



Sharon Cameron
Environment Awareness Officer
Mayo County Council
Comhairle Contae Mhaigh Eo

Background

Moving to training and embedding of stop food waste principles - rather than one off talk.

Commitment from participants to four, one hour meetings over 6 weeks.

EAO training.

CTC through EPA LAPN network provided guides for facilitator and participants, template Powerpoint presentations, video clips and also 'goodies' for participants.

Sourcing participants

- Target of 12 families/participants.
- Financial saving message - €60 per month
- Local schools.
- Tidy towns/Residents Associations groups.
- Press Release.
- Parish Newsletter.
- Staff.
- Local Radio.
- (Local Slimming Classes)





Meeting 1 - Know Your Waste

- General introduction to food waste and what we throw out.
- Participants' were tasked with separating all food waste and weighing it for one week.
- To include any food given to dogs, hens etc.
- To record what and why they throw out food.
- Encouraged to analyse grocery bills.
- Recording Sheets Provided.



Meeting 2 Planning & Shopping.

- Meal plans and shopping list.
- Smarter shopping.
- Weighted all bins.
- No naming and shaming!
- 50kg of food waste.
- Food Types – leftover dinners highest/bread and veg.
- Challenged to examine contents of cupboards and freezer for next week.



Meeting 3 Storage, Serving and Reuse

- Expiry dates.

Correct storage, ethylene bags for fruit & Veg.

Freezer, recipes, serving food.

- Participants tasked with re-weighing again for another week.



Meeting 4

Overview, Reweighing , Composting and Pickling!

- Reweighted Bins –
22.1kg!

- Food Preservation.
Talk & Taste.



Challenges of the Challenge



- Commitment
- Tie in with existing group V open group
- Follow up
- Target Groups





The food waste challenge was an **excellent programme** for raising awareness regarding the level of personal food waste, but in addition, taught us skills and gave us **practical solutions** that we could implement to combat the amount of food waste in the home. I feel that this program is particularly effective in its design because of it's emphasis on asking participants to **examine** their **personal behaviours** across a wide range of spectrums, including buying and spending habits, storage, cooking, and consumption, and yet, it does so in ways that are **easy to understand and simple to complete.**