



European Committee
of the Regions

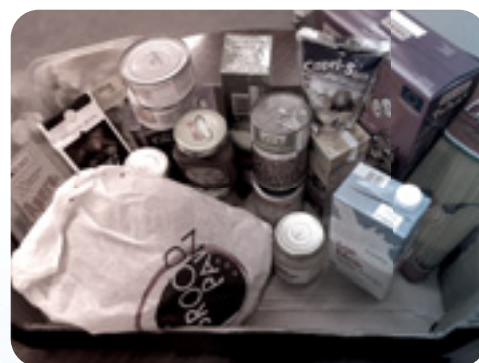
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Best practice examples
from EU regions and cities

UCCLE, BELGIUM: SUSTAINABLE AND BALANCED DIET FOR ALL

Center for Public Social Action Uccle (CPAS) opened a free distribution center with multiple objectives:

- **Fighting poverty:** In 2016, over 245 tonnes of foodstuffs coming from supermarkets, local traders, Food bank, morning market (...) were distributed, which represents 760,000 euros. Over 2,900 people were helped (an average of 110 households per day). In winter, soup is distributed to homeless people.
- **Fighting food waste:** A dozen traders give off their unsold food items almost daily, in strict compliance with the food safety rules. In total, the center was able to distribute more than 43,000 kg of foodstuffs in 2016, for a value of 322,000 euros.
- **Introducing more sustainable and healthy diets:** the center favors fresh fruits and vegetables, low-salt and low-sugar cereals, dairy products and all rich plant alternatives with calcium and protein in order to encourage a balanced diet.
- **Social activities:** the center also organizes social activities in order to sensitize beneficiaries to fresh products, sustainable food or the fight against waste. Lastly, a cooking workshop organized last year was also an opportunity to bring together beneficiaries of different culture around a meal and to allow them to exchange cooking and preparation advice and practices.



This is a multi-stakeholder project that brings various actors together. It involves the local authorities, citizens and local food shops which provide people with foodstuffs that they cannot afford. The aim is not only to fight the food waste, but also to give emphasis on sustainable diets by distributing fresh and sustainable food.

People in need appreciate to be able to choose their products rather than receive parcels. They are not welcomed as a number. Finally, the project also has a cultural dimension, putting together around a meal people from different cultures.

Belgium, Mr Jean-Luc Vanraes,
Member of Uccle Municipal Council (ALDE/BE)





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THE CITY OF ESPOO, FINLAND; FIGHTING FOOD WASTE THROUGH CREATIVITY



The City of Espoo is actively involved in the *Finnish Society's Commitment to Sustainable Development 2050* initiative. The city encourages sustainable diets by raising awareness and promoting the consumption of vegetarian food in schools. Young people are encouraged to share tasty vegetarian recipes and memorable experiences of vegetarian meals on social media or to create new vegetarian dishes for the menus of Espoo Catering services.

One of the schools, Jupperi School in Espoo – with about 500 pupils – is particularly committed to combat food waste. Their approach was analytical, inclusive and creative.

- **First step:** establish the reasons for throwing food away.
- **Second phase:** raising awareness in terms of understanding of the food production chain and of energy, natural resources and human efforts involved in producing and preparing food. Children prepared a project on "Food and money", with posters hung on the walls of the canteen. This encouraged them to think about the food production chain.
- **Third phase:** Upon pupil's initiative, measuring of food left, or organic waste, every day after eating.
- **Result:** Thanks to the campaign, the amount of food waste decreased from 25 kg to 17 kg during one week of food waste measurement. One way of reporting the results of the food waste measurement was through pupils' own artwork.

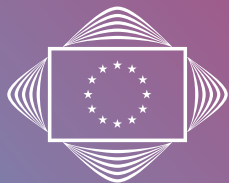


It's great to see, how creative young people are, when we give them opportunity to put forward their initiatives. In the City Council we had possibility to taste vegetarian food planned by young people from our primary Schools. It's great that young people are teaching us how to influence to the Climate Change with our everyday choices.



Finland, Ms Sirpa Hertell, City councillor of Espoo (EPP/FI)





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EAST RIDING OF YORKSHIRE COUNCIL, UNITED KINGDOM; HOW TO INCREASE RECYCLING RATES THROUGH WHEELIE BIN TAGGING

Promoting Food Waste Collection through Wheelie Bin Tagging and awareness raising campaign

Objective: divert food waste out of the residual into the organic bin for composting, increasing recycling rates and decreasing disposal costs

The East Riding of Yorkshire Council collects food waste with garden waste in a combined organic collection fortnightly. All residents are entitled to one 240L organic waste wheelie bin, and a 7L food caddy at no extra cost.

A recent composition analysis found that 1/3 of waste in the residual wheelie bins was food waste. To increase the amount of food waste recycled in the organic bin, the Council placed tags on the handles of all residual bins as reminder to residents that food waste should go in the organics bin.

As a **result**, a 10% reduction of waste in the residual bin had been noted, an increase in waste in the organic bin and a six-fold increase in requests for caddies and organic bins.

The scheme is currently being rolled out across the authority; alongside social media promotion, school visits, public events and press campaigns further promote the scheme. If similar results are seen across the authority, 4,000 tonnes of food waste could be diverted out of the residual bin and into the organic bin for composting each year, increasing recycling rates and decreasing disposal costs.



East Riding of Yorkshire Council UK have separate sites where all the Brown bins Food Waste is taken. We then compost it and in time this is given back to the people in our Towns and Villages.

We aim to keep increasing the awareness of this process, so more people use the Brown Bins that are allocated to every household in the council area for this purpose, so more compost is created then more people will benefit and therefore ultimately using waste in a positive way that benefits the environment in every way.

United Kingdom, Cllr Dee Sharpe,
Member of East Riding of Yorkshire Council (ECR/ UK)





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COUNTY LEITRIM, ÉIRE IRELAND – FOOD RESCUE OPERATION

To raise awareness of the amount of food we all waste, two chefs pooled their talents to serve up delicious dishes made entirely of food that was destined to be thrown away. Not only attendees tasted some lovely food, but they also learnt how to reduce their food waste and compost the remainder.



Leitrim County Council in partnership with other local agencies organised in the surrounds of the stunning Lough Rynn Castle a food rescue event where chefs cooked up some lovely dishes from food that would have been thrown away. This was a huge experience in encouraging people to reduce waste in their local communities.

We also organised a similar event for local business with the same objectives.

Ireland, Cllr Enda Stenson,
Leitrim County Council (EA/IE)





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MUNICIPALITY OF JARACZEWO, WIELKOPOLSKA REGION, POLAND POLISH MUNICIPALITY SETTING UP COOPERATION WITH A FOOD BANK

How a small rural municipality - home to 8500 people - deals with surplus food?

The social changes that have been taking place in Poland for more than 25 years now have led to a better quality of life for Poland's population. For many of us, the standard of living has improved significantly.

However, there are people who, for various reasons, have been unable to find their place in this new reality. This group is of particular concern to local and regional authorities, and especially local social services. As a local authority, in closest contact with these people, we were aware of their needs.

In view of these observations, the Municipality of Jaraczewo set up cooperation with Wielkopolska Food Bank - a non-profit organisation, collecting and distributing surplus food free of charge. Dedicated premises were equipped with all necessary means to store food in the municipality.

In the 12 years since the project was set up, a total of over 200 tonnes of food with an overall value of almost PLN 1 million has been collected and distributed. Around 640 people benefit from this form of support every year.



Large quantities of food are wasted each year. We produce and buy too much, and the problem of surplus food has been on the agendas of a number of institutions and organisations for several years now. Worldwide, there is a very stark contrast between European countries and, for example, countries in Africa. The problem of hunger in Africa should be addressed at international level.

Meanwhile, a local authority's role is to ensure that food from the local market is channelled towards those in need – e.g. in terms of catering in hospitals or schools and supporting the poorest families. To this end, an appropriate mechanism to distribute this food needs to be developed. And this is happening in Jaraczewo, the town that I represent

Poland, Mr Dariusz Antoni Strugała, Mayor of the town and municipality of Jaraczewo (EA/PL)





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THE MUNICIPALITY OF COULAINES, FRANCE, FOOD WASTE IN MASS CATERING



In our municipality, which manages three school canteens - including a crèche - the first thing we do to avoid food waste is to throw away as little as possible, in other words to avoid waste in the first place. That means serving children food that is of good quality in terms of nutritional value, but also selecting products certified as organic and fresh seasonal produce, mostly locally-grown.



Careful planning: In the municipality of Coulaines, the head of catering – a qualified dietician – prepares the menus, supervises the purchasing in line with the recommendations and decides on the most appropriate amount in grams for children depending on their age. Each school has its own kitchen, cook and catering staff. Food is therefore prepared on the spot. In order to match the amounts prepared as closely as possible to needs, the teams tot them up every morning on a digital tablet.

Discovering new flavors: Reducing food waste also means introducing children to new tastes to familiarise them with food that they may not necessarily know. To do this, workshops are run in the schools in partnership with the local community centre, school nurse and teaching staff. A wide range of topics are included, such as the five senses, preparing a balanced and varied breakfast or afternoon snack,

recognising and tasting different sorts of fruit and making them into smoothies or “kebabs”. Each workshop ends with a fun tasting session.

Raising awareness: Another important task is that of raising the awareness of children and catering staff through participating in themed weeks at national level – on topics such as “the melody of local specialities”, organic produce, sustainable development, taste, bread, etc. This might, for example, inspire an activity to measure the amount of bread thrown away to raise everyone’s awareness, adults and children alike, making everyone more aware of the importance of finishing the bread they take. To prevent bread going to waste, we adjust the amount we buy depending on the menu. If there is any bread left over after lunch, the children enjoy it toasted in the afternoon with chocolate, for example. New taste, new smell...

Measures to counter food waste are a way of bringing our humanity to bear when millions of men, women and children continue to suffer from hunger across the world.

By cutting down the amount of food thrown out from our three schools and two retirement homes in Coulaines, we are making savings such that, every day, the 1000 people we feed are eating better and, in particular, more healthily.

It is also a way of remaining faithful to Rabelais and the wonderful French tradition of good food.



France, Mr Christophe Rouillon,
Mayor of Coulaines (PES/FR)





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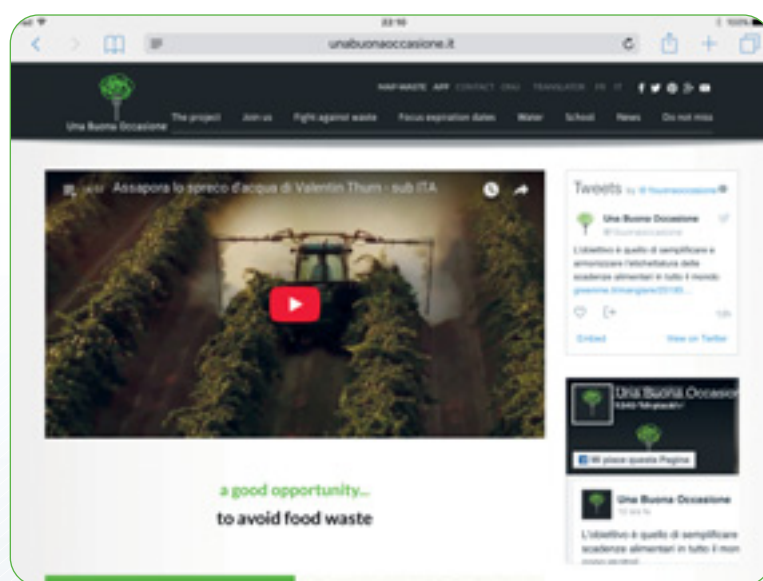
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THE PREVENTION IS BETTER THAT THE CURE – A FOOD WASTE PREVENTION APP FROM AOSTA VALLEY, ITALY

**The prevention is better than the cure...
This is the core of the Aosta Valley and
Piedmont Regions innovative project
"A Good Opportunity"**

This is about increasing consumer awareness on food waste and right purchasing choices with education campaigns and daily presence in social media, sharing also best practices with other countries. The application offers young people educational content and cartoons.

The mobile application UBO_App <http://www.unabuonaoccasione.it/en/app-en> helps you to correctly preserve the food, brings you news, tips and suggestions on how, where and how long you should store more than 500 different foods! It also gives you advice on recommended servings, reuse of leftovers and scraps, seasonality availability of fruit and vegetables and their waterfootprint, how to make a shopping list and more! **You can even insert the food expiry date with an alarm that alerts you before the expiration.**



www.unabuonaoccasione.it/en



This project was born like a household and consumer engagement campaign.

The objective was to raise awareness of food waste (and the benefits of its reduction), encourage behaviours which prevent and reduce food and drink waste and equip households and consumers with the information, tools and skills they need: so was born the website www.unabuonaoccasione.it/en and the mobile application UBO-App.

In particular, the app gives a concrete help to consumers to reduce the food waste (the UBO-App is in Italian, English and French language).

Italy, Mr Pierluigi Marquis,
Regional Councillor and President of the Autonomous Region of Aosta Valley (NI/IT)

