



# ESTET

**EMBEDDING SUSTAINABILITY SKILLS IN TOURISM  
EDUCATION AND TRAINING**

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Project No. : 2020-1-PL01-KA202-081845

ESTET Learning Block	Waste Management & 3 R's		
Service Learning Project Title	How to reduce food waste in a restaurant?	SLP Code	Service Learning Project SLP1.4
Type of resource	Service Learning Project (SLP)	Type of learning	Blended learning
Duration of Activity (in minutes)	2 days of field work	Learning Outcome	<ul style="list-style-type: none"> <li>● To equip learners with knowledge about composting</li> <li>● To gain practical knowledge of how to generate minimum waste</li> <li>● To discuss the importance and efficiency of composting</li> <li>● To apply practical skills of how to compost and generate minimum waste in a real-life and work environment</li> <li>● To possess a willingness to generate minimum waste where possible</li> </ul>
Aim of Service Learning Project?	<p>The concept of minimising waste is slowly gaining recognition nowadays. The reason for this is the growing need for optimal usage of natural resources because global warming has indicated they are limited and we should preserve and regenerate them for future generations.</p> <p>The aim of this SLP is to inspire learners to care for the environment through providing practical knowledge and experience on how to compost, how to minimise food waste and how to use food waste for gardening. This project will give them the opportunity to understand the concept of composting as a natural way for the processing and recycling of organic waste and subsequently, the importance of minimal waste generation.</p> <p>Learners will gain practice experience and skills that they could apply in real-life situations. This could apply to both their personal lives, but also in their work environments too. This will demonstrate to learners how they can contribute to saving resources on a global scale, promoting planet health.</p>		
Introduction	<p>Restaurants are notorious for creating a lot of food waste. In Europe in 2019, it was recorded that 26 % of food waste comes from the food service industry. This equals about 242 million tonnes of food waste in one year. At the same time, there are around 33 million people who cannot afford a quality meal every second day.</p> <p>However, aside from these alarming numbers and worrying facts, a “zero waste” movement is gaining recognition within the food and beverage sector. Some of the most popular ways in which this industry is trying to fight general waste and food waste are:</p> <p><b>Composting</b></p> <p>Composting means turning organic waste into essential nutrients for the soil, and closing the loop. It’s a sustainable way of disposing of food waste.</p> <p><b>“Nose to tail” policy</b></p>		

	<p>Most of the restaurants which follow the “zero waste” food concept are vegetarian or vegan as part of their sustainability ideology. However, zero food waste restaurants can still serve meat and they embrace the “nose to tail” policy. This means that they use all possible parts of the animal in their meals.</p> <p><b>Growing their own fruits and vegetables</b></p> <p>Growing their own produce allows restaurants to have control over their waste. By only taking the fruits and vegetables that they need for that day from their own garden, they avoid throwing away good produce that has spoiled.</p> <p><b>Donating leftover food</b></p> <p>Zero waste restaurants don’t throw away leftover food. Instead, they donate it to homeless shelters, charities, and even their own staff.</p> <p><b>Buying “ugly” produce and surplus from local suppliers</b></p> <p>Buying “ugly” and surplus produce means less food goes to waste. Purchasing from local and ethical farmers reduces transportation needs that cause a smaller carbon footprint. It’s also easier to ensure that there is less food contamination.</p> <p><b>Reducing plastic packaging and using sustainable cleaning products</b></p> <p>Zero food waste restaurants also focus their efforts on reducing other waste, such as plastic in their take away boxes and utensils. Using sustainable and eco-friendly cleaning supplies is another way for restaurants to limit waste.</p> <p>It’s encouraging to see restaurants adopting a sustainable approach with the “zero waste” concept. However, the majority of food waste still comes from households (61% = 567.91 million tonnes of food waste in 2019). This means that on a personal level, we also need to be aware of our own food waste.</p>
<p><b>Challenge</b></p>	<p>The idea of this project is to provide an opportunity to the VET students to learn and practice some of the most popular ways for reducing food waste in the restaurant business such as composting, growing their own fruits and vegetables, generating minimum waste, etc.</p>
<p><b>Assignment</b></p>	<p>Establish a contact with a restaurant or business that apply the zero waste concept into its activities such as: <a href="https://blagichka.com/za-blagichka">https://blagichka.com/za-blagichka</a> . Go there for a visit with a group of VET students who will meet with the staff of the restaurant with an aim to observe and understand:</p> <ul style="list-style-type: none"> <li>● The general idea of zero waste</li> <li>● Methods for zero waste which they apply on spot</li> <li>● Challenges and benefits they face</li> <li>● Motivation to do or to be involved in this business</li> </ul> <p>After that visit create a PPT presentation with information and pictures illustrating your experience in the project and share:</p> <ul style="list-style-type: none"> <li>● the steps of project implementation</li> <li>● the lessons you have learned</li> <li>● ideas for follow up and inspirations</li> </ul>

Show the PPT to your teachers, classmates, mentors, management of the restaurant. Discuss together potential ideas for future collaboration in the field of waste management.

