



# Make food matter

Keep a food diary and make something tasty with the food that would otherwise be thrown away

## Heat things up

Take it a step further by using this activity to raise funds by creating your group's own recipe book, or invite parents to a session to re-create some of the tasty snacks for them from food that might normally have been chucked out.

## Did you know?

- 1 At least a third of all edible food is thrown out – enough to feed 2 billion people. (Source: Food and Agriculture Organisation, United Nations 2011 and World Vision)
- 2 Global food waste generates 22 million tonnes of greenhouse gases – four times more than aviation! (Source: WRI)
- 3 Reducing the amount of food that's thrown away saves water, energy and other resources.
- 4 By 2050, the world will need 69% more calories a day than in 2006, to feed an estimated population of 9.6 billion people. (Source: WRI)
- 5 An average British family can save up to £840 a year if they stop throwing food away. (Source: LoveFood HateWaste)



Suitable for all

## Keep a food diary

### Instructions

- 1 Download a food diary template: [scouts.org.uk/supporters/recyclenow](https://scouts.org.uk/supporters/recyclenow). Using the template, ask the young people to record and add up how much of each different food their family throws away each day for one week. They could write, draw pictures or create collages using old magazines.
- 2 Encourage them to write down why and when it was put in the bin to help them to think about how to save this food next time.
- 3 At the end of the week, ask everyone to add up the total amount of food thrown away. Using their food diaries, ask the group to chat

about which foods were binned the most and why, and share some simple ways they could stop food from being chucked away.

- 4 Ask them to complete the food diary for another week and see how much food they can rescue from being thrown in the bin. They can use what they learnt from the group chat and food diaries from the week before.
- 5 Next they should add up how much of each food has been rescued and how they achieved this, being creative with how they share their successful food mission with the group.
- 6 Make mini pizzas with the leftovers following the instructions below.

## See how much food you can rescue and make mini pizzas!

### You will need

- end-of-loaf bread crusts that would otherwise get thrown out
- food that needs using up for the toppings, like ham, peppers or tinned sweetcorn
- tomatoes, chopped
- herbs
- grated cheese
- salt and pepper

### Instructions

- 1 Heat the oven to 180°C.
- 2 Place the end-of loaf crusts on a baking tray.
- 3 Spread the tomatoes over the end-of-loaf bread crusts for your base.
- 4 Create your own topping using the food you've found that needs eating up.
- 5 Sprinkle on a few herbs and a teaspoon of grated cheese. Season with salt and pepper.
- 6 Bake for around 15 minutes. Enjoy!
- 7 Take a photo and share your culinary creations using the hashtag #LFHWFoodSaverHero.

## Food safety

- You can still eat some foods after their best-before date, although its flavour may not be as good as it was.
- Use-by dates indicate when an item may not be safe to eat, so you shouldn't eat food after this date.
- Find out if any members of the section have food allergies, and ensure they avoid any foods they're allergic to.
- Separate food types to avoid cross-contamination.
- Always wash your hands with soap before preparing and eating food.
- Find more advice about food safety: [scouts.org.uk/food-safety](https://scouts.org.uk/food-safety).

## Time needed

10 minutes a day for 2 weeks

Mini pizzas: 15–20 minutes

### Badges



Recycle Now partners the Beaver Global Issues Activity Badge and Scout Environmental Conservation Activity Badge

### Partner



### Outcomes

Young people will be encouraged to develop good food habits within their homes and meeting places by helping to reduce the amount of food that is thrown away. This activity will also help them develop problem-solving and creativity skills, and to understand their vital role in helping to protect the planet.

### More information

For badge resources, activity ideas or to find out more about the Love Food Hate Waste and Recycle Now campaigns, visit: [scouts.org.uk/supporters/recyclenow](https://scouts.org.uk/supporters/recyclenow).