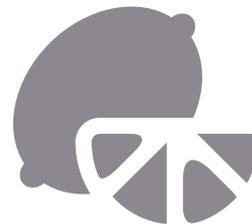
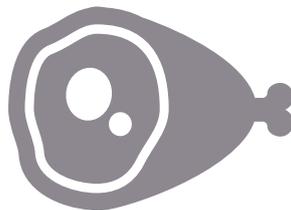
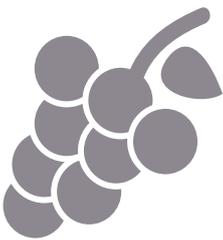
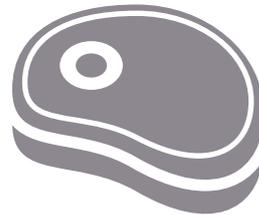
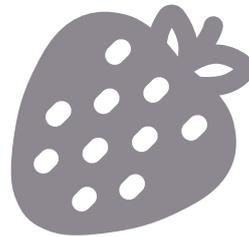
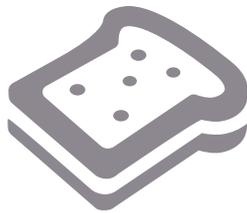


Stop Food Waste

LINGGO!



Stop Food Waste

LINGO!

Introduction to Stop Food Waste LINGO!

Food waste is an important issue in Ireland with households binning one third of food purchased. This waste has a big impact on our environment, most notably the Climate Change implications associated with the production and distribution of food (which can often come from far away places). It also hits households financially, with the average family binning €700 worth of food each year.

SPHE and PE at primary level and Home Economics at second level cover the area of healthy eating and, the food pyramid, healthy lifestyles and physical activity, and diet. Addressing healthy eating issues requires a multi faceted approach that involves the development of knowledge, skills and attitudes that influence behaviour on food selection and consumption.

We believe that addressing the issue of food waste has a key role to play in examining how we interact with food. It offers opportunities to examine both how we purchase and consume food. There are core linkages between healthy eating strategies and avoiding food waste.

Stop Food Waste Lingo offers a fun way to explore food consumption and waste in the classroom for older students at primary level and for first year Home Economic students in secondary schools. It can be used as a one off exercise or a springboard into further exploring food waste.

Stop Food Waste

LINGO!

Instructions

1. Print out one unique bingo card for each student and all thirty of the icon cards - these are to be used by the bingo caller.
2. Hand out cards with a marker to each student. The marker can be a pen or pencil to mark the card. Alternatively use game counters so that the card can be reused again.
3. The bingo caller picks one icon card at random from a box or bowl.
4. Show the icon to all students so they can check if they have it on their card.
5. Read the tip associated with the icon from the card, (taking time to discuss in more detail the tip is optional). For the first few tips remind students that they will need to remember at least one of their tips to win the game.
6. Students mark the icon on their cards and try to memorize the tip.
7. When a student gets a full line either horizontally, vertically or diagonally they can call out "LINGO!"
8. To win the line of bingo a student must be able to explain the meaning of **one** of their icons on a winning line. The game can be made more challenging by increasing the required number of tips to remember.
9. The game can continue if desired allowing others to reach a complete line of bingo.
10. It is also optional to continue the game until a full house is achieved where someone is able to mark off all icons on their card.

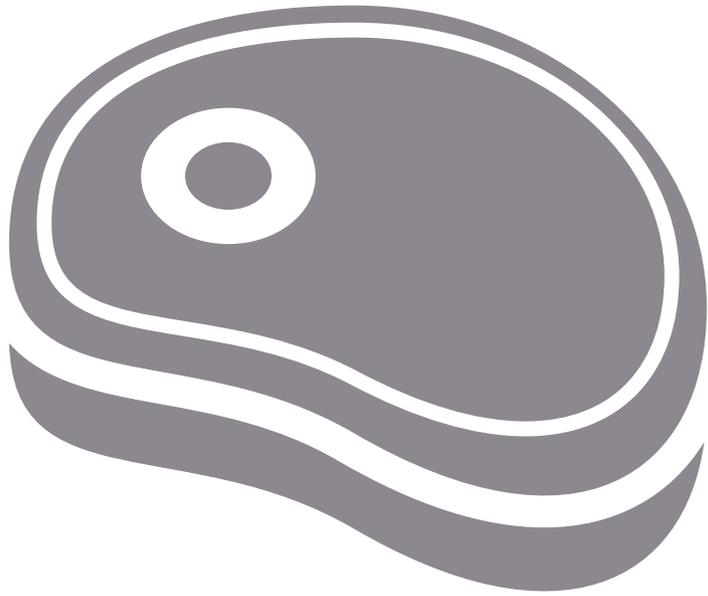
Stop Food Waste

LINGGO!

Further exploration of food waste in the classroom

1. Watch some of the video clips from www.stopfoodwaste.ie and discuss in class.
2. Make a leftover recipe to show how leftovers can be used to create a different but delicious meal.
3. Explore meal planning and making a shopping list in class. Check out Sheila Kiely's menu plan and shopping list for the Stop Food waste Campaign. stopfoodwaste.ie/wp-content/uploads/2017/09/Sheila-Kiely-Meal-Planner.pdf. Ask students to come up with some other suggestions for healthy meals. Pick a few of them and then as a class draw up a shopping list for the meals.
4. Ask students to identify at home three items that have a use by date and three that have a best before date. Discuss in class the type of food that falls into each category and what it means about the food.
5. Keep a journal for one week naming food items that you see in the bin, without touching them, checking the bin twice a day once in the morning, once in the evening. Have a discussion in class about the type of items seen and why they might have ended up in the bin.

This game was developed by Wicklow County Council and Stop Food Waste under the EPA funded Local Authority Prevention Network. It is free to use by anyone who wishes to do so but please acknowledge its source.



Meat

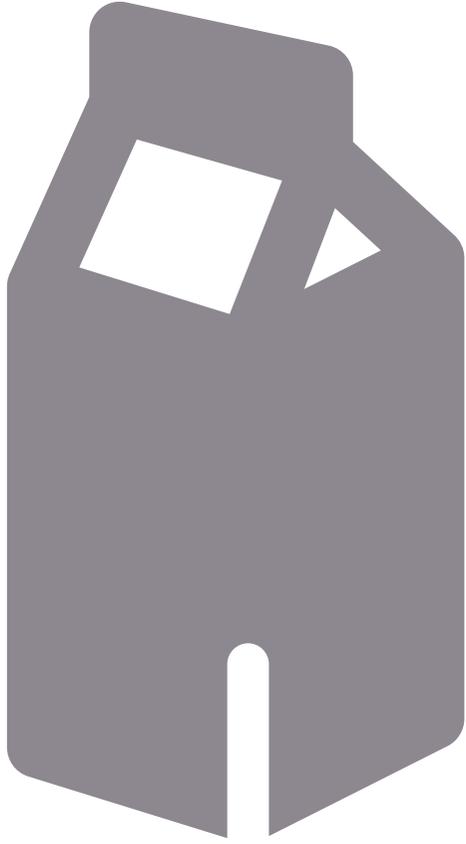
Expensive item to throw
in the bin.



Leftovers

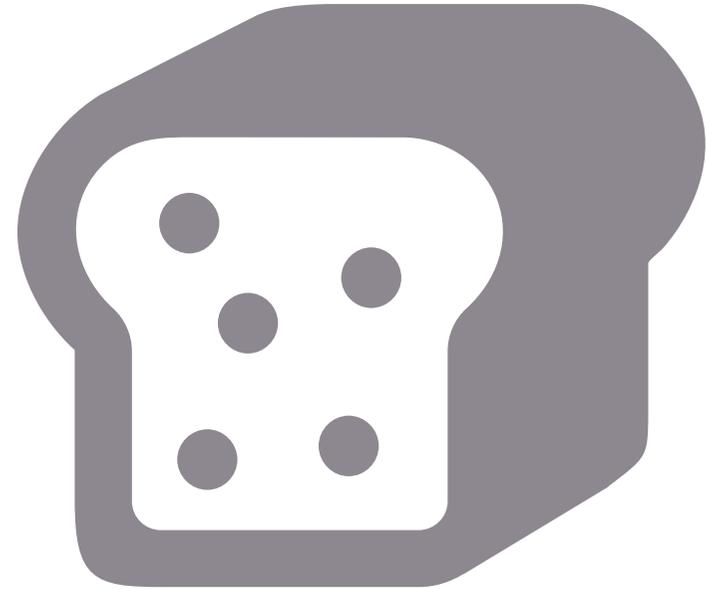
Leftovers can taste better the second
time and can be frozen.





Milk

New milk to the back of the fridge,
older to the front.



Bread

Don't buy too much with the weekly
shopping. Top up locally when needed.





Snack attack

Not too close to a meal or it will ruin your appetite.



Shopping List

Have a good look in the fridge, freezer and cupboards before making a shopping list.

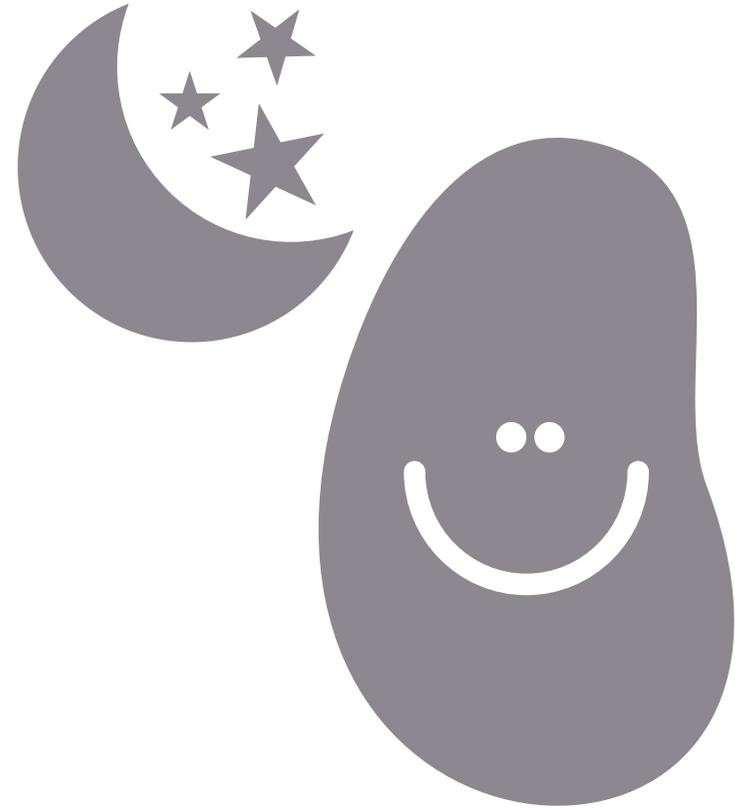




STOP FOOD WASTE.IE

Stop Food Waste

Visit www.stopfoodwaste.ie to learn more on Food Waste.



Safe Spuds

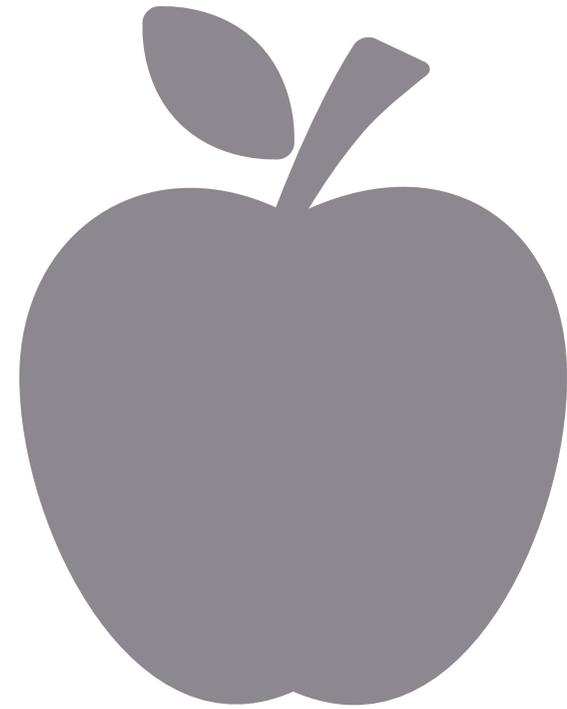
Store in the dark to prevent them becoming green. Green spuds are unsafe to eat.





Meal Plan

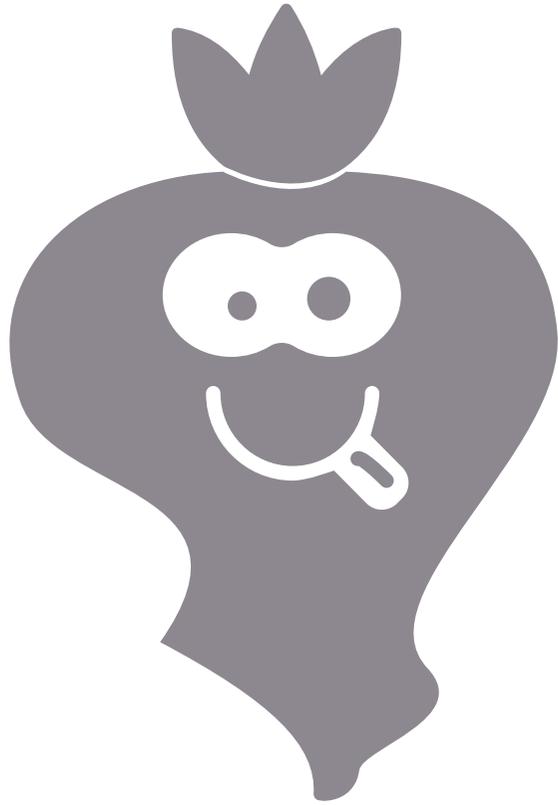
Plan your dinners for the week so you know exactly what to buy.



Apple

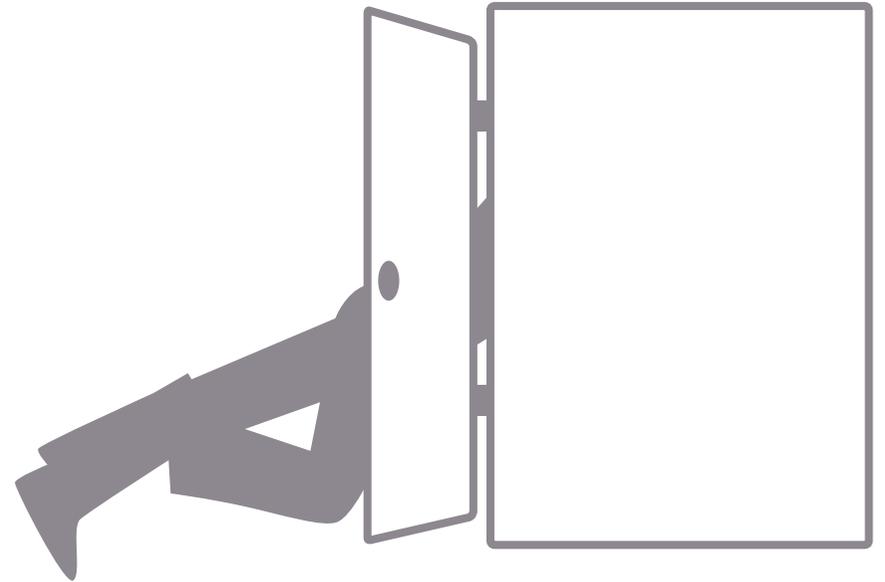
An apple a day keeps the Doctor away.





Wonky veg

Wonky or misshapen veg are just as tasty as perfect shaped veg.



Poke around cupboard

Looking for ideas on what to make - check what needs using up in the cupboard first.





Eat seasonal

Seasonal fruit and veg tastes better and costs less.



Shopping Hungry

Don't shop when hungry, you'll buy more than you need!





BOGOF

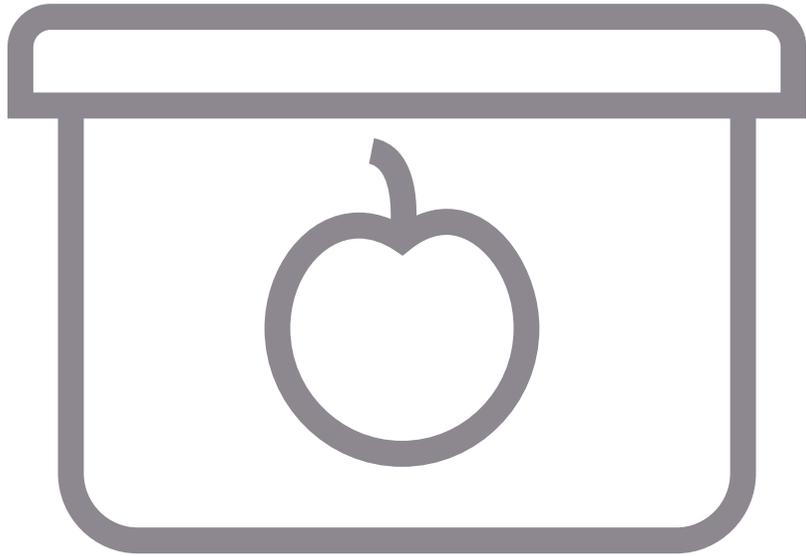
Buy-One-Get-One-Free can be wasteful if not all used.



Refill

Avoid wasting a new bottle for your daily drink.





Lunch box

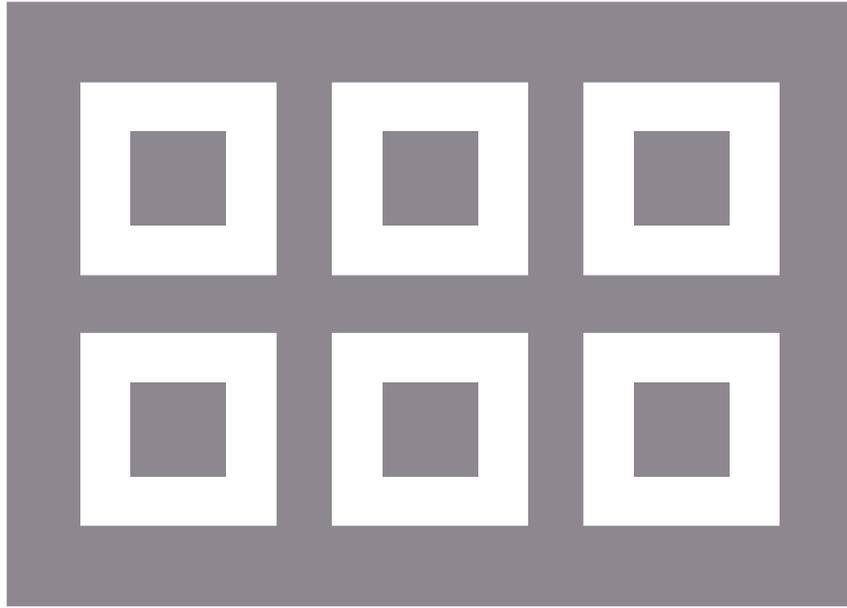
Keep it waste free.
Avoid cling film and tinfoil.



€700

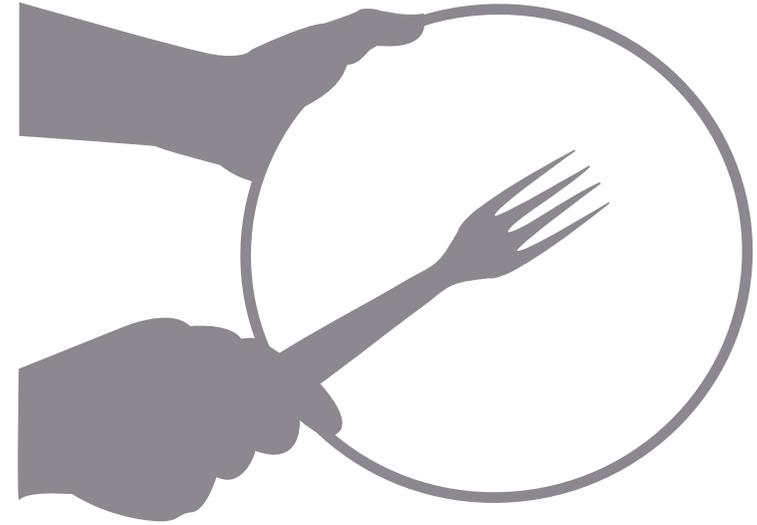
The amount each family wastes on food
binned each year.





Chill Out

Freeze chopped fresh herbs in ice cubes.



1/3

The amount of food that ends up in the bin.





A clean plate

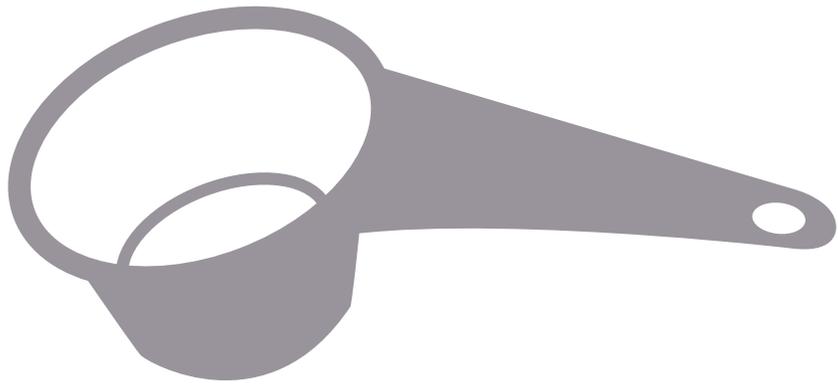
A clean plate at the end of a meal is waste free and a compliment to the cook.



Go vegetarian

Ditch the meat for some meals. Healthy for you and the planet.





Right amount of rice

Use a measuring cup for the perfect portion of rice.



Banana storage

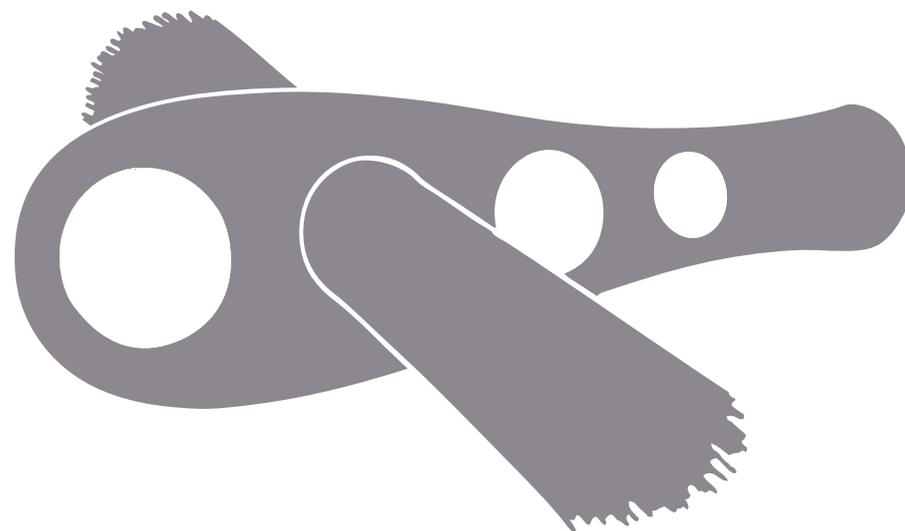
Choose loose when buying.
Store separate from other fruit and veg.





Mash potato

Measure with an ice cream scoop for proper portions.



Pasta

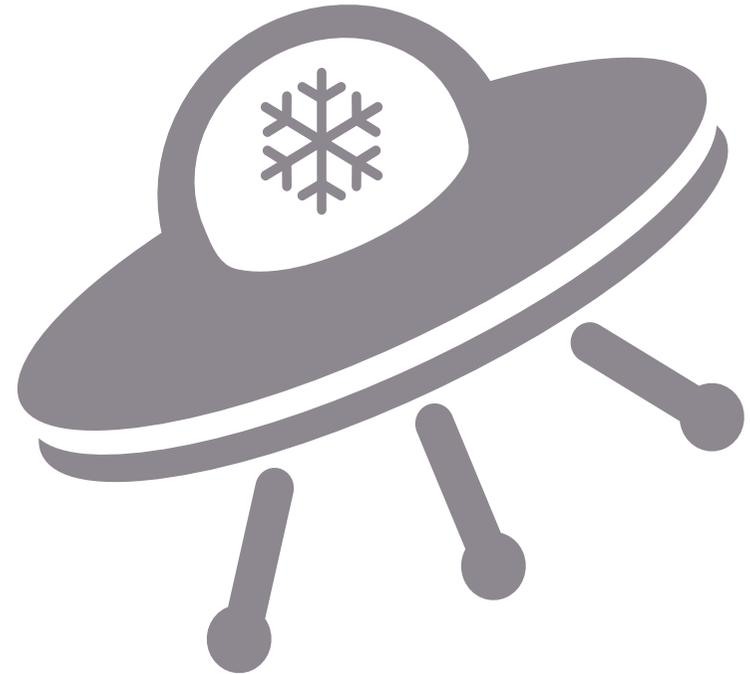
Don't cook extra pasta. Measure to get the right amount.





Salad

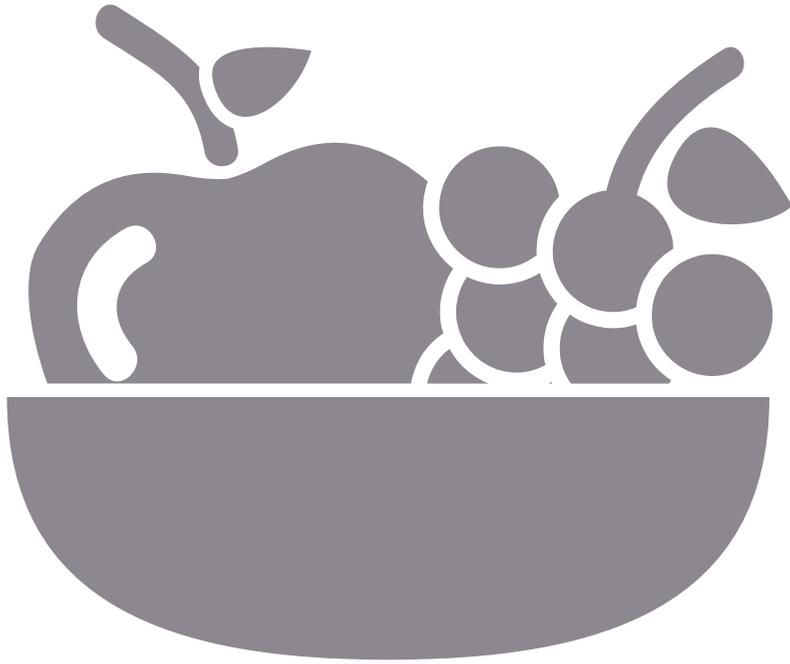
50% of salad & lettuce are binned.
If you buy it, use it!



UFOs

Check your freezer for Unidentified
Frozen Objects and make
a meal out of it!





Fruit

Five a day is the way to go for a healthy diet.



Potatoes

Don't be ageist.
A few wrinkles or sprouts are harmless.

