

Online Activity Pack

This pack contains everything you need to take part in Waste Week (8-14 March*).

What do I need to do?

1. Stick the **School certificate** up in school – or share online with remote learners – and send the **Email template** home, so families are ready to take part too!
2. Share the **Food waste diary**, **Food waste tips factsheet** and **Food waste poster** with students, and let them know they have three tasks*:
 - ▶ **To LEARN** about food waste using the **Food waste tips factsheet**, **Food waste poster** and suggested reading list below.
 - ▶ **To ACT** by completing the **Food waste diary** (for the week, or longer – you decide!)
 - ▶ **To MAKE** a dish for the Great Busta Bake competition! (see **page 2** for details).

Your food waste reading list

Along with the contents of this pack, you might want to share these handy resources with students too:

- 🍏 For inspiration with using up leftovers or food waste, take a look at our **Amazing Waste Cookbook** and **Busta's Banana Cookbook**.
- 🍏 The **History of food waste timeline** explores how food waste has evolved over time and trends in how we eat.
- 🍏 The **Waste information pack** is a comprehensive guide to all-things waste (not just food) and is best suited to Secondary level.
- 🍏 These **Top 10 quick waste activities** – grouped by age – are useful extension challenges.
- 🍏 Want a quick game? Share this waste-themed **Compost Connect Four**.
- 🍏 Looking for more food waste resources? Explore the **Teachers' section**.



* It's entirely up to you when and how involved your school gets in Waste Week. So you can run it on another date if that's better for you and/or do one, two or all three tasks.

Go to page 2 for info on the Great Busta Bake >>>



The Great Busta Bake Competition!

We're inviting students to put their creative and culinary skills to the test this Waste Week – and we have some delicious prizes!

How to enter the competition

 Students need to create a dish from unwanted food items or leftovers – it can be a recipe they've made up or one that already exists.

 They need to submit an image of their dish, along with the recipe source (or recipe, if it was their own creation), email address for their parent/guardian, name of their school and postcode.

 Students can submit more than one entry, although individual's entries will only count as ONE entry for the school competition – see more on this below.

 All entries must be submitted by **midnight on Friday 26 March 2021**.

 The email address to send entries to is **contact_us@jointhepod.org**.

 We'll choose which recipes make into the **Great Busta Bake Cookbook** based on our judging criteria:

1. Edibility – Some stranger combinations may work, but we're looking for recipes that others will want to bake and eat too.

2. Eco-Impact – The greatest potential for saving the most food (the recipe should include food that is often wasted in homes).

3. Practicality – We're looking for recipes that are easy to recreate.

4. Presentation – The dish should look like it has been prepared/ cooked well, and we recommend considering image quality to ensure your entry can be seen properly by the judges.

 If there are two or more similar recipes, the entry that scores more highly against the judging criteria will be chosen for inclusion.

 We'll add up how many entries we receive from each school to determine the winner of the school prize.

 We'll announce the winners (individuals and school) – and hand out prizes **the week of 22 April 2021**.

 Full T&Cs can be found [here](#).



WIN a prize!



Every student who enters the Great Busta Bake Competition will receive a **certificate** and an opportunity to feature in the **Great Busta Bake Cookbook**.

The school with the highest percentage of students entering the Great Busta Bake will receive a **winner's certificate** and an exciting, **personalised assembly video**, featuring Busta himself – and his trusty sidekick, Lieutenant Pong.



Get baking – good luck!



Certificate of participation in the 2021 campaign

.....
[insert school or college name]

Has learnt about food waste and its impact on climate change.

Awarded by:

The Pod team

jointhepod.org



Get involved in the Great Busta Bake!

Our school is joining hundreds of other schools and taking part in [Waste Week](#) – a campaign organised by [the Pod](#), to tackle the BIG problem of food waste!

Did you know that the amount of edible food wasted in the UK could fill eight Wembley Stadiums?

Or that we throw away 20 million slices of bread EVERY day in the UK, which creates greenhouse gas emissions equivalent to over 140,000 cars every year?

During [Waste Week](#), young people will be learning about the impact of food waste – and doing something to tackle it. **This is where you come in!**

We're running the [Great Busta Bake competition](#) and inviting students to create a dish from leftovers or ingredients that might otherwise be thrown away (such as over-ripe bananas, bread crusts etc.)

There are prizes for individual winners – they could make it into the Great Busta Bake Cookbook! – and the school with the highest percentage of students taking part could win an exciting assembly featuring the Wastebuster characters, so **please get involved:**

- It can be their own creation or an existing recipe
- They need to email an image of their dish and recipe
- Entries will be judged on edibility, eco-impact, practicality and presentation
- The deadline is midnight on Friday 26 March 2021

Read the full competition guidelines at

<https://jointhepod.org/teachers/other/great-busta-bake-competition-guidelines>

Let's Bust Food Waste – Let's Bake!

My food waste diary



We need your help!

What food waste can you prevent from going in the bin?

Keeping food waste out of landfill helps to protect our planet 

Food waste Do you have any food that's nearing its 'best before' or 'use by' date? Perhaps some uneaten leftovers? Or tired-looking fruit or veg? WRITE THEM HERE	Rescue recipes What dish could you make – or treat could you bake – from your leftovers or unwanted food? WRITE YOUR IDEAS HERE	Waste-busting ideas How could you keep your food fresher for longer or prevent it from being wasted in the first place? WRITE YOUR IDEAS HERE
<i>Stale bread</i> 😞	<i>Bread and butter pudding</i> 👍	<i>Tie it up in a plastic bag and store it in the freezer</i> 😊



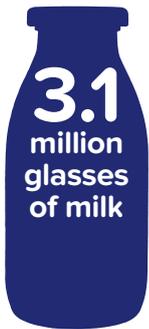
Take part in the Great Busta Bake competition!

The BIG problem with food waste...



Nearly 3/4 of the food we throw away at home is food we could have eaten!¹

Every day, families in the UK throw away:



4.4m
potatoes

20m
slices of
bread



Enough to
make nearly
35
meals a
month²



In **DEVELOPED** countries, food is usually wasted because people buy too much or don't eat it in time.



In **DEVELOPING** countries, food is more commonly 'lost' before it reaches homes, because it isn't stored or delivered properly³.

... It's a major cause of climate change!

Carbon emissions come from both **PRODUCING** food and **DISPOSING** of it as waste:

When food waste rots, it produces methane, a greenhouse gas that contributes to climate change.



Growing, making and harvesting food generates **30%** of all global carbon emissions⁴.

The carbon cost of our food waste is the same as that generated by **1 in 5 cars** on our roads⁵.



What can you do?

Download the **Food Waste Top Tips** and get smart in tackling food waste!

Food waste top tips

Help the planet – waste less food!

There are simple steps we can take to minimise the amount of food waste we produce – just remember the 3Rs.

Reduce

- ▶ Plan your meals and make a list before you go shopping, so you only buy what you need and use up food in time.
- ▶ Buy fruit and veg loose, where possible. But if it comes in packaging, don't remove it. Some fruit and veg lasts longer when kept in its packaging.
- ▶ Not all fruit and veg should be stored in the fridge. Whole pineapples and bananas are best kept at room temperature, for instance. Whereas potatoes and onions need to be in a dry, cool and dark place.
- ▶ Don't put too much on your plate – you can always have seconds!
- ▶ Eat leftovers the next day or freeze portions (if not frozen previously) to eat another day.

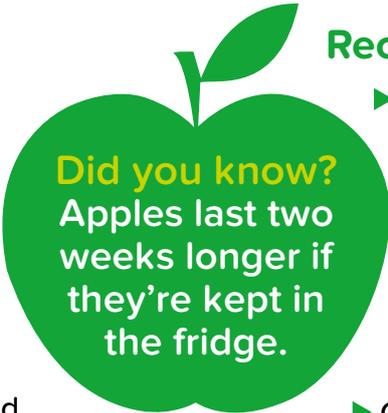
Reuse

- ▶ Love your leftovers and get creative in the kitchen...
- ▶ Use stale bread to make breadcrumbs or croutons for a salad or soup.

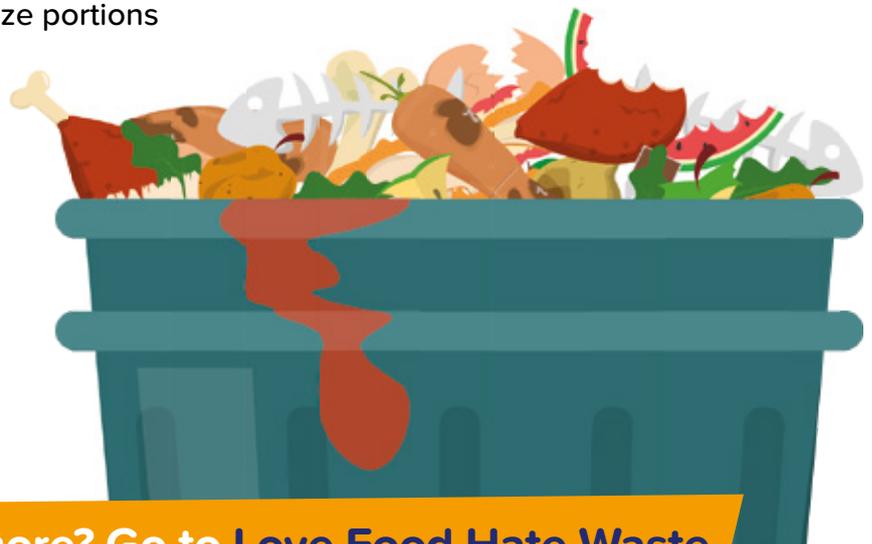
- ▶ Infuse herb stems in stocks, soups or stews; or make a herb oil from them.
- ▶ Broccoli and cauliflower stalks can be peeled and sliced to go in slaws, salads and stir fries.
- ▶ Find more ideas in the [Amazing Waste Cookbook](#) and [Busta's Banana Cookbook](#).

Recycle

- ▶ If your local council offers a food waste recycling collection service – find out on [Recyclenow.com](#) or your council's website – use this to dispose of any food you can't eat or compost at home. It can be recycled into fertiliser, or even used to generate electricity.
- ▶ Consider home composting. It's a great way to get rid of veg scraps, and it'll produce rich soil for pots or window boxes.

A green apple icon with a single leaf, containing text.

Did you know?
Apples last two weeks longer if they're kept in the fridge.



Want to read more? Go to [Love Food Hate Waste](#)

Correct storage

Just as different types of food taste different, they also need to be stored differently!

Find out more in the **A-Z Guide on the Love Food Hate Waste website.**

Preserving food

Pickling, making jam, and drying fruit and vegetables, are long-established ways of helping food last longer.

Did you know? If you keep the plastic packaging on a cucumber, it'll stay fresh for up to 11 days longer¹.

Remember your freezer

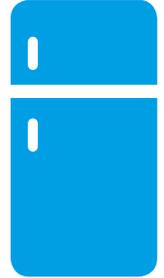
▶ You can freeze most foods – including bread, meat, cheese, butter, fruit and veg.

▶ 'Open freezing' is when you freeze items individually on a tray first, before putting them into a bag. It stops everything sticking together – so it's great for sliced fruit.

▶ Defrosted fruit can be a bit squishy. But this makes it great for blitzing into a smoothie, cooking in a crumble, or whizzing into a sauce!

▶ Most veg can be frozen in raw chunks. But some – like potatoes – need to be parboiled first. Veg, such as broccoli and runner beans, should be blanched first (boiled for a short time), before freezing.

And remember: always follow the storage instructions on the packaging.



Know your labels

Use by date means that it's not safe to eat the food past this date. It could make you ill – **so don't ignore this one!**

Best before date means that the food will be at its tastiest and freshest before this date; but it's safe to eat it beyond this date too.



The snowflake logo denotes food that can be frozen – handy if you're not going to eat it before the use by date.

Display until date – If you see it, ignore it! The label tells shop staff when they need to remove a product from the shelves. It's not aimed at you.

Get started!

Use the **My Food Waste Diary** to log how much food waste you can save from landfill – and help to save the planet.

¹ <https://www.britishplastics.co.uk/Environment/morrisons-to-remove-plastic-wrapping-on-cucumbers-despite-fo>