

FÖSTER
love food reduce waste



LIFE FOSTER

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#LIFEFOSTERPROJECT

THE BUSINESS CASE BEHIND FOOD WASTE REDUCTION

Food waste has become one of the hottest topics in Europe. Many are left stunned when they learn that globally we are throwing away 30%¹ of the food we produce. The figures in Europe are slightly lower (around 20%²), but still represent a major challenge.

The negative impacts of food waste are well documented. Food waste represents around 8% of total anthropogenic greenhouse gas (GHG), having a clear impact on the world's climate. There is also the ethical concern of throwing away all that food, while 800 million people in the world remain undernourished³.

However, there is another concern for those running a restaurant; food waste can have a real impact on their bottom-line. Naturally, food is a resource that costs money. In the EU, it is estimated that food waste is leading to annual costs up to €143 million⁴, with roughly 12% of all food waste stemming from the food service sector.



Increasing profitability is always in the back of any business' mind. One way of doing so is by increasing sales. Alternatively, a business can invest in inward looking measures and improve the efficiency of their operations. This may come at a cost, but it can be lower than expected.

A recent study by 12.3 Champions, a leading coalition comprising governments, businesses and experts on food waste, found that from surveyed restaurants which incorporated food waste reduction programmes into their operations, 76% of them recovered their investment within one year. The number rose to an impressive 89% by the second year⁵.

Measures can range from simple behavioural changes through training in how ingredients are bought and stored, to comprehensive redesigns of menus and recipes. Through the LIFE FOSTER project, we are working with established chefs in order to improve the sustainability of their kitchens and reduce food waste, generating environmental, economic and social benefits.

References:

- 1 <http://www.fao.org/food-loss-and-food-waste/en/>
- 2 https://ec.europa.eu/food/safety/food_waste/stop_en
- 3 <https://www.un.org/en/sections/issues-depth/food/index.html>
- 4 https://ec.europa.eu/food/safety/food_waste_en
- 5 https://champions123.org/wp-content/uploads/2019/02/Report_The-Business-Case-for-Reducing-Food-Loss-and-Waste_Restaurants.pdf





CIRCULAR MENU WEEK AT UNISG

BETWEEN THE 27TH AND 31ST JANUARY, THE UNIVERSITY OF GASTRONOMIC SCIENCES (UNISG) CANTEEN, THE ACADEMIC TABLES, SERVED A CIRCULAR MENU.

WHAT A CIRCULAR MENU IS?

Inspired by the principles of circular economy, this menu uses each and every product so as to reduce processing food loss and waste as much as possible and makes responsible use of the techniques and energy.

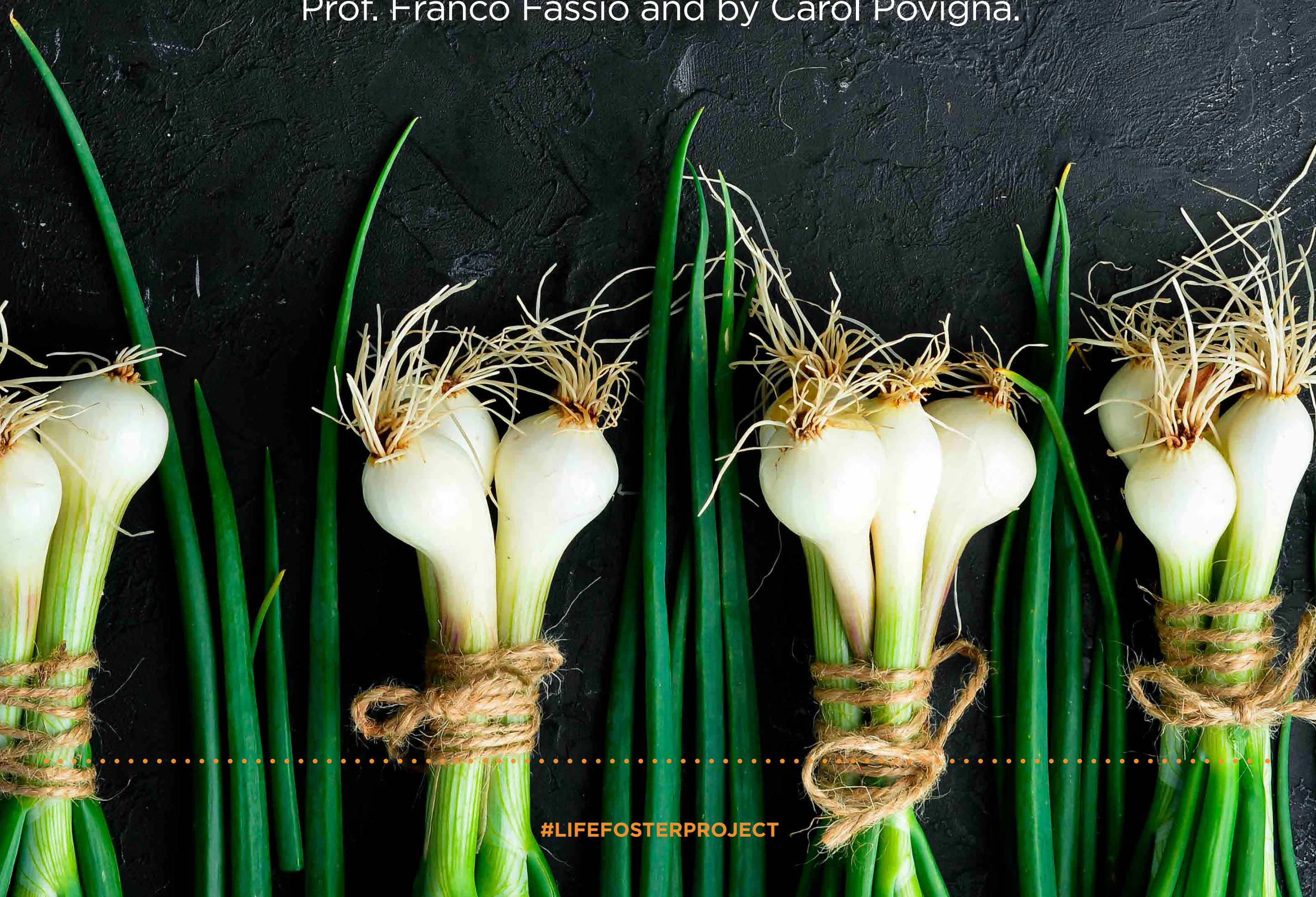
Using seasonal and high-quality ingredients like carrots, pumpkin, hazelnuts, leeks, onions and spinach, the chefs used every part of the vegetables, often spanning them over multiple different dishes.

Let us take the example of carrots: the carrot skin and the stem are used in order to make a broth while the inner part was used to make flan. Additionally, when some parts of an ingredient are not used for the preparation for the day, they are used for recipes of the following days.

By replicating the “whole ingredient” approach to the different ingredients, a menu was designed for the whole week. This is wonderful result! - said the menu architects Carol Povigna - coordinator of the Pollenzo Food Lab - and Martin Vera -Brigade Leader of the Academic Tables - we have demonstrated that is possible to change the perspective of menu designing and to go beyond the single dishes. With a circular menu we can prevent food waste and reduce food cost”.

With this test in our Academic Tables, added Franco Fassio Prof. of Circular Economy for Food at UNISG - the lunch break has been no longer just a time for eating, but also a training opportunity based on concepts of circular economy and how they can affect quality and environmental, social and economic sustainability of our daily food.

The project is one of the actions that UNISG develops for the European Life Foster project www.lifefoster.eu and has been the subject of Chiara Graglia’s Degree thesis, supervised by Prof. Franco Fassio and by Carol Povigna.





ZERO WASTE WEEK IN ENAIP CONEGLIANO:

LIFE FOSTER'S EFFECT EXTENDS BEYOND THE RESTAURANT SECTOR

Zero Waste Week - SETTIMANA SPRECO ZERO is an initiative inspired by the European Project LIFE FOSTER, supported by the Municipality of Conegliano (Italy) and boosted by trainers Sara Raveane and Marco D'Ambrosi. Zero Week Waste follows the philosophy of the LIFE FOSTER project, however it expands the topic of waste to all the training sectors, being food not the only and primary concern.

WHAT HAS BEEN DONE DURING THIS WEEK AIMED AT SUSTAINABILITY?

From 17th February to 22nd of February, the VET training center in Conegliano suspended regular lessons to deal with the topic of SUSTAINABILITY at 360°.

The week involved trainers, students and families with several meetings and initiatives with special guests, who presented their professional experience and personal dedication to waste reduction.

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The purpose of these meetings was to make students realize how important everyone's intake in the field of waste is. ENAIP's students, from each field of study, have developed and then exposed a project on sustainability, with the aim of raising awareness on how everyone could contribute to reduce waste, either in schools or in everyday life.

THE WHOLE WEEK SAW AS PROTAGONISTS

“CUOCHI DI TERRA”

A team of entrepreneurs in the field of catering

SIMONE RUGIATI

Chef

SELENE CASSETTA

Green travel blogger

DEBORA BASEI

Artist of recycling

STEFANO DAL COLLE

President of the Apiculturist Association in Treviso

The week was concluded with a series of presentations of some of the recycling activities and zero waste projects developed in the last months by the students. Some examples of the activities are the creation of the recycling of detergents containers and a workshop on the importance of bees in the ecosystem.

Equally important, during that week, all vending machines were closed to encourage students to shift their choices to more sustainable products, avoiding pre-packaged snacks.

The local impact of this project has been significant, including 300 students, 30 trainers and 120 families were involved and inspired by sustainable lifestyle practices.



ONLINE COOKING CLASSES BY AFPA TO BATTLE FOOD WASTE

Convinced of the importance and the significance of making the general public aware of the questions concerning the fight against food waste, Afpa has been offering live online cooking classes since October 2019.

At the time of the first program, broadcasted on the 16th of October, on the occasion of Stop Food Waste day, chef Frédéric suggested in making an entire meal out of foodstuffs which are often thrown away, such as broccoli stalks, chicken bones and banana skin. Notably, he made a cake using banana skins. This first program, which was broadcasted on the social media Twitch, was followed by more than 100 internauts, making it the number one French stream of the day on this platform. Derived from the world of video games, Twitch is a popular platform for broadcasting live programs.

On the strength of this success, Afpa broadcasted a second program dedicated to pastry cooking with a low sugar version of the “Paris-Brest” cake. Then followed a third program with pumpkin crackers, a cake with orange peel, and gnocchi made from stale bread with herb butter.

In the year 2020, Afpa began with a new program dedicated entirely to chick peas (Fantastic Cheakpies). Chef Nicolas suggested creating a complete menu including falafel wraps and chocolate mousse. This latest program was viewed almost 20,000 times on Facebook. You may view on YouTube on the following link, please click [here](#).

One of the advantages of these programs is the way it offers internauts the opportunity of interacting directly with the chef running the show.

From now on these programs are broadcasted on three Afpa social medias: Facebook, YouTube and Twitch, as well as the LIFE FOSTER Facebook page, and are then available for replay on the same platforms.

- 📌 www.facebook.com/AFPA.JEUNES/
- 📌 www.twitch.tv/afpa/videos
- 📌 www.youtube.com/user/AfpaWebTv

COOK WITH LESS FOOD WASTE LIKE A PRO!

THE CHICKPEA IS FANTASTIC!



FALAFEL WRAPS

SERVES 8 PEOPLE

CHICKPEA PANCAKES

- 150 g chickpea flour
- 32.5 cl water
- 2 g salt
- 2 g cumin powder
- 2 g coriander powder
- 2 g paprika
- 2 g garlic powder

In a mixing bowl, mix the chickpea flour and all the spices and seasoning (cumin, coriander, paprika, garlic and salt). Add the water gradually and keep stirring. The batter must be combined well and smooth. Set the batter aside for 30 minutes and then mix again. Heat a greased, non-stick frying pan. When the pan is hot, pour in a ladle of batter. Spread over the whole surface of the pan and cook for 3 to 4 minutes. Turn over and cook on the other side for 2 minutes. Keep going until all the batter is used up.

FALAFEL

- 500 g chickpeas
- 3 garlic cloves
- 1/2 onion
- 5 g bicarbonate of soda
- 15 g toasted sesame seeds
- 1 bouquet of coriander or flatleaf parsley
- 10 g cumin
- 10 g coriander powder
- 2.5 g paprika
- 1 pinch cayenne pepper (optional)
- 3 g salt

Pour the chickpeas into a food processor. Add the onions, the garlic cloves. Add the salt, pepper, cumin, paprika, coriander powder, cayenne pepper and bicarbonate of soda. Add the coriander and/or mint. Blend everything using short, quick bursts of power. Scrape the sides and blend a second time in order to obtain a texture which is neither too fine nor too thick, somewhere between couscous and pastry. Transfer the mixture into a bowl. Put in the fridge for 1h. Shape the falafel balls. Flatten using the dampened palm of your hand. Brown the pancakes in the pan in olive oil.

LAMB'S LETTUCE AND MINT CREAM

- 100 g mascarpone
- 2.5 g fresh mint
- 5 g lemon juice
- Small pinch of salt
- A touch of white pepper

Finely chop the mint. Mix all the ingredients together using a whisk.

ASSEMBLING THE WRAPS

- 75 g lamb's lettuce
- 40 g pickled red onions

Spread the mint cream on the chickpea pancakes. Sprinkle with pickled red onion and lamb's lettuce. Add the chickpea pancakes. Roll up the wraps.

For the recipe video please click [here](#).

*This recipe is brought to you thanks to Afpa.
Thanks to Fabrice Marion, Communication Manager Nicolas Paul, Training Engineer and technical team.*



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LIFE FOSTER:

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