



# School Food Waste Reduction Pack

Student Pack



# 3. Case Study - Foodbanks



Based in Merseyside, Knowsley Foodbank has been effective at diverting 500 tonnes of food that is destined to be wasted onto the plates of community members who need this food support. In 2023 Knowsley Food Bank provided 63,733 meals for the Liverpool City Region. Last year alone, approximately 236,443 people were fed through Knowsley Foodbank - a testament to our ability to create meaningful change in communities across the Liverpool City Region.

We collect food through partnerships with supermarkets and redistribute it using our vans and Knowsley Foodbank warehouse to community centres and food pantries across the region. When food we receive is past the point of consumption (e.g., mouldy leading to inedible status) we have partnered with Re-Food, a recycling initiative that diverts food waste from energy from waste facilities and instead treats it using Anaerobic Digestion (AD) process to produce biofuel - proving that when food is unsuitable for distribution it will still benefit the environment rather than be totally wasted.

Moreover, our operational capacity expanded last year to accommodate growing referral numbers and increasing food donations. In addition, we have excellent links with local schools, providing free school breakfasts and fresh fruit snacks for 250 children at St Swithin's School every week - changing the destiny of this food from the bin to plates across the region.



## We Need Your Support

We rely on the support of our local community for food donations, volunteering and finances. Can you help us stop UK hunger?

Our foodbank opened in 2011 and relies on your goodwill and support. Please help us to feed those in need.

Our experienced team of employees and volunteers boast decades of collective experience in food waste management and waste stream diversions. Last year our inclusive environment led to volunteers giving hours of their time for our cause. This is once again testament to the work environment and selfless activity Knowsley Foodbank champions through its outreach in communities across the Liverpool City Region.

For independent reading, a copy of this case study can be found in the activity pack.

# Food Waste Tracker

Use the boxes below to keep track of any food waste, or packaging you throw away from your school lunch and snacks!  
An example has been provided.

<b>Example</b>	1x apple core 1x empty crisp packet 1x sandwich crust
<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	

# Food Waste Sorter

Identify whether the type of food waste each item listed below is edible or inedible food waste, mark which ones are also compostable - you may have two boxes ticked for some items. An example has been done for you.

Food Waste Item	Edible	Inedible	Compostable
Apple Core		X	X
Milk that has a bad smell			
Lettuce that is wilted and discoloured			
Yoghurt that has gone past its best before date but smells fine.			
Styrofoam tray from packaging			
Bread that looks fine, but is past its best before date			
Banana peel			
Leftover cooked rice			
Eggshells			
Aluminium foil			

# Food Waste Match

Can you match the correct food waste words to their definitions below?  
You can cut out the terms and definitions, or simply draw a line to match the term to the definition.

**Anaerobic Digestion**

Food that is intended for human consumption that does not get eaten. This can occur anywhere throughout the supply chain from farmers, retailers to households.

**Climate Change**

How humans deal with food waste, this can be inefficient or highly efficient, depending on the system used.

**Compost**

A long term shift in global or regional climate patterns.

**Finite Resources**

A resource that is concentrated, or formed at a rate very much slower than its rate of consumption, and so for practical resources is non-renewable.

**Food Waste**

A chemical process in which organic matter is broken down by micro-organisms in the absence of oxygen, which results in the generation of carbon dioxide (CO<sub>2</sub>) and methane (CH<sub>4</sub>).

**Food Waste Management**

A community organisation that can help individuals who cannot afford necessary food items.

**Food Bank**

Decaying plant material that is added to soil to improve its quality.

**Mass Consumption**

Large purchase of items, goods or services by a large number of customers.

# Learning Checkpoint

Now that we've completed this session on food waste it's time to test your knowledge at our learning checkpoint! If you're stuck, feel free to refer to any notes you've taken during the lessons.

**1. What is food waste?**

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**2. Does food waste have any negative impacts? (Answer this question by approaching it via social, economic and environmental effects i.e. people, money and wildlife respectively).**

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**3. How can you spot food waste?**

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**4. Who creates food waste?**

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**5. How can retailers (i.e. supermarkets) prevent more food waste from being created?**

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**6. What is the Ugly Fruit Complex?**

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**7. How is this important for further learning about preventing food waste?**

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**8. How can communities inspire food waste reduction at home?**

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**9. What role do consumers play in reducing food waste?**

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**10. Can consumer behaviour change the amount of food waste being created, if so how?**

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**11. Describe an effective food waste strategy, and an ineffective food waste strategy.**

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