

September | October 2021

CE4FOOD

The official newsletter of the Erasmus+ project



FOOD CULTURE AND OUR FUTURE

By Monica Muresan, CE4Food Project manager, CCIABN, Romania.

Food culture goes to our very core. How we produce, trade, cook, eat, waste and value food says more about us than we realise: such practices form the structures upon which our lives are built. Food is both substance of life and its deepest metaphor.

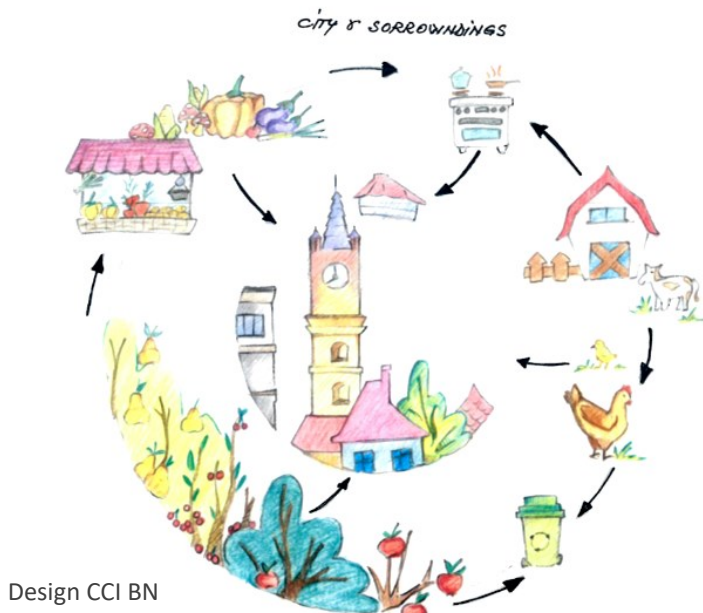
Sitopia- How food can save the world - Carolyn Steel

Since I started to write this application, together with Sofia Tsiortou, I have wondered how food can bind us to each other and to the natural world. I've read a lot about the pressure food waste creates upon communities and the environment in general and I looked at myself. Did I do what is necessary to decrease food waste in my home? Even though I have three dogs and leftovers goes for their food and I have a bin in my garden for compost, still I checked and found that I throw out a lot of food just because we did not eat it. There are many reasons: I buy more than we need, the quality is not what I expected, too many prepared dishes and so many other reasons.

Then I looked at my friends and the situation was almost the same. I looked at schools and found that there was little educational materials for students and teachers. I looked at the hospitality sector in my neighbourhood, and the situation was even worse. That is why the CE4 Food project is now alive and six partners from five EU countries are involved in creating an innovative training course for VET trainers and the hospitality sector.

While designing the training material, I came across Sitopia - How Food can Save the World, a very interesting book by Carolyn Steel, and for me it was like moving out of the box. It may seem to be utopia but still there are things as real now as they were 1000 years ago. Plato presents a very good example of the connection between City and surroundings. Plato's city is surrounded by farmlands and each household in the city has its farmland.

Nowadays, at least in Romania, Plato's vision is still alive. Many city inhabitants have farmland in a rural area. This is a very good solution as it promotes the use of local products instead of having them transported from afar. Products are provided based on seasonality, taste, food habits and local rules. Farmers have a special role in the delivery of fresh fruits and vegetables and produce less waste than in the case of fruits & vegetables transported industrially.



The hospitality sector can benefit from the power of farmlands and use local products for dishes and recipes. There are many chefs who have changed their mindset from linear to circular. The idea is that important restaurants across Europe, especially in Nordic countries, use natural resources very wisely and produce a change from the linear economy to circular economy. Have a look at Chefs Manifesto - area 4 Value Natural resources & reduce waste „..... chefs can be powerful advocates for a better food future – inspiring people to make changes in their kitchens and communities and empowering them to call on governments and companies to also play their part”

The CE4Food project features a very interesting training programme for VET trainers and the hospitality sector which includes a business model canvas for food waste. New business models in the hospitality sector are described based on partners' experience as well as the professional networks they count on. The training material will be available shortly.

Keep in touch with us!

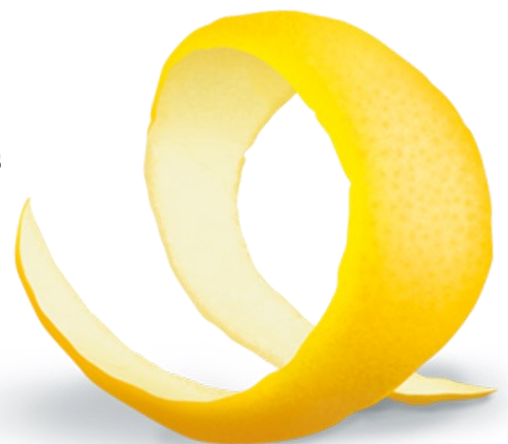
When life gives you a lemon, use it all.

By JB Heine, Lawton School, Spain.

We hardly know that what we call “rubbish” can sometimes be used as a precious food supplement for our good health. Amazingly enough, consuming our food waste may, in some instances, keep the doctor away. Peels and shells; some of the most discarded parts of our organic products should be considered gold. Banana, lemon, pineapple, egg- you name it, all their goodness is not just under their skin!

Lemons grow abundantly in Asturian gardens; their peel is very thick and their juice scanty. Undesirable, they are oftentimes left unpicked whilst a non-organic juicy “Citrus Limon” is sold for 2.70€ per kilo in the local supermarket; its skin mistakenly thrown straight into the bin.

What if the rind was more important than the inner part of the fruit?





Lemon peel possesses numerous health benefits; it contains up to 10 times more vitamins, minerals, nutrients, and health benefits than the juice itself. Rich in calcium, potassium, magnesium, antioxidants and bioactive compounds, it can considerably help us boost our immune system. The peel can also help maximise heart health. Its main fibre, rich in flavonoids, vitamin C and pectin helps reduce risk factors for heart disease such as high cholesterol, blood pressure and obesity. Last but not least, its concentration in flavonoids may boost the production of white blood cells which help eliminate cancer cells. Freezing your lemons will keep all their goodness and make them easier to zest. Needless to say, your lemon should be organic (pesticide-free). You can add the grated lemon rind to salads, marinades, soups, yogurts, pastas, pastries, fish, meat, hot tea, etc.

There is a lot more that you can do with this amazing citrus; If you don't believe it, just google it!

For more information, check: <https://abovehouse.com/lemon-peel-benefits/>

Food waste is a worldwide (bad) habit

By Nelson Mendes, Project researcher, Lawton School, Spain.

All over the world, people depend on food to survive. It's inherent to human subsistence and there's no (known) way for human beings to live without some form of daily food intake. Nevertheless, in every corner of the Planet, food is wasted for many different reasons and in several different circumstances – not always easy to identify and definitely difficult to manage, most of the time.

According to data recollected and disclosed by the (highly recommended) international platform Too Good To Go, the so-called developing nations experience greater unintended post-harvest losses at the start of the value chain due to factors such as inadequate technology, wrong transportation infrastructures, erroneous storage and cooling facilities, extreme weather conditions, among several other hard-to-manage aspects.

These data also reveal that what is known as “the developing world” accounts for 44% of food waste and loss in the whole Planet. In developing countries, about 40% of these losses take place during harvest and processing stages.

A positive and effective intervention during these phases could easily be based on training and upgrading the technical capacity to reduce food losses, thus increasing efficiency and reducing labour intensity of the technologies employed.

But it's at least ironic to realize that it is actually the developed countries who present the most significant share of food waste towards the end of the value chain, as food becomes abundant and consumers more selective, wealthy and wasteful.



SOME STAGGERING NUMBERS AND FIGURES... FOOD FOR THOUGHT

According to the FAO, 40% of food losses happen at the retail or consumer level, with every year, consumers in those rich countries wasting almost as much food - 222 million tonnes - as the entire net food production of sub-Saharan Africa - 230 million tons. Per capita, waste by consumers is between 95 and 115 kg/year in Europe and North America, with an impressive 88 million tons wasted in the EU every year (173 kg per capita).

The total share of food lost or wasted ranges from 15% to 25% across most regions of the World, with the exception of North America and Oceania, where loss and waste is approximately 42% of all available food, according to numbers revealed by Lipinski et al.

If we have a look at the numbers from a more specific approach, one may easily realize that these figures are simply staggering. Nations across the world waste an astonishing amount of food each and every year, particularly when looking at it on a 'per capita' basis.

Still according with data recollected and revealed by the platform Too Good To Go and reporting to 2019, the United States of America waste a backbreaking 126 million tons of food every year (415 kg per capita), with countries like Mexico also revealing impressive figures of 20 million tons/year (155 kg per capita), the UK around 10.2 million tons each year (156 kg per capita), Italy 7.8 million (130 kg per capita) and Spain 7.7 million tons each year (176 kg per capita), to name but a few.



Countries like China, with 91.6 million tons each year (44 kg per capita), India with 68,8 million tons and Brazil, with 26 million tons every year are also quite outstanding, undeniably showing that food waste is a planetary phenomenon, regardless of any values like race, culture, origin, religion or creed.

AND... HOW CAN WE AVOID FOOD WASTE?

There are many ways to make use of what's left of our food. And, also, various clever ways to precisely avoid food from reaching that state of "WASTE". It is most of all and essentially a matter of goodwill and predisposition to CHANGE our daily habits and, ultimately, our whole mindset in what regards the consumption, storing, management and disposability of our food.

And in many ways, this change of mindset ends up being a lot easier to carry out than most people tend to think.

The circular economy approach is decidedly the clearest and most effective course of action to undertake. And it might be as simple as starting by each and every one of our daily routine chores.

C4FOOD keeps the ball rolling.

By Sofia Tsiortou, Drosostalida Social Enterprise, Greece.

Our Curriculum is ready! The CE4FOOD partners have designed a 40-hour vocational training course for VET trainers, outlining topics they should follow, to help entrepreneurs in the hospitality sector acquire the necessary knowledge to adopt and apply food waste management within their organizations.

It contains Tips and Tricks, Food Waste Management (FWM) Principles, tools and methods, case studies, setting up working teams, cooperation structures to enable FWM and much more. Furthermore, there is a module on using Augmented Reality technology and Storytelling techniques in training delivery to entice and motivate trainees.

In total, 7 autonomous modules have been prepared and will be soon be accessible on our own learning platform in the following languages: English, Spanish, Romanian, Lithuanian and Greek.

As a training in the hospitality sector you will be able to select modules that you are interested in, download and integrate them within your own training materials, use selected case studies and practical tools and guidelines to set up related training, but also, use our self-evaluation questions to test knowledge acquired. The CE4FOOD training course has been designed for EQF level 4.

Follow us on our social media for more information and how to access our results.



WWW.CE4FOOD.EU



Funded by the
Erasmus+ Programme
of the European Union

