

COOKING CLASS FOOD WASTE AUDIT



FEAST
FOOD EDUCATION AND
SUSTAINABILITY TRAINING



Difficulty level



Approx. cost



Total prep & run time

=



Prep time

+



Running time

INTRO

A waste audit is a great way to see and understand the different types of waste created when cooking. It's a fun, scientific process and the information gathered will help you focus your campaign to reduce waste in the classroom.

EQUIPMENT



Kitchen compost caddy



Scales



Whiteboard and markers



Pens and paper

INSTRUCTIONS

1. Ensure each student workbench is equipped with containers (e.g., compost caddies or bowls) dedicated to collecting food waste scraps. These containers must remain unlined to avoid contaminating the compost.
2. Prior to the practical session, inform the class about the additional component for the day. Students will be actively engaged in collecting food scraps to conduct an audit. They will determine the different types of foods wasted and compare the amounts among groups. Each group will weigh their food scraps at the end of the lesson.
3. Allocate 10 minutes at the end of the session, after students have cleaned their workbenches, to conduct the audit.
4. Each group is to weigh the total collected food scraps, noting their group name or number alongside the recorded weight. Reveal the group with the lightest food waste weight as the winners of this class challenge!
5. Encourage a brainstorming session on ways to further reduce food waste from this recipe. For example, did you know that banana skins can be eaten?
6. Maintain a record of each weigh-in and observe if there's a decline in food waste over the term/semester.
7. Prompt a conversation about the destination of the class food waste, whether it goes to the school compost, a worm farm, council food waste bins, or unfortunately, ends up in landfill.

