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1					
2 Weight of full measuring container with leftovers					
3 Empty weight with measuring container					
4 Weight of leftovers					
5 Number of portions served					
6 Space for photos and notes					

