

# Track your food footprint



## Introduction

Saving food from being thrown away is an urgent global issue and has a huge impact on the environment. This activity includes some simple ways to save food that's still good to eat from being chucked in the rubbish bin, and to help us to build a healthy, responsible and sustainable relationship with food. Every action makes a small contribution towards tackling the climate crisis. Reducing the amount of edible food that's thrown away forms part of the United Nation's Sustainable Development Goals (find out more at [sdgs.scout.org](https://sdgs.scout.org)).

## Outcomes

- To help young people explore how throwing away edible food at home affects our planet and communities.
- To share some simple ways they can help at home to make a difference.

## You will need

- Food diaries (week one and two)
- Colouring pens or old magazines you can cut pictures out from
- Glue – if you are going to stick pictures on your food diary

## Badge Links

- Cubs Global Issues Activity Badge – req. 2
- Cubs Our World Challenge Award – req. 3
- Scout Environmental Conservation Activity Badge – req. 1, 2
- Scouts World Challenge Award – req. 7

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## Before you begin

- Print out enough food diaries for each young person. Have enough of the Asto-nosh-ing Food Facts cards so that each young person can see them.

## Run the activity

### Week one

1. Take a look at the Asto-nosh-ing Food Impact Facts. In small groups ask your young people to discuss your thoughts on the food impact facts. They could think about:
  - How this might affect your Scout group, your family, your community and other people around the world.
  - How this affects the planet – if you have time explore the topic further by learning more about topics such as 'climate change', 'global warming', and food that's thrown away across the world and in the UK.





- How does it make you feel?
  - Why do you think it's important to do something about this?
2. Using the Week One Food Diary template, monitor how much of each food your young people and their families throws away each day, for one week. Hand out the week one food diary template for each young person to take home. They can put it up on the kitchen wall where they can easily fill it in at home. Ask them to complete each section of the diary so they can find easy ways to save food during week two. They can be as creative as they like when completing their diaries, for example by using coloured pens or cutting out pictures from old magazines.

### **Week two**

3. In the next session ask the young people to look at the food they've written down that's been thrown away. In small groups they could discuss their completed diaries. They may want to think about the following questions:
- Which food did you throw away the most?
  - Why did this happen? Look at your food diary notes under 'when' and 'why'.
  - Make some notes about the foods you want to try to save next week.

Please support the young people with their discussions if needed.

4. Use the Easy Peasy Food Saver Tips asset and ask your young people to pick out two or three actions that you want to try this week. Share these ideas with your families and encourage them to try them too. They can then use the food saver diaries to see how much they can reduce the food they throw away.
5. Ask the young people to take home and fill out the Week Two template, this time making a conscious effort to save food using the Easy Peasy Food Saver Tips.

### **Week three**

6. Ask the young people to compare their Week One and Week Two food diaries and think about how much food they've saved from the bin and how they can continue to do this in the future.

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### **Reflection**

The group have kept food diaries to show how much edible food they throw away that could be saved. How did they feel about saving food from the bin? Was it easy to do? What have they learnt? What will they continue to do so they can save food from being thrown away?

Food waste has a huge impact on the environment because of the resource, time and energy that goes into getting food onto our plate, yet 1/3 of food produced globally isn't eaten. Every small change can make a huge difference. The young people can spread easy and practical ideas they've learnt during this activity to their local community to make an even bigger difference.





## Change the level of challenge

Challenge yourself by leading a campaign to support your community to also become food savers!

If it's too challenging to keep a diary for a full week, then just try to keep it for a few days. You'll still see where food is wasted and be able to make changes so you can become a food saver.

## Make it accessible

- Encourage anyone who struggles with reading and writing to draw pictures or cut photos from old magazines to complete their diary.
- Make sure anyone who needs extra help with maths is supported to do the adding and subtracting.
- Remember that some people struggle with food for various reasons, so try not to single anyone out if they've not been able to save as much food as their friends.

## Safety

- All activities must be safely managed. Do a [risk assessment](#) and take appropriate steps to reduce risk. Always get approval for the activity and have suitable [supervision](#) and an [InTouch](#) process.
- Supervise young people appropriately when they're using scissors. Store all sharp objects securely, out of the reach of young people.
- Supervise young people appropriately when they're using glue and solvent products. Make sure there's plenty of ventilation. Be aware of any medical conditions which could be affected by glue or solvent use, and make adjustments as needed.



### It all adds up – quickly!

If you also multiply your **weekly food totals** by the following numbers, it'll help you see how quickly food wasted in one home can add up and have a big impact on the planet:

#### 1. Yearly total

Multiply (x) the **weekly total** by 52 weeks to show you how much food your family throws away in one year.

#### 2. UK homes total

Multiply (x) the **yearly total**, calculated in no.1 above, by 27 million (number of homes in the UK) to show the impact that UK homes have on our planet, over a year, by throwing food away.

## Take it further

The young people can add up how much food is wasted using the box to the left. This shows the huge impact it can have on the planet.

Try out different recipes with your group that you can make with leftover food. Check out this [Mini Pizza recipe](#). You can find lots of different recipes on the [Love Food Hate Waste Website](#). You could try some of these at camp.



### **Youth shaped**

Young people can lead on creative ways to keep their diaries up to date and should choose their own ways of reducing food waste.

### **Assets**

- Asto-nosh-ing Facts sheet
- Food Diary and Food Saver Diaries