



SUSTAIN E+ TRAINING

SUSTAIN E+ PROJECT

MODULE N°8 FOOD SUSTAINABILITY IN EU PROJECTS



Erasmus+

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Content

1. INTRODUCTION TO THE TOPIC	2
2. LEARNING OBJECTIVES	3
3. LEARNING CONTENTS	5
<i>Chapter 1 – Hosting the Event</i>	5
1.1 Do you need to serve food?	5
1.2 Catering at meetings	6
1.3 Short breaks – do's and don'ts of serving food	7
1.4 Practical Activity	8
Chapter 2 – Restaurants and eating out	10
2.1 Impact of the restaurant industry on the Environment	10
2.2 How to choose a restaurant and what to pay attention to	11
2.3 Checklist for sustainable restaurant	12
2.4 Practical Activity	14
<i>Chapter 3 – Eating while Abroad</i>	15
3.1 Diet vs Climate	15
3.2 Travelling, snacks and drinks	16
3.3 Practical Activity	18
<i>Chapter 4 – References - tools</i>	19
<i>Chapter 5 – Training Instructions for Trainers</i>	20
5.1 Exploitation of the practical activities given in the module under the trainer perspective	20
5.2 Other practical activities	25
5.3 Tips and examples of best practices to apply this module to your training activity	27
<i>Module assessment</i>	28

1. Introduction to the topic

All European projects that strive to create the best results will have an element of transnational meetings, Learning Teaching and Training Activities or multiplier events. Each organisation participating in a project will either, travel internationally or domestically for an event or meeting. Each organisation will either be faced with hosting an event or travelling to an event and organising food for themselves.

According to Eurostat in 2020 in EU alone generated 59 million tonnes of food waste, averaging the number to about 131 kg/inhabitant – annually. While the biggest individual part of it is household waste, collectively manufacturing and distributing food leads to 47kg of waste per inhabitant.

“Food sustainability in EU projects” refers to all aspects of food, from travelling to an event or meeting to participating or organising to travel back home. It is important to think about every aspect of it and ensure the most sustainable approach, not only when travelling but in everyday life and while certain aspects are very specific for organising a meeting (“how to choose the right catering for an event”) they can also lead to more sustainable actions.

This module contains three chapters focusing on serving food at translational meetings or events, choosing the more sustainable options, keeping in mind the environment and what choices have a less environmental impact.

This module also contains learning objectives and assessments. Each chapter also contains practical activities for a better understanding of the written theory.

2. Learning objectives

1. Description of the competence linked to the above-mentioned topic:

Competencies in the food industry are complex and they link skills, knowledge and awareness of current practices and actions that are impacting the environment. Implementing better solutions, and practices and solving challenges faced will have a positive impact on the environment.

This module focuses on:

- Personal choices in food management
- Knowledge about the environmental impact of the food industry
- Knowledge of best practices to organise a sustainable meeting or event

2. What are the skills that the learner will acquire at the end of this module?

By the end of this module the learner will be able to:

- Understand the current situation of the food industry concerning resources consumption, waste and footprint
- Know how to apply sustainable criteria related to food while travelling
- Know how to apply sustainable criteria related to food when organising meetings or events

3. How do these skills answer a training need?

The impact of the food industry on the environment, including food production, transport to the consumers and waste management, is a very complex topic, however, for many professionals working within Erasmus+ projects it's a topic they have to deal with quite often whenever participating in or organising a meeting or an event. The choices made while organising a meal for a group of people will also have more environmental impact since there are more people involved – and by extension, potentially more waste produced and CO₂ emitted.

They need to find new ways on ensuring food options while making sustainable choices. Additionally, people travelling to and from meetings are subjected to a lot of choices regarding food and water that can be potentially harmful to the environment.

This module will focus on steps, sometimes seemingly small that can hugely contribute to the Earth's environment.

3. Learning contents

Chapter 1 – Hosting the Event

1.1 Do you need to serve food?

Food is very important in the culture of a nation or a region, it is the needed sustenance for everyone and brings everyone to a table. It is also one of the biggest contributors to carbon emissions, estimated to emit around 14% of global greenhouse gases. It's about equal to global transportation that combines all car, plane and ship travel. Pollution in catering and overall food services is very high, from the production of produce, processing, distribution, making the food and delivering it to the place of the meeting, not just in the form of waste on various levels of production but also in the transportation.



Figure 1 Source [freepik.com](https://www.freepik.com)

Not all meetings are equal, not all meetings require serving a full table of food. Before deciding what food you will serve, firstly think if you need to, and what form. Short meetings might not need food options at all, a meeting that might last up to 4-5 hours might require a snack type of food or a small buffet, longer meeting or all-day ones will require at least one hot meal. In general, you need to consider the length that the translational meeting, time of day and number of people that will attend to decide what food and in what form will be best to serve.

Each translational meeting is also an opportunity to raise awareness about sustainable solutions, as not everyone might be aware of the impact each action has. Before the meeting officially starts you can explain the rules that you followed in preparing food and drink options for participants and why you chose them as this might cause a ripple effect in organising more sustainable meetings in the future.

1.2 Catering at meetings

Catering is one of the easiest options to choose from when serving food at a transnational meeting, as it takes the burden of planning and managing a lot of moving parts of preparing and serving food. However catering can also mean a lot of waste generated from food preparation and delivery, the type of food served also makes a difference, as different foods will have a higher or lower impact on the environment. Beef and cow milk have very high carbon emissions, while fruits and vegetables have significantly lower carbon emissions. When choosing the catering option, you should consider these things:

1. Is the catering company sourcing locally from sustainable suppliers?
Not every region or country can produce all food, however, sourcing as much as possible from local suppliers that use organic and sustainable farming methods lowers greenhouse gas emissions due to its transport.
2. Is a catering company trying to reduce food waste?
Food waste is a huge problem in catering and restaurant businesses. There are two main points of waste production to consider: food waste when preparing the food (any food scraps and cuts off) and food waste of prepared uneaten food. When choosing a catering company it's important to see how they deal with food waste: are they donating it to shelters and organisations helping those in need or composting food scraps? Alternatively, if your meeting is in your office, do the rest of the employees get to treat themselves to the leftovers (and subsequently eliminate waste)?
3. Can the catering company provide you with vegetarian or vegan meals?
A vegetarian and vegan diet is the most sustainable with the least greenhouse gas emissions out of all currently available diets. Do they have options for vegetarian or vegan catering with only plant-based meals to offer?
4. Is the catering company offering biodegradable or reusable options for napkins and utensils?

If your meeting is in the headquarters of your company or institution you might already have all the cups, plates and cutlery that participants can eat from - bonus points for having different shapes and colours of cups as everyone can choose their favourite one and no one will confuse their cups! Having the ability to opt out of getting single-use utensils will have a positive impact on the environment. If the meeting place doesn't have access to plates and cutlery, see if the catering company offers biodegradable options or reusable ones.

5. What "take out" packaging is the catering company offering for the delivery of food? Do they have multi-use packaging, like pots, trays and bowls that they take back to use again or everything comes in plastic packaging? The best option for the environment is reusable containers, followed by biodegradable options, while single-use materials are not a sustainable option.

1.3 Short breaks – do's and don'ts of serving food

Even if you are not serving hot meals at a translational meeting, chances are that you will serve snack-type foods and beverages. This has the potential of producing a lot of waste. Cookies in double packaging, candies in individual wraps, small bottles of water, napkins, and coffee grounds, all add up very quickly and larger groups of participants will create more waste.



When preparing food for short breaks, consider the points below:

1. Instead of serving bottled water, make it available in pitches or as a water fountain to avoid unnecessary waste.
If you want to add flavour to it, add fresh bits of fruits, vegetables or fresh herbs.
2. Avoid serving sugar drinks like soda or store-bought juice drinks as they are high in sugar and are often offered in non-recyclable packaging. Instead, offer tea or coffee with the option of adding vegetable milk or offer 100% fruit juices.
3. If you want to serve sweet desserts, either serve them in small reusable containers or opt for fresh-cut fruits that are locally and seasonally grown.
4. When serving sandwiches or baked goods, cut them into small portions, this will ensure not overeating.

1.4 Practical Activity

Exercise: Ask the participants to design a menu for a short meeting or an event – they only need to include snacks and beverages, they need to remember the number of participants that will be attending and keep the least environmental impact possible while offering a variety of options.

You can provide a list of the impact of food on the environment before or after designing the menu. If you include the list from the beginning you can also ask what is the impact of the menu served. If you don't include the food impact before, the next step can be for groups to calculate the possible impact and see who created the best menu, comparing the overall look of the menu, the willingness of the participants to eat it and the impact on the environment.

At the end, ask participants, or groups (depending on how many people there are) why they chose the menu they designed.

Chapter 2 – Restaurants and eating out

2.1 Impact of the restaurant industry on the Environment

Being sustainable isn't just about making choices at home or work, it's also about choosing consciously shops we buy things from or restaurants we eat food in. While cooking at home, local ingredients are the most sustainable option, both participants and hosts don't always have that option when travelling or organising a transnational meeting. Unfortunately, restaurants and overall food services have a big impact on food waste and resource use without many systems in place to manage or recycle various outputs.

The Waste and Resources Action Programme is a charity in the United Kingdom (UK) that did a comprehensive study in UK food services on waste in the hospitality and food service sector. They concluded that in the year 2011, it was estimated that the waste cost the UK £2.5 bill which that includes the cost of labour to prepare food, usage of energy and transport. In the UK alone 8 billion meals are served each year and the food waste is equivalent to 1.3 billion meals, which is almost 2 months' worth of food.

The food industry is not just food waste, 1.3 million tonnes of packaging for food and drinks served and 0.66 million tonnes of other "non-food" waste is discarded, while only 62% of packaging and other "non-food" is recycled. Findings show that 56% of waste that is thrown away could have been readily recycled.

All of this isn't just more cost, but additional greenhouse emissions and pollution being released into the environment.

The following figure represents key findings of the WRAP 2013 report on the overview of waste in the UK Hospitality and Food Service Sector on data based from 2011.

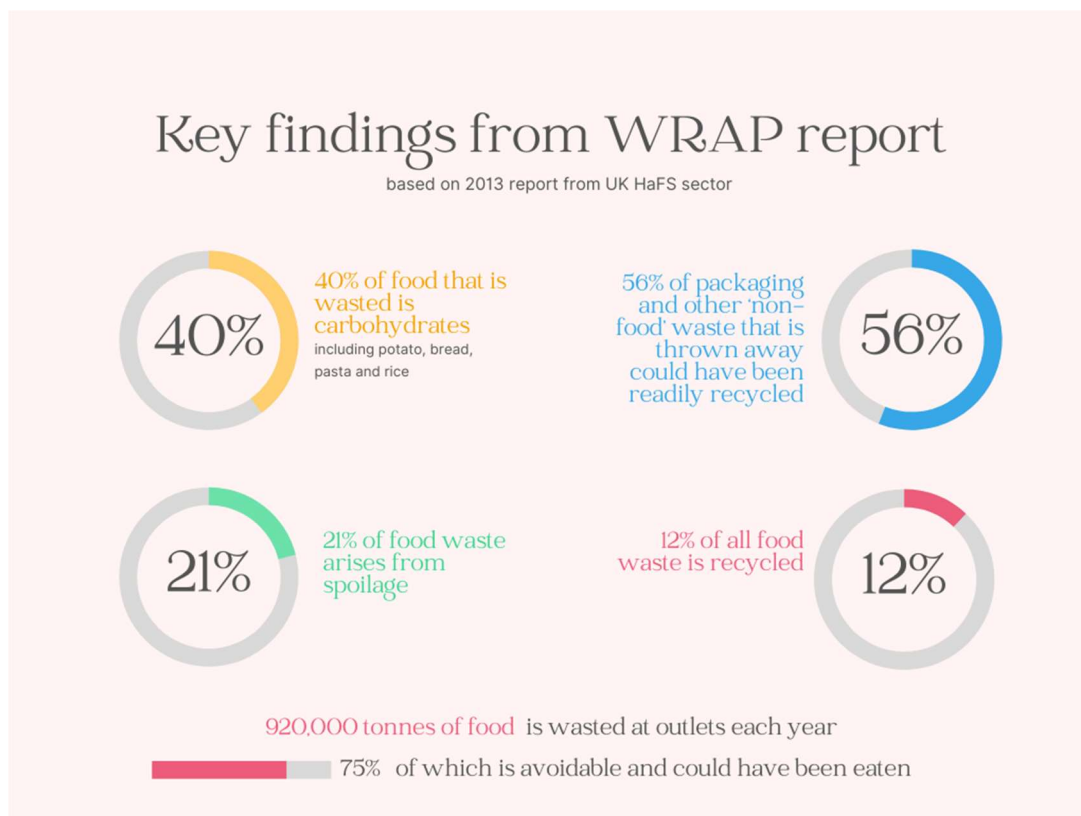


Figure 2 Data of food waste in UK food service, based on WRAP 2013 report

Additionally, UNICEF “No Time to Waste” report analysing data from 2021 showed that the EU wastes more food than it imports, with 138 million tonnes of agricultural products being imported yearly – costing €150 billion, and wasted over 153 million tonnes. While the UNICEF report looked at overall food waste, food services are estimated to contribute about 14%, it’s still over 21 million tonnes.

2.2 How to choose a restaurant and what to pay attention to

When travelling to translational meetings, sometimes going to a restaurant to eat is the easiest option. Cooking when travelling for short meetings might not be an option, depending on accommodation and free time. When choosing the restaurant and ordering food there are some points to consider:

4. Information is everything; restaurants that have sustainable certification implement green practices or serve food that only comes from Fair Trade, will share that information in a place that is easily noticeable (in the venue) or on their website.

5. Make sustainable choices, and avoid all-inclusive, all-you-can-eat places as they usually have a lot of waste.
6. To manage waste, restaurants might take part in programs where they can donate leftover food from the day to shelters or other organisations.
7. Follow the locals: even if you don't understand the language, pay attention to what local people are ordering, chances are that they know what is good and fresh.
8. Look at the menu items that include fresh seasonal and local ingredients, dishes made with these will taste better and will have a lower impact on the environment.
9. Say no to disposable items when possible (extra napkins, straws).
10. If you see that the portions are big, ask if there is a possibility of taking your leftovers with you or, if you are eating in a group, ask if someone wants to share the food with you. This is also a great way of trying different dishes without additional cost or waste!



Figure 3 Source: [freepik.com](https://www.freepik.com)

2.3 Checklist for sustainable restaurant

When choosing a sustainable restaurant it is very hard to give a “one size fits all” model, as there isn't one standard that restaurants can follow or certificates to obtain when creating a sustainable restaurant. Always ask or research what are the local or national standards.

However, below is a list of questions to ask and some global certifications that it's worth paying attention to when choosing a sustainable restaurant.

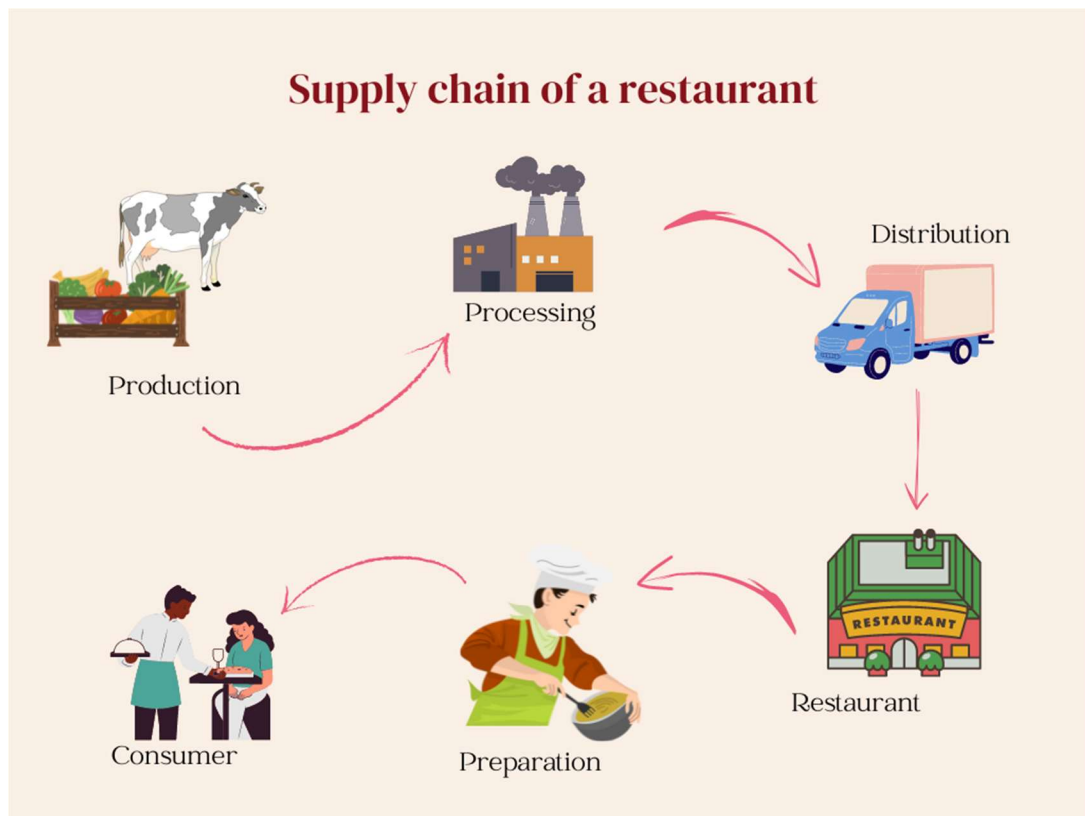
QUESTIONS WORTH ANSWERING	ANSWER
1. DOES THE RESTAURANT HAVE CERTIFICATION MARKS SUCH AS GREEN STANDARDS, BREEAM, ENERGY STAR OR FSC?	
2. ARE INGREDIENTS LOCALLY SOURCED?	
3. FOOD WASTE MANAGEMENT: DOES THE RESTAURANT COMPOST, OR RECYCLE?	
4. WHAT IS THE RESTAURANT'S RESPONSIBILITY CONCERNING THE ENVIRONMENT AND HOW DO THEY GO ABOUT IT?	

While there isn't one certificate to follow for sustainable restaurants, here is a list of a few that restaurants may use:

SUSTAINABLE RESTAURANT ASSOCIATION'S (SRA) GREEN RESTAURANT AWARD	
GREEN RESTAURANT GUIDE'S (GRG) SUSTAINABILITY AWARD	
RAINFORREST ALLIANCE'S (RA) CERTIFIED SUSTAINABILITY PROGRAM	
GREEN RESTAURANT ASSOCIATION'S LEED CERTIFICATION	
SUSTAINABLE RESTAURANT ASSOCIATION'S SUSTAIN CERTIFICATION	
ECO-RESTAURANT ASSOCIATION'S TRIPLE-A CERTIFICATION	
MICHELIN GREEN STAR	
ECO COOK CERTIFICATE	

2.4 Practical Activity

Worksheet: Give participants a worksheet that lists the food supply chain of the restaurant. Participants need to consider all the points of food production from farming to served dishes. Include tips on what to consider when choosing a restaurant.



Case study: Present a case study of a restaurant that has implemented a zero-waste plan into its business. Ask participants to analyse and identify points where restaurants produce the most waste and what solutions they implemented to combat them.

Examples of zero-waste restaurants can be found [here](#).

Exercise: Ask participants when they last time ate out, whenever in a restaurant, dinner, or fast-food place, ask them how much waste was generated by packaging, cutlery, napkins and others, from the moment they entered the restaurant till they finished eating it. Were there options for them to avoid some waste? What they were?

Chapter 3 – Eating while Abroad

3.1 Diet vs Climate

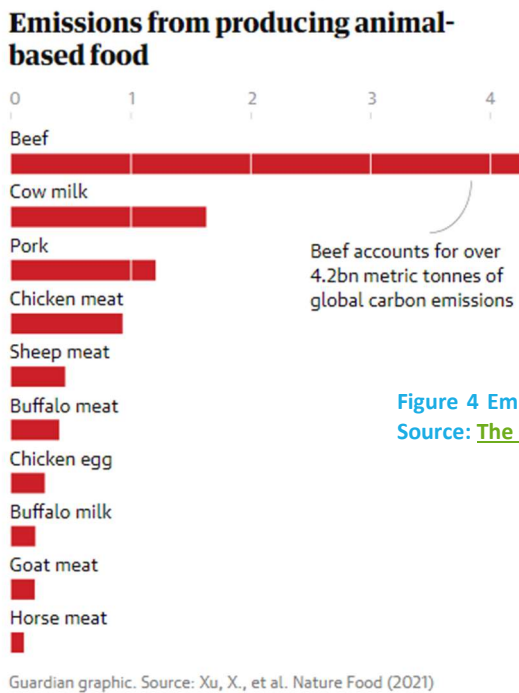


Figure 4 Emissions from producing animal based food.
Source: [The Guardian](#)

On the conversation of sustainable diets, the main recommendation is to switch to a vegetarian or vegan diet. Meat, especially meat from cows or sheep, has a very high impact on the global environment, it's estimated to have about 14% of the contribution of total human-caused greenhouse gas emissions according to The Food and Agriculture Organization of the United Nations. It's about the same as all of the global transportation combined. The problem lies in what is needed to raise a cow and provide it with food, water and space to roam. The pasture animals realise methane gas that is more potent than CO₂ causing more harm to Earth's temperature and climate ecosystem.

A single serving of beef emits about 330g of carbon dioxide, the same serving of chicken emits about 52g while one serving of vegetables 14g of CO₂. Producing animal-based products like beef or cow milk requires more resources to keep the animals, they need a lot of wheat and corn for their food and water, additionally, cows emit a gas called methane that is more potent – and more harmful to our atmosphere. This is why it's recommended to eliminate red meat by either switching to chicken or fish or switching to a fully vegetarian diet.

A more in-depth look into how diet affects the environment and climate in the video "The Diet that helps fight against climate change" produced by Vox Media in partnership with the University of California.



Figure 5 <https://www.youtube.com/watch?v=nUnJQWO4YJY>

3.2 Travelling, snacks and drinks

Lunches or dinners aren't the only part of eating while at a transnational meeting. Snacks and quick foods are a vital part, especially when travelling to and from a meeting. However, those are also very high polluters, most commonly wrapped in single-use plastic packaging. Additionally, depending on modes of transport, participants will have limitations on the types of food they can bring while travelling.

The first sustainable solution to implement, not just in the meeting themselves, but in everyday life, is switching to reusable water bottles. It's estimated that the water bottling process releases 2.5 million tons of carbon dioxide into the atmosphere annually. Additionally, globally only 9% of plastic waste is recycled (in Europe it's about 14%) and 49% is disposed of in landfills. Switching to reusable water bottles not only will limit the amount of CO₂ released into the atmosphere but can save a lot of money in the long run.

Globally, only 9% of plastic waste is recycled while 22% is mismanaged

Share of plastics treated by waste management category, after disposal of recycling residues and collected litter, 2019

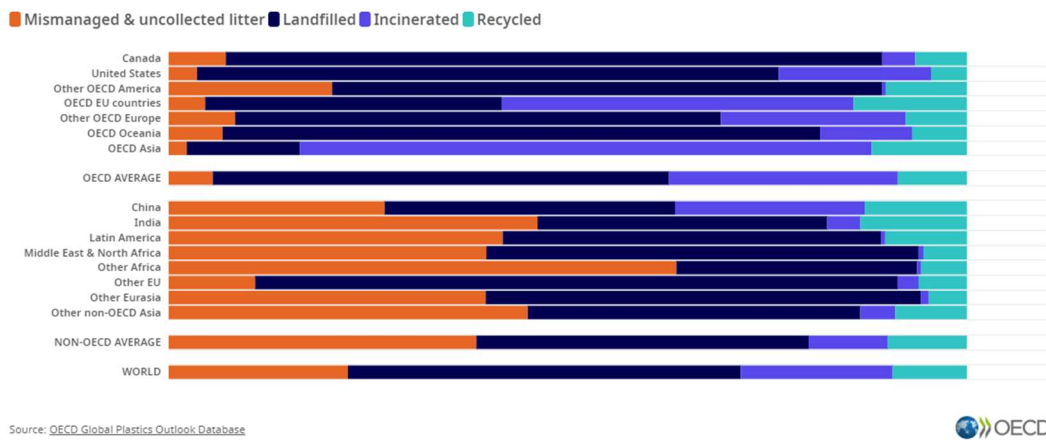


Figure 6 Share of plastics treated by waste management category, after disposal of recycling residues and collected litter, 2019. Source: [OECD Global Plastics Outlook Database](#)

While the initial cost of a reusable water bottle is much higher (with an average price of around 30 EUR) if taken into consideration that the price of 1l bottle of water in the EU is about 1€, and it's recommended to drink at least 2l of fluids per day, just after 15 days it's possible to save the money and the environment.

Another point to consider is related to snacks or small foods in general. Instead of relying on small packaging, it's good to consider bringing your snacks in reusable packaging, like fruits or nuts.

Single-use packaging is typically thrown away, not recycled, adding to the landfills that pollute Earth's ecosystem. A lot of plastic doesn't biodegrade, but breaks down into microplastic, with particles so small that they aren't visible to the naked eye. According to the data from 2014, only 35% of packaging materials were recycled or composted – that's 89 million tonnes of waste.

Taking your snacks in reusable packaging, will not only save the environment but you will have the packaging ready for any local snacks to eat while on transnational meetings or taking on a journey back.

3.3 Practical Activity

Worksheet: Ask participants to list everything that they ate the day before and give them a worksheet that lists the environmental impact of each food. Ask participants to calculate the environmental impact of eaten food and if there are any points they can change.

You can find information about food emissions, broken down into individual foods on the [OurWorldInData.org](https://www.ourworldindata.org) website

Case study: Show participants bakers and cooks who adapted national dishes that are meat-based or heavy in animal products and how they adapted them to vegetarian or vegan options.

Exercise: If there are a lot of participants, ask them to split into small groups (not more than 5 people), and ask them to think about their favourite dish they make often. As a group analyse the ingredients of each dish in the group, with the help of the chart of the environmental impact of each ingredient. Let the group figure out what they could substitute for similar but lower-impact ingredients to make the dish more sustainable

Chapter 4 – References - tools

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Chapter 5 – Training Instructions for Trainers

5.1 Exploitation of the practical activities given in the module under the trainer perspective

When conducting the exercises with participants keep in mind that sustainability – especially food sustainability – is a very complex and tricky topic. While we all should try to make the best decisions, we all still need food to survive. The choices we make are the sum of individual needs, and preferences as well as the social and economic situation of each participant. The climate in that everyone lives will also influence the diet and food availability. When conducting the exercises the most rule to remember is that sustainable eating begins with using everything that we have and not throwing away the food.

All exercises listed below can be adapted to 1-to-1 sessions, small groups or big training sessions. When adapting the exercises please consider the time adjustment depending on the number of participants and the way of presenting the results. The current time is based on a small group: around 10 to 15 participants.

Exercise 1: Design a menu

The time needed: 1 hour

This activity is possible to do online or face-to-face.

Things needed: paper for participants' notes and pens or phone/tablet, a program for making notes

Explain to participants that they will be designing a menu of snacks and beverages for a meeting or event, you can assign the type of mobility yourself or ask participants to choose. If you are assigning them the event, assign the number of participants and target group, if you are giving them the choice remind them they need to set a number of participants themselves.

Participants when designing a menu need to remember the location of the event/meeting and for each snack and beverage they want to serve they need to list where they would acquire them from and how they will be served. The goal of the menu is to have a lot of variety while being healthy and with the lowest environmental impact possible.

When exercises are calling for pen and paper – and you want to conduct the exercises without wasting resources – it is possible to substitute it for a phone, tablet or computer however take into consideration the accessibility of devices for all participants. To minimise the environmental impact instructions can be shown on a projector rather than given as a hand-out, and paper is only used for making notes by participants.

Exercise 2: Food waste while eating out

Time: 20 – 30 minutes

Things needed: optional pen and paper

This exercise can be conducted online and face-to-face.

Ask participants when they last time ate out, whenever in a restaurant, dinner, or fast-food place, ask them how much waste was generated by packaging, cutlery, napkins and others, from the moment they received the food till they finished eating it. Were there options for them to avoid some waste? What they were?

Ask them to list possible steps they can implement to reduce waste in the future.

Exercise 3: Re-do your favourite dish

Things needed: paper and pens or an application to take notes

Time: 30 – 60 min

This task is best for small groups (maximum 5 people per group).

Ask participants what is their favourite dish, that they eat or cook often. Participants need to write down the ingredients needed to create the dish. The group will have to think about what ingredients can be substituted with things that have lesser environmental impact keeping in mind that the dish should stay as close as possible to the original.

You can give participants this table as a hand-out or present it on the screen, or give them this link: <https://myemissions.green/food-carbon-footprint-calculator>

Type of food	Total estimated emissions per kg of food produced	Type of food	Total estimated emissions per kg of food produced
Apples	0,43	Oatmeal	2,48
Bananas	0,86	Olive Oil	5,42
Barley	1,18	Onions & Leeks	0,50
Beef (beef herd)	99,48	Other Fruit	1,05
Beef (dairy herd)	33,30	Other Pulses	1,79
Beet Sugar	1,81	Other Vegetables	0,53



Berries & Grapes	1,53	Palm Oil	7,32
Brassicas	0,51	Peas	0,98
Cane Sugar	3,20	Pig Meat	12,31
Cassava	1,32	Potatoes	0,46
Cheese	23,88	Poultry Meat	9,87
Citrus Fruit	0,39	Rapeseed Oil	3,77
Coffee	28,53	Rice	4,45
Dark Chocolate	46,65	Root Vegetables	0,43
Eggs	4,67	Shrimps (farmed)	26,87
Fish (farmed)	13,63	Soy milk	0,98
Groundnuts	3,23	Soybean Oil	6,32
Lamb & Mutton	39,72	Sunflower Oil	3,60
Maize	1,70	Tofu	3,16
Milk	3,15	Tomatoes	2,09
Nuts	0,43	Wheat & Rye	1,57

5.2 Other practical activities

Exercise 1: *Eat Low Carbon*

Number of participants: unlimited

Time needed: 10 - 20 min

Things needed: Projector or devices for each participant

<http://www.eatlowcarbon.org/>

This activity can be done individually or with all participants

Instructions for individual work: Ask participants to enter the website: <http://www.eatlowcarbon.org/> and to take the quiz that compares which is the more sustainable option of food. In the end, you can ask who got what score and what surprised or intrigued them the most.

Instructions for group work: enter the website <http://www.eatlowcarbon.org/>. Explain to participants that now you will take the test together and the answer you'll choose will be based on the vote from everyone. Additionally, you can invite people to debate about their choices before voting.

Exercise 2: *The “ugly” food*

Number of participants: up to 10 – 15 or in group work about 6-8 per group

Time needed: 30 – 45 min (up to an hour if there is more debate among participants)

Things needed: projector and speakers

<https://www.pbslearningmedia.org/resource/cyb12-ugly-food-video/ugly-food-and-food-waste-cyberchase/>

Instructions: show participants the [video](#), and after the video ask participants questions:

- What would you tell someone who avoids “ugly” food? Do you avoid “ugly” food?
- What are some other ways food is wasted?
- How can we reduce the amount of food we waste?
- Do you know places where you can buy “ugly” food?

Before starting the debate remind participants to be mindful and kind to each other, topic of sustainability is very complex and we learn about new and better solutions every day.

5.3 Tips and examples of best practices to apply this module to your training activity

Don't ever shame anyone for having to purchase unsustainable items/options. Very often sustainable choices are more expensive and not everyone can afford them right away. All, even the smallest choices matter.

Remind everyone, when talking about sustainability that even using less sustainable options can be sustainable. Using a product or an item until it's no longer possible is better for the environment than throwing it away and replacing it with a more sustainable option.

Be kind. Sustainability is a complex topic, and full sustainability is difficult to achieve. A person striving for sustainability is already on a good path.

We can't be the experts in all fields of sustainability, this topic is multifaced with so many new solutions being invented, it's very hard to know everything. Normalize asking questions and reaching out for help to the people that might know better in one area or another.

Module assessment

Question 1 – When organising a transnational meeting:

- a. You will look at the number of participants and the length of the meeting to determine if and what meals can be served (4 points)
- b. You can serve any kind of food (1 point)
- c. You will only serve vegetarian or vegan options (3 points)
- d. You will serve each participant a vegetarian or vegan dish (2 points)

Question 2 – Choosing the catering provider:

- a. You will look at the closest catering company (1 point)
- b. You will research catering company that serves food made with ingredients from local and sustainable providers (4 points)
- c. You will look for vegetarian or vegan catering providers (3 points)
- d. You will look for a catering that serves local food (2 points)

Question 3 – When preparing food for breaks for meetings:

- a. You will serve cookies in pre-packaged containers (1 point)
- b. You will prepare an assortment of seasonal fruits and vegetables in small bite-sized portions (4 points)
- c. You will serve sweet and salty snacks in bite-sized portions (2 points)
- d. You will only serve vegan or vegetarian snacks in pre-portioned sizes (3 points)

Question 4 – When choosing a restaurant to eat out:

- a. You will look for a restaurant that serves food made from local ingredients (2 points)
- b. You will go to the one that is the closest to my accommodation (1 point)
- c. You will look for restaurants that have sustainability certifications and that prepare food using local and seasonal ingredients (4 points)
- d. You will look for a restaurant that serves food made from local and seasonal ingredients (3 points)

Question 5 – When eating out:

- a. If needed you will bring my own set of reusable cutlery, refuse additional napkins and choose a place where minimum packaging is used and the one that is used is recyclable (4 points)
- b. You won't pay attention to what cutlery or packaging is used to give me the food (1 point)

- c. You will refuse additional napkins or straws and choose places with recyclable packaging. (3 points)
- d. You will look for a place with biodegradable packaging (2 points)

Question 6 – When adopting your diet:

- a. You don't need to change or substitute anything (1 point)
- b. You will switch to a vegan or vegetarian diet and limit animal-made products (4 points)
- c. You will switch to occasional vegetarian or vegan meals a couple of times a week (2 points)
- d. You will try to stick to a vegan or vegetarian diet and try to substitute the most used animal-based products with plant-based alternatives

Question 7 – Water while travelling:

- a. You will bring your reusable water bottle and fill it when available (4 points)
- b. You will buy water as you go (1 point)
- c. You will try to refill your single-use bottle whenever possible (2 points)
- d. You will buy bottled water but will opt for recyclable packaging and make sure you will dispose of it properly (3 points)

Question 8 – What snacks to choose:

- a. You will buy snacks whenever You want them, what is available in the closest store (1 point)
- b. You will occasionally buy snacks trying to recycle the packaging they came in (2 points)
- c. You will bring your snacks in your reusable packaging (4 points)
- d. You will try to limit snacks and choose places where you can buy snacks by weight (3 points)

Question 9 – Being sustainable means:

- a. Doing everything as before, no changes implemented (1 point)
- b. Thinking about sustainable solutions, when reminded (2 points)
- c. Implementing small solutions, whenever possible (3 points)
- d. Trying to strive for the best sustainable solutions within personal possibilities (4 points)

Question 10 – When preparing drinks for the meeting:

- a. You will serve water in small plastic bottles that each participant can take. (1 point)



- b. You will serve water in pitchers and give glasses to each participant (4 points)
- c. You will serve tea on loose leaves. (3 points)
- d. You will serve water in big containers and give glasses to each participant. (2 points)