

South Lanarkshire Council, Food Waste Project with Zero Waste Scotland

‘Waste Warriors’

Background:

In December 2022, Facility Services and Education Resources embarked on a joint initiative within primary schools to reduce food waste and raise awareness.

Pupils, proudly named ‘Waste Warriors,’ along with our dedicated catering staff, played a key role in this initiative. Armed with high-visibility waistcoats and supported by resource packs from Zero Waste Scotland, the Waste Warriors encouraged their peers to monitor the dining hall clearing stations and finish their meals while catering staff diligently monitored food waste from meal preparation and counter service.

The programme aimed to achieve several important objectives: promoting better food consumption, understanding why food was being left uneaten, addressing hunger, and supporting the cost-of-living crisis.

Additionally, it sought to educate pupils about their responsibility in reducing food waste, involved waste services in delivering classroom talks, and ensured proper food waste disposal.

The pilot’s success has paved the way for its expansion to additional schools and the comprehensive resource pack developed through this initiative provides supports to enable this.



[Poster link](#)

Gillian Reilly, Primary Science, STEM and Sustainability Development Officer, June 2024



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Equipment Required:

- Scales to weigh the waste ☒
- Gloves and aprons to protect the waste warriors when weighing the waste ☒
- Banner to promote and signpost in dining hall ☒
- Hi-vis vests for the waste warriors to be seen ☒

Paperwork and Teaching Resources:

- Zero Waste Scotland's [Food Waste Monitoring Toolkit for Teachers and Pupils](#)
- Zero Waste Scotland's [Whole School Education Pack 'Fighting Against Food Waste'](#) including a lesson overview and download of '[An Autopsy of Food Waste](#)' ppt.
- Posters to inform and stimulate discussion [Food saving action poster](#) and [Food waste in Scotland poster](#)

Lots of other resources for different stages are available via [Zero Waste Scotland's Food Waste Primary School Resource](#).

- [P1 - 3 Education Pack](#)
- [P4 - 6 Education Pack](#)
- [P6 - 7 Education Pack](#)

During Lunch Time:

Waste Warriors should try to chat with pupils when they are emptying their trays and packed lunch contents to gather information on why they are throwing away anything edible. They should encourage them to eat more, take uneaten packed lunch foods home and get any other feedback about the food they were provided with. It is crucial for the team to liaise with the Cook in Charge on a daily / weekly basis to discuss their findings and types of waste.

Refer to the [Food Autopsy guidance](#) within the Whole School Resource pack.

Completing Daily Totals:

ALWAYS REMEMBER TO GET THE DAILY TOTAL OF MEALS SERVED FROM THE COOK IN CHARGE. Write clearly and use the whole [Monitoring Toolkit document](#) to update what types of waste was the most common. Write more rather than less as the information gathered is extremely helpful.







Photos are great to document your activities.


Gillian Reilly, Primary Science, STEM and Sustainability Development Officer, June 2024

Zero Waste Scotland, 'Fighting Against Food Waste' P1 - P3

Summary of Zero Waste Scotland's [Education Pack, 'Fighting Against Food Waste' P1- P3 Resource](#)

Use the Education Pack to support the delivery of these 3 lessons with a 'starter', 'main', 'dessert' and 'extra helping' activity. Pupil worksheets are within the [Education Pack](#) and can be printed for use in the classroom.




P1 – P3 Lesson 1: Be a Food Saving Hero	Overview: This lesson introduces the idea that a lot of effort goes into getting food from farm to fork and when we waste food, we also waste the effort that went into making it. Over the next three lessons learners will be inspired to save food from the bin, earning different powers when completing each activity, ultimately becoming 'food saving heroes.'	Learning Intention: We are learning about why it is important to save food from the bin because we understand the effort that goes into making it and the harm it can cause when it is put in the rubbish bin.	Resources: <ul style="list-style-type: none"> • Print the 'Life of a strawberry' worksheet Pg.6 - 1 per learner. • Print the 'Build a roll' worksheet Pg.7 - 1 per learner. • Print the 'Food saving hero' worksheet Pg.8 - 1 per learner. • Display 'Farm to fork' Download PowerPoint. • 'The Extraordinary Life and Times of Strawberry' video clip 	Curriculum Links: HWB 0-35a, HWB 1-35a MNU 0-01a SCN 1-02a, SCN 1-04a SOC 0-07a, SOC 0-08a, SOC 1-08a Global Goals:   
P1 – P3 Lesson 2: Food Transformers	Overview: This lesson explores how food can be used in different ways through a practical taste test. Learners are encouraged to challenge their preconceptions about different types of fruit and 'ugly' produce. For instance, they might not eat a brown banana but what about a banana smoothie?	Learning Intention: We are learning that food can be transformed into different things and eaten in different ways. We understand that by doing this we are saving food from the bin and protecting our planet.	Resources: <ul style="list-style-type: none"> • 'Farm to fork' PowerPoint used in lesson 1 - you will need slides 3 and 7. • You will need the 'Food saving hero' worksheets completed in lesson 1. • On the right of this worksheet there are four superpower stars for learners to colour in when they have developed them. • Print 'Taste test' worksheet Pg.12 - 1 per 2-3 learners. • Odd looking fruit and veg - brown bananas, bruised, scarred or misshapen fruit or veg. 	Curriculum Links: HWB 0-30a, HWB 0-35a SCN 1-02a SOC 0-08a SOC 1-08a TCH 0-02a Global Goals:   







			<ul style="list-style-type: none"> • Make a smoothie using left over fruit, recipe suggestion can be found here. • Word cloud link: wordle 	
P1 – P3 Lesson 3: Practical Powers	Overview: This lesson introduces the idea of saving food from the bin through correct storage and portioning in an interactive and engaging way that builds on the learning from the previous lessons.	Learning Intention: We are learning to save food from the bin by storing it in the right place and not taking too much because we understand that putting food in the wrong place makes it go off quicker and taking too much can lead to waste.	Resources: <ul style="list-style-type: none"> • Print the 'Storage snap' worksheet Pg.19 - 1 per learner. • Display the 'Storage song' (Pg.20) on a whiteboard. • Have 'Oh My Darling Clementine' song ready to play for singing the 'Storage song' • Food Standards eatwell plate • Display the 'Portion poem' (Pg.21) on a whiteboard. • Online game 'Cookin Castle' 	Curriculum Links: HWB 0-30a, HWB 0-32a LIT 0-10a, LIT 1-04a MNU 0-01a, MNU 0-20b SCN 1-02a, SCN 1-04a SOC 0-08a, SOC 1-08a TCH 0-02a Global Goals: 
Additional links/ resources	United Nations Global Goals: BBC Bitesize All Aboard for Global Goals SDGs for the Early Years Scotdec- Explore Global Goals	Royal Highland Education Trust (RHET) Resource portal – Early Level Resource portal – First Level	Explorify What is a balanced diet for us and the planet? Sweet and Shiny Apple Orchard	Zero Waste Scotland Posters Food saving action poster Food waste in Scotland poster

Zero Waste Scotland, 'Fighting Against Food Waste' P4 – P6

Summary of Zero Waste Scotland's [Education Pack, 'Fighting Against Food Waste' P4 – P6 Resource](#)

Use the Education Pack to support the delivery of these 3 lessons with a 'starter', 'main', 'dessert' and 'extra helping' activity. Pupil worksheets are within the [Education Pack](#) and can be printed for use in the classroom.







P4 – P6 Lesson 1: Shock Spending Scandal	Overview: This lesson looks at the extent of food waste in Scotland and the financial implications of wasting food that could have been eaten. Learners consolidate this information by writing a news article and performing a play about the 'spending scandal' and why they should value food and not waste it.	Learning Intention: We are learning about the amount of food we throw away in Scotland that could have been eaten. We understand that by saving food we are also saving money and reducing our impact on the planet.	Resources: <ul style="list-style-type: none"> • Print or share the 'Food waste diary' (Pg. 7) with each learner and ask them to record food waste in their home over one week. • Share the 'Food waste in Scotland' quiz (Pg. 8-9) with learners. • Short film from the Food and Agriculture Organisation of the United Nations • Download and display 'Shock spending scandal' PowerPoint. 	Curriculum Links: EXA 1-01a, EXA1-02a, EXA 1-07a, EXA 1-13a, EXA 1-15a, EXA 2-01a, EXA 2-02a, EXA 2-07a, EXA 2-13a, EXA2-15a HWB 1-35a, HWB 2-35a MNU 1-20b SCN1-02a, SCN 1-04a SOC 1-08a TCH 1-03a, TCH 1-04b, TCH 2-03a, TCH 2-04b Global Goals:   
P4 – P6 Lesson 2: Your Country Needs You!	Overview: This lesson looks at what life was like during World War II (WWII) and how rationing led to a greater appreciation of food with very little being wasted. It compares how much we valued food	Learning Intention: We are learning that during World War II children like us would have valued food more than we do now, but we understand that even though our food is not rationed	Resources: <ul style="list-style-type: none"> • Download and display 'Your country needs you' PowerPoint. • 3 eggs at different stages of freshness 	Curriculum Links: HWB 1-35a, HWB 2-35a LIT 1-04a, LIT 1-24a, LIT 1-26a, LIT 1-28a, LIT 1-29a SOC 1-14a, SOC 1-08a TCH 1-02a


	then to how much we waste now. It looks at propaganda posters used during WWII and asks learners to create a poster to help reduce food waste.	we should still value it and save it from the bin.	<ul style="list-style-type: none"> • Clear container or glass filled with water • ‘Dig for Victory’ video • Download and display ‘Shock spending scandal’ PowerPoint (optional) • Interactive game about rationing during WWII 	Global Goals:   
P4 – P6 Lesson 3: Plate Promise	Overview: This lesson consolidates the learning from the previous two lessons and provides information on practical ways that food can be saved from the bin. Learners create their own plate promise explaining what they will do personally to reduce the amount of food they waste.	Learning Intention: We are learning that small things like planning meals, understanding labels and storing food correctly can have a big impact on what we throw away. We understand that saving food from the bin is important.	Resources: <ul style="list-style-type: none"> • Download and display ‘Plate promise’ PowerPoint • Print ‘Plate promise’ wordsearch (Pg.19) worksheet - 1 per learner • ‘Plate Promise Quiz’ (Pg 20) • Large paper plates - 1 per learner • White paper, pencils, scissors, and PVA glue • Images of food (you could ask learners to bring these in prior to the lesson) • Digital wall display created on a padlet 	Curriculum Links: HWB 1-35a, HWB 2-35a, HWB 2-36a SOC 1-08a, SOC 1-18a MNU 1-20b TCH 1-03a, TCH 2-03a TCH 1-04b, TCH 2-04b Global Goals:   
Additional links/ resources	United Nations Global Goals: BBC Bitesize Scotdec- Explore Global Goals World’s Largest Lesson, ‘Teaching Global Goals for the First Time’ Learning Through Landscapes, ‘Our Global Goals’ Every Plate Tells a Story ‘What’s on my Plate’ poster	Royal Highland Education Trust (RHET) Resource portal – First Level Resource portal – Second Level	Explorify What is a balanced diet for us and the planet? Family Meal Hungry Hedgehogs	Zero Waste Scotland Posters Food saving action poster Food waste in Scotland poster

Zero Waste Scotland, 'Fighting Against Food Waste' P6 – P7

Summary of Zero Waste Scotland's [Education Pack, 'Fighting Against Food Waste' P6- P7 Resource](#)

Use the Education Pack to support the delivery of these 3 lessons with a 'starter', 'main', 'dessert' and 'extra helping' activity. Pupil worksheets are within the [Education Pack](#) and can be printed for use in the classroom.

P6 – P7 Lesson 1: The Road to Reduction	Overview: In this lesson the environmental impact of food waste is explained both in terms of the effort involved in producing it and the gases released if it is sent to landfill. Learners are encouraged to think about what is wasted in their own homes and on a broader scale across the country including how Scotland has pledged to reduce what is thrown away.	Learning Intention: We are learning that wasting food is bad for the planet because we understand that if we put it in the landfill bin it releases harmful gases and wastes all the effort that went into getting it to our plates.	Resources: <ul style="list-style-type: none"> • Prior to this lesson ask learners to fill out a 'Food waste diary' (pg. 7) for one week. • Download and display 'Road to Reduction' PowerPoint • Short film about carbon cost of food production <p><i>Note: Based on food waste analysis from pilot groups, menu changes were made to reduce waste, any example being vegetables. Facilities developed a promotion, "Keep Calm and CARROT On," to promote the benefits of eating vegetables.</i></p>	Curriculum Links: HWB 2-35a MNU 2-01a, MNU 2-03a, MTH 2-05a, MNU 2-07a, MNU 2-11b SOC 2-08a TCH 2-02a Global Goals:   
P6 – P7 Lesson 2: Cultures of Taste and Waste	Overview: In this lesson learners will explore the importance of valuing food by looking at how countries around the world celebrate food and use up leftovers in interesting ways. They will design their own leftover recipes and create a poem inspired by the traditional celebration of Scotland's national dish - 'Address to a Haggis'	Learning Intention: We are learning how food is valued and celebrated in different cultures across the world and in Scottish culture. We understand that cooking with leftovers is a way of valuing food and saving it from the bin.	Resources: <ul style="list-style-type: none"> • Photographs from the book 'Hungry Planet: What the World Eats' • Download and display 'Cultures of taste and waste' PowerPoint. • Share the 'Reimagining leftovers' (Pg. 11) sheet with the class or print - 1 per learner. • Display 'Address to a Haggis' (Pg. 12) on a whiteboard/projector. 	Curriculum Links: HWB 2-33a, HWB 2-34a, HWB 2-35a SOC 2-08a, SOC 2-16c, SOC 2-19a Global Goals:   

P6 – P7 Lesson 3: Investigating Change	Overview: In this lesson learners will be introduced to key behaviours that help reduce food waste at home. They will put what they've learned to the test by conducting an experiment on where is best to store certain types of food. Finally, they will build on their existing knowledge and use their imaginations to design a technological solution to save food from the bin.	Learning Intention: We are investigating the role of microorganisms in breaking down foods. We are learning why some storage places are better than others for food and how this can reduce our food waste if stored correctly.	Resources: <ul style="list-style-type: none"> Download and display 'Investigating Change' PowerPoint. Share 'Waste Fighting Check Challenge' (Pg. 18) sheet with the class or print 1 per learner Milk time-lapse video Banana time-lapse video Bread time-lapse video 	Curriculum Links: HWB 2-33a, HWB 2-36a SCN 2-13a, SCN 2-19a MNU 2-10a TCH 2-11a Global Goals: 
Additional links/ resources	United Nations Global Goals: BBC Bitesize Scotdec- Explore Global Goals World's Largest Lesson, 'Teaching Global Goals for the First Time' Learning Through Landscapes, 'Our Global Goals' Every Plate Tells a Story 'What's on my Plate' poster	Royal Highland Education Trust (RHET) Resource portal – Second Level	Explorify What is a balanced diet for us and the planet? Family Meal Perfect Pinchers Flying High Alexander Fleming Green for Growth Can microorganisms be good for you? Small but powerful	Zero Waste Scotland Posters Food saving action poster Food waste in Scotland poster