



EAT SMART

Empowering young people
to reduce food waste

Oliver Priestley-Leach – REfUSE



THESE PEOPLE ARE THE ONLY



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- **Six-week** core programme
- **Pupil-led** in **primary schools**
- **Food waste audit** and **action plans**
- **Partnership with BIND Newcastle**
delivered by **REfUSE** in **County Durham**
and **Sunderland**
- Funded by **Kavli Trust**

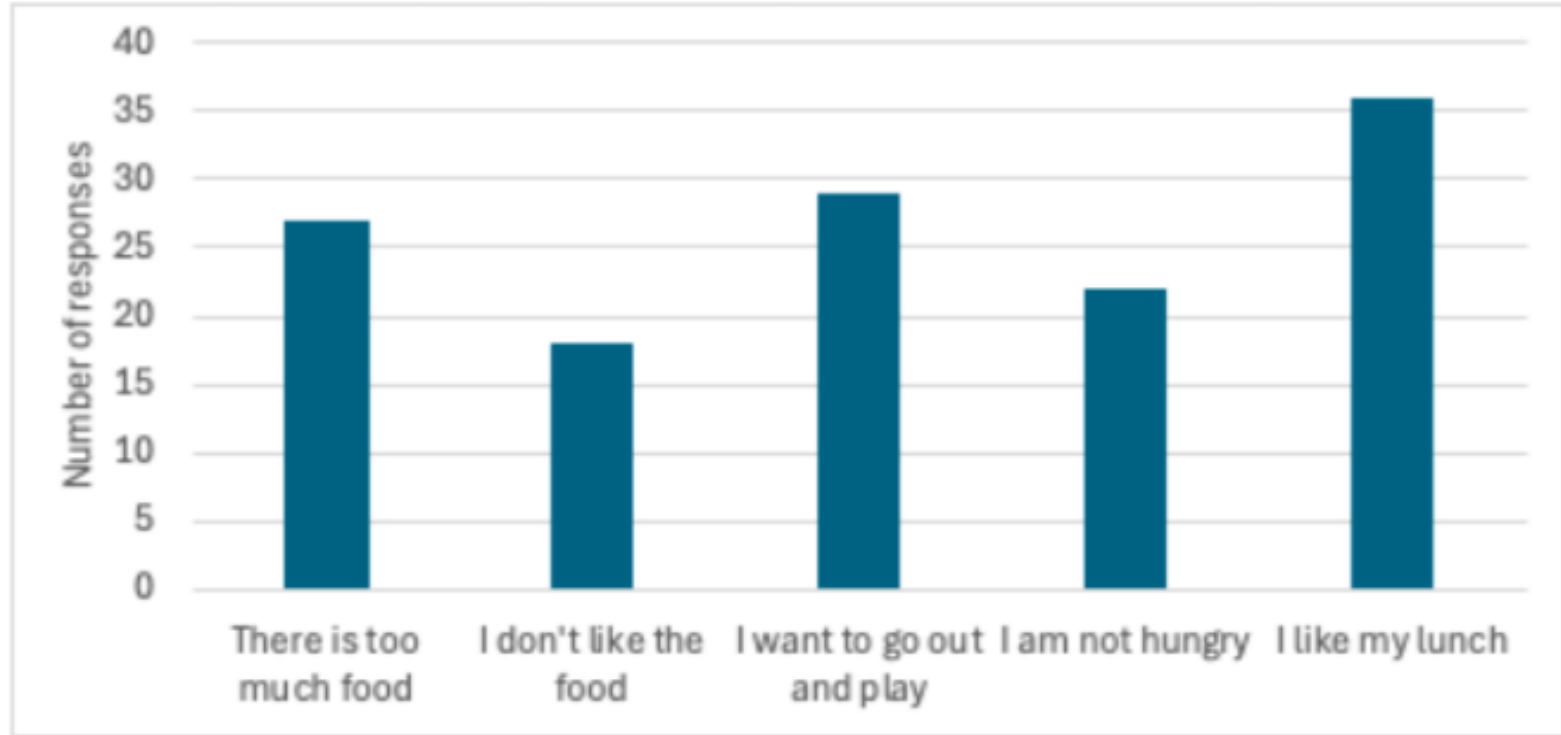


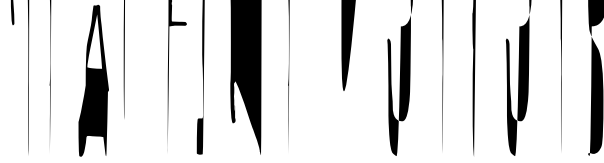
EAT SMART



Why don't you finish your lunch?

Figure 2 – Pupil responses to “If you don’t finish lunch, why not?”





- **21 schools**
- **4,550 children engaged**
- **244 Waste Warriors in total**

- **24% reduction in food waste**
- **666 kg saved** per school per year (average)
- Equivalent to **2.5 tonnes CO₂**
- Potential **annual saving of £6500**



Keys to success

“..the project has brought the full team (including lunchtime supervisors) closer together and working towards the same goal”



THE BIGGEST SURPRISE WAS THAT WE MADE CHANGES – AND A LOT MORE THAN I THOUGHT WE WOULD.

- Waste Warrior

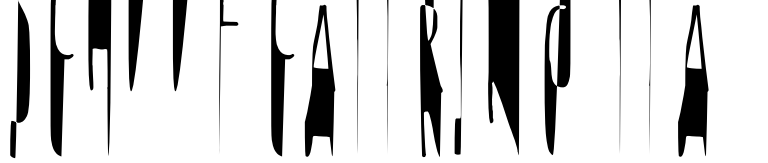
I AM IMMENSELY PROUD OF MY WASTE WARRIORS WHO TOOK THE PROJECT ON, RAN WITH IT, SAW REAL RESULTS AND NOW WANT TO CONTINUE WITH IT IN ORDER TO CHANGE THE LANDSCAPE OF FOOD AT SCHOOL.

- School lead

Waste Warrior

- Badges
- Poster competition
- Videos / social media
- Trying food
- Cutting up fruit
- Waste Warrior led workshops

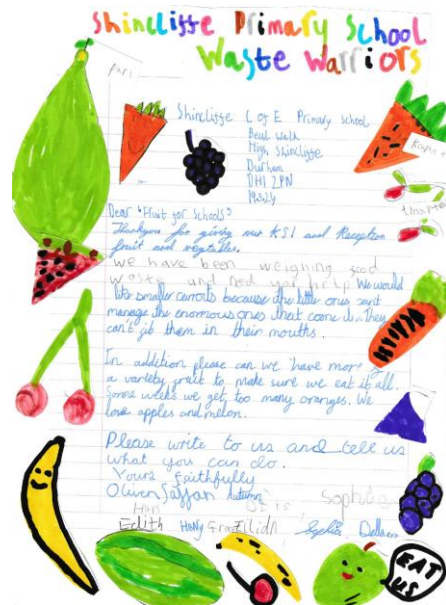




- Salad bars
- Restricting bread
- Using leftovers
- Photos of dishes
- Meal ordering
- Portion sizing
- Use of school gardens
 - Supply
 - Composting
- Longer in lunch hall
- Having conversations
- Make lunchtimes part of learning



- NHS fruit for schools
- Chartwells
- County Council
 - Waste Team
 - Public Health
 - School Foods Service
- Government

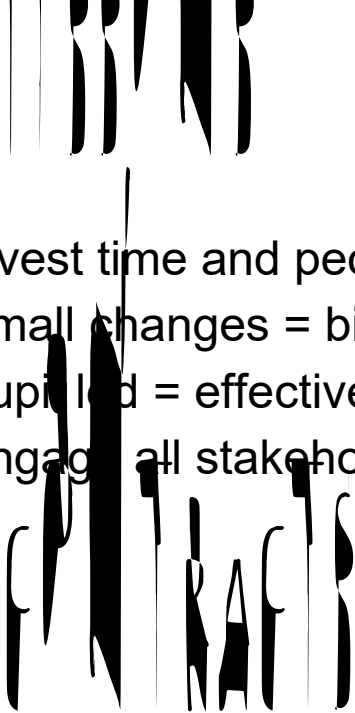


School food standards: updating the legislative framework

Government consultation

- Letters
- Presentations & meetings
- Consultation
- SNAG groups



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- Invest time and people
 - Small changes = big impact
 - Pupils led = effective change
 - Engage all stakeholders

- Social Value in contracts
 - Money
 - Engagement
- Identify waste sources & types



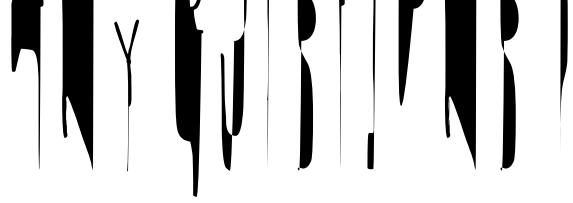
“ I REALLY HOPE WE CAN WORK
TOGETHER AGAIN IN THE FUTURE
AS IT WAS A GREAT EXPERIENCE
FOR ALL! ”

- School Cook



“ WE ARE MORE AWARE THAT THE SMALL CHANGES
WE MAKE CAN HAVE A BIG IMPACT – ESPECIALLY
TO OUR FUTURE AND THAT OF THE PLANET. ”

- Parent



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[Eat smart video](#)

[Full impact evaluation report](#)

[Impact summary](#)

