

**MOMENTS  
NOT TO BE WASTED**

**Whirlpool**  
CORPORATION



**IDEAS FOR PARTICIPATING  
IN THE COMPETITION**

***Talent Kitchen***

## IDEA 1

# FRUIT AND VEGETABLES AT KM0

Buying locally-produced food is a widespread practice and it is possible to do so especially in areas with high agricultural production for products such as fruit and vegetables. As we know, vegetables at km0, harvested at the right time and immediately placed on the market, guarantee greater freshness and better nutritional profiles due to their short transport time.

Let's find out which km0 products are available near us and let's make a tasty and nutritious recipe!

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### → What do we do?

1. Let's carry out in class, or at home with the family, a web search to find out which foods are produced and can be purchased in small farms or farmhouses in your area.
2. Once we have identified these foods, we'll go deeper into our research: eating seasonal products is important and is even easier when these foods are purchased directly from the producer. What season are we in? What foods can you choose from?
3. Let's choose at least one of the km0 products available this season and find a recipe we can make that involves using every part of it!
4. **We document all our steps: we can do this by creating a presentation using PowerPoints or slides, or a poster that tells this research.**
5. Lastly, let's cook the chosen recipe... Enjoy your meal!

*To take part in the competition let's send our PowerPoint or our poster to the coordination centre, remember to illustrate with photos, including when we cooked our tasty recipe!*



## IDEA 2

# WASTE-FREE SLOGANS

By reading the material in the educational kit, we discovered how important it is to pay attention to what we eat, as well as what we don't eat. Let's commit ourselves to spreading the message at school: let's not waste food!

**We make lots of slogans and posters to make other people aware not to waste food.**

→ **What do we do?**

1. Firstly, let's do a survey within the class: which foods are most frequently left over and wasted in the canteen? Let's gather the answers and catalogue them in a diagram.
2. After having identified the most wasted foods, let's choose one and go into detail on our knowledge of its properties, the period in which it is available and which recipes can be used. If the whole class takes part, we can choose many different foods!
3. Lastly, space for creativity! **We'll use all this information to create one or more slogans, together with posters or small postcards to distribute at school to let our classmates understand how good and nutritious "our" food is!**

The postcards can be made with colourful designs, collages, or by computer. For example, if the food chosen is cauliflower, the slogan may be: Eat cauliflower, it's good steamed too!

*To take part in the competition, let's gather the slogans, postcards and posters that we have made and send them to the coordination centre. Also, if we organise an event at school to present our work, remember to take photos/videos or interview people who take part in the matter of no-waste food.*

## IDEA 3

# Keep an eye on grocery shopping!

The attention to waste starts from afar, from when we choose what to buy when we shop. Our habits, in fact, are important and it is essential that we also commit ourselves at home to promote food sustainability. How? By planning our shopping carefully so that we only buy the food we need.

Let's turn this task into a game and create the "shopping table": a creative tool to involve our family and help them to do waste-free shopping trip every week.

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→ **What do we do?**

1. Let's check the food in the fridge and in the pantry, we can do the same thing at school by checking the fridge in our canteen: which foods are near their expiry date? Which foods can be used for longer?
2. Now, let's make a shopping list. We must always keep in mind listing only the food we will need for the next few days, without buying too many foods that would risk being wasted!
3. After doing the shopping, even imaginary shopping, if we could not actually do it, **we need to note in a table the expiry or perishability dates of the different foods, so as not to risk wasting anything. The table can be hung in the kitchen on the refrigerator or shared with everyone digitally.**

*To take part in the competition, we need to gather our tables and send them to the coordination centre. Let's remember to describe and illustrate all the steps of our work with photos or drawings and texts!*



## IDEA 4

# The class cookbook

Food can be given a second chance using scraps and leftovers as ingredients for new dishes. In fact, it's probably the easiest way not to waste food!

There are recipes for all tastes and for reusing all kinds of ingredients.

Let's create a class cookbook, an album in which we gather all the recipes to make with the leftovers from the school canteen.

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→ **What do we do?**

1. Let's go to the school canteen chef to find out which ingredients are most frequently left over and to find out together which recipes can be made.
2. Once we have gathered ideas, let's move on to create the recipe book. **Let's write down, in a notebook or album, all the recipes recommended by the chef, marking each step with different colours: you can illustrate them with pictures!**
3. We can also make the recipes at home with the family!

*To take part in the competition, let's send our recipe book to the coordination centre. Let's remember to describe and illustrate all the steps of our work with photos or drawings and texts!*



## IDEA 5

# The kitchen of the future

The kitchen of the future is smart and technological, but above all... sustainable! In fact, an important feature of the new appliances is the attention to energy saving.

Can we make it waste-proof too?

Let's imagine what a food sustainability fridge could be like, attentive to waste and the expiry dates of the products inside...

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→ **What do we do?**

1. Let's make a list of all the types of food that can be stored in the fridge: fresh fruit and vegetables, milk and cheese, meat, fish... Are there any foods that expire before others?
2. Let's use the list we made to help us and let's try to imagine shaping this fridge: what would it be like? What about the space inside it? Would you talk to it? Would it be serious or funny? What colour would it be?
3. Let's think about the functions it could have: preserving food, signalling expiry dates, notifying you when something is deteriorating...and then?
4. Lastly, **let's design the sustainable fridge of the future or try to make a model of it using coloured cardboard!**

*To take part in the competition, let's send our drawings or a model of our ideal fridge to the coordination centre. Let's not forget to write down the characteristics it must have: these are very important!*



## IDEA 6

# NO-WATER CALENDAR

### (first proposal)

In the kitchen, a colourful calendar reminds us of the simple behaviours that help us combat food waste.

We can do it in class, organised into small groups. Each group will have its own task: one will draw, one will write, one will search for information and so on.

**We can dedicate our calendar to our local food products** for Km0 consumption, to learn how to identify seasonal products and create tasty waste-free recipes using every part of that product!

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### What do we need?

- 12 coloured A3-sized cards - one per month
- pencils, paints, markers, rulers, rubbers, laundry pegs
- scissors
- white sheets to draw/write on

**Let's choose 12 food products: one per month.**

### What do we do?

1. On each card, let's write the name of the month and the name of the food product that represents it.
2. Let's photograph or draw the 12 food products we have chosen and place their photos in the month that represents them.
3. Let's write more recipes for each product we have identified and paste them on the card. We can try to cook them at home. We can glue the photos we'll take whilst cooking onto the card!

*To take part in the competition, let's send our calendar to the coordination centre!*

## IDEA 7

# WASTE-FREE CALENDAR

## (second proposal)

We can dedicate our calendar to behaviours that help prevent waste.

### What do we need?

- 12 coloured A3-sized cards - one per month
- pencils, paints, markers, rulers, rubbers, laundry pegs
- scissors
- white sheets to draw/write on

### Let's think of the virtuous behaviours we can put in place for a whole year!

- September: we'll learn how to write a shopping list
- October: we'll write out waste-free recipes using the leftover food we find in the fridge
- November: we'll learn to put the right portion of food that is good for us and that we are sure to eat
- December: we'll learn how to use the shelves of the fridge correctly
- January: we'll store frozen products properly by writing the date we put them in the freezer on the top of their packaging
- February: we'll learn how to put food packages in order, starting from those that expire first to those that expire later
- March: what other virtuous behaviours come to mind?
- April: ... May... June... July... August..

### What do we do?

On each A3 coloured card - in which we have written the name of the month and our purpose - **let's paste stories, drawings or photos of our virtuous behaviour** (from the photo to the dishes with the right portion of food, to the drawing of our fridge with the food correctly positioned on the shelves, to the waste-free recipes you have written out, etc.).

*To take part in the competition, let's send our calendar to the coordination centre!*

## IDEA 8

# WASTE-FREE CALENDAR

## (third proposal)

Our calendar can contain several topics.

### What do we need?

- 12 coloured A3-sized cards - one per month
- pencils, paints, markers, rulers, rubbers, laundry pegs
- scissors
- white sheets to draw/write on

Let's decide that, in our calendar, there will be, for example:

- 4 months dedicated to local products
- 4 months dedicated to virtuous behaviour so as not to waste food
- 4 months dedicated to recipes that use leftovers in a creative and tasty way.

### What do we do?

- 1) Again, we will use coloured cards.
- 2) We'll assign a colour to each topic.
- 3) We'll make a list of everything we want to go into for each topic.
- 4) We'll do an internet search in the classroom or ask our family for help.
- 5) As soon as we have chosen the topics, **we'll paste onto the cards** - on which we will have written the name of the month and the title of the chosen topic - **the photos of our typical local food products, the list of the virtuous behaviours so as not to waste the food we have promised to make and the waste-free recipes that we will have invented by ourselves** or with the help of our parents or grandparents.

*To take part in the competition, let's send our calendar to the coordination centre!*

### One more idea?

Let's write the name of the month on A3 coloured cards and then draw a small grid with the name of the day of the month and the number. Every time we implement a virtuous waste-free behaviour, we'll be able to insert a smiley face in the box of that day!

The grid to include the days must be small! Because the card must contain all the photos, virtuous behaviours and recipes that we have made.

# A QUESTION OF ETIQUETTE

Knowing how to read the labels on food packaging allows you to reduce the risk of having to throw the food away because they are not consumed in time. In class, we can learn how to find the consumption instructions on packaging and we can imagine, using our imagination too, innovative labels to make the instructions clearer and more visible in order to preserve food and not waste it.

## What do we need?

- the labels of different food packages
- a large sheet of paper
- pencils, rubber, colours, ruler, glue

## What do we do?

- 1) Let's find out the information that need to be included on the packaging of food products.
- 2) Let's take the food labels to school and stick them on a large poster, where we'll have drawn columns. Each column will correspond to: the food we want to describe, the label of the package that encloses it, the information written on the package.
- 3) Let's discuss it together: do the labels collected contain all the information? Are they all legible? What information is on the package and not on the label? What information - out of all the information provided - helps us not to waste the food? Is the expiry date easy to find? What is the difference between "use by" and "best before"? Are there any storage instructions? What are they? Do we want to we add more information?
- 4) Let's write it all on the big poster, adding a few more columns!

*To take part in the competition, let's send our poster to the coordination centre.*

## One more idea

We can upload our poster on the school website or publish it in the school newspaper.

To take part in the competition, let's remembers to send the link to the coordination centre.

Or we can organise an event at school to raise awareness of food waste.

To take part in the competition, let's send the photos and the collection of the interviews we have done with our schoolmates, as well as the poster, to the coordination centre!