

# Food Waste

## Is there a difference between food waste and wasted food?

Actually, yes there is:

**Food Waste** is the part of the food we can't eat, such as egg shells, bones and certain food skins or peelings.

**Wasted Food** is food that could be eaten but gets thrown away, such as the crusts of bread, leftovers on our plates or food we have left to spoil or go out of date.

Did you know that nearly 31% of all food purchased in the UK is thrown away every year! That equates to 6.4 million tonnes which is 605 of all wasted food, 4.5 million of which was edible.

Wasted food costs each household approx. £728 per year and with the costs of food rising we need to ensure that we change behaviours.

## Making it real:

**Plate Waste** - at the end of mealtimes look at what food is left/being thrown away. Discuss what everyone can do to reduce this in the future

**Growing** - use food waste/wasted food to harvest seeds or plant to set up new growing opportunities

**Compost** - create a composting system to reduce food going to landfill and to further support growing and other learning opportunities

Create displays of this topic in your setting, you could show what is being thrown away and how it is being reduced. Discuss what you are doing in setting to get families talking about possible behaviour changes which can be made at home.

## Early years curriculum links:

- Understanding the world
- Communication & language
- P, S, E Development
- Literacy

## Guidance age two to five years

## Additional guidance and resources -

[www.Lovefoodhatewaste.com](http://www.Lovefoodhatewaste.com)  
[www.lovefoodhatewaste.ca](http://www.lovefoodhatewaste.ca)  
[www.ukharvest.org.uk](http://www.ukharvest.org.uk)  
[www.toogoodtogo.com](http://www.toogoodtogo.com)



**PECT**  
CREATING SUSTAINABLE PLACES



# Growing From Food Waste

**Spring Onions, Lemongrass,  
Leeks, Mint, Fennel, Basil &  
Coriander**



Place the roots in a glass jar of water (do not fully submerge)  
Place on a sunny windowsill



Change the water daily Harvest when full

**Celery, Cabbage, Romaine  
Lettuce & Bok Choy**



Place the roots in a shallow dish or plate of water (do not fully submerge)



Place on a sunny windowsill  
Spray with water to stop the leaves turning brown  
Replace the water every couple of days



Once the leaves have sprouted, plant with just the leaves above the soil  
Harvest when fully grown - approx. five months

**Carrots**



Place the carrot tops in a shallow dish or plate of water  
Place on a sunny windowsill



Once they have started to sprout, plant in soil

**Ginger**



Soak a piece of ginger in water overnight













Place the ginger on its side and submerge in moist soil  
Keep watering until shoots appear



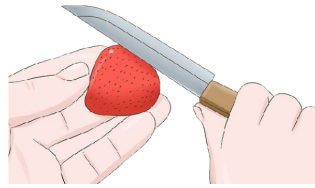
Ready to harvest in approx. one year  
Remove and use as needed, repeat the above with remaining root

# Growing From Food Waste

<b>Mushrooms</b>		Place the mushroom stalk in a compost, soil mix Only the surface should be exposed
		If the cutting takes, new growth will be quick Harvest and repeat
<b>Potatoes &amp; Sweet Potatoes</b>		Cut into pieces with an eye on each Leave out at room temperature until fully dry
		Plant the sections approx. eight inches deep and 12 inches apart
		Add more soil as they grow, until six inches tall Store sweet potatoes in a warm, dry place for two weeks before use
<b>Garlic</b>		Place a clove in moist soil with tip showing Place on a sunny window
		Harvest when the lower third of leaves have yellowed N.B - the larger the clove the large the root
<b>Onions</b>		Place the root end in soil and lightly cover Keep soil moist
		Separate the new onion plants, leaving the roots attached Replant
		Cut the leaves occasionally to promote growth Harvest when mature, approx. five months

# Seed Harvesting From Food Waste

**Strawberries**



Thinly slice the skin off a strawberry  
Place in a pot of soil on a sunny windowsill  
Keep moist and once it has started to sprout, plant outside

**Peppers, Tomatoes, Apples & Pumpkins**



Remove the seeds from inside  
Plant one in a pot of soil  
Keep moist and once it has started to sprout, plant outside or in a larger planter



Cut four slits equally around the base of a cardboard tube (approx. 3cm long)  
Fold in the cut flaps and overlap to create the base

**Making Your Own Seed Planting Pots**



Fold over a length of newspaper to make a strip (slightly taller than the height of your pot)  
Wrap around a cylinder shape tube, or cup and push in one end to form the base  
Remove the item from the middle



Use an egg box as its or cut out the amount of modules you need

**Make Your Own Milk Carton Watering Can**



Remove the lid and pierce as many holes as you need (bigger or multiple will release more water)  
Fill the bottle with water and replace the lid



# Creating Your Own Compost

## You will need:

- A Plastic Tub (with a lid)
- Something to make holes in the bottom
- Leaves
- Soil
- Composting Material



## Get hands on:

- Make lots of holes in the bottom of your tub - this is important to make sure that the oxygen can flow through
- Place your bin where possible on bare soil, to encourage mini beasts, and in the sun, as the warmth will help the process
- Layer your bin with green and brown materials, ensure larger items are broken up into smaller pieces

### Green

Fruit & Veg

Grass & Flowers

Tea Bags

### Brown

Paper & Card

Dead Leaves & Twigs

Egg Boxes

- Add some soil
- Water your compost - it is important to keep it moist but not soaking wet
- Cover and let it sit for a couple of weeks
- Mix your compost and turn it over once a week
- Regularly add more materials, if it becomes dry add more green and if it is slimy/smelly add more brown

