



4 October 2022 – Masterclass “How to measure Food Waste?”

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Content masterclass: Why do we measure food waste? What is food waste and what is a food waste hotspot? How can we measure food waste? Examples from projects from HAS green academy.

Small Challenge 1 “Your own food waste”

Step 1: Measure your own foodwaste print during 1 day. Make pictures of all the food you have thrown away during that day and insert these photos in a photographic diary (method fotovoicing *)

Step 2: Analyze why the food in these photos was thrown away (method 3 time WHY **).

Step 3 : Together with your group look at every photos and determine:

- A) What was the approximate amount (g or liter) and collective value (euro’s) of the food thrown away.
- B) What were the most important reasons for throwing food away?
- C) Reflect on how this foodwaste could have been prevented or lowered,
- D) Think about how these solutions can be implemented in your everyday life and what’s necessary for you to actually apply these solutions.

Step 4: Fill out the excel file (***)

Step 5: Make a report of step 1, 2 and 3. In this report you make clear what the recurring theme is throughout these processes and steps. Make sure you place your individual names and team name in this document.

Step 6: Upload the report and excel file under the name SC1 team xxx on the MS Teams environment before next **Tuesday 11 October 2022 19:00**. So you get 1 week to complete and hand in the assignment.

* Photovoicing: <https://ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/photovoicing/main>

** 3 times WHY: <https://www.inc.com/jason-surfrapp/the-theory-of-the-3-whys.html>

*** excel database (see MS Teams Masterclass 2 : Challenge 1 Own food waste)