

The "A2UFood Training Kit": A Path to Food Wastage Reduction

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Abstract

Food loss and waste is a global issue because of its environmental impacts and intense resources use, its financial losses and its social consequences. The A2UFood project aspires to design and implement a holistic management scheme in which all aspects of reduction, reuse, and recycling of food waste are included. An integral part for an efficient strategy to combat food wastage is the awareness and information of the public. Among the designed off line activities of the A2UFood project developed in the localized detailed informative and dissemination campaign, were the following: promotion materials (e.g., leaflets, communication spots) and events and/or activities for public awareness, publicity, visibility and training to citizens and related enterprises. In this context, the "A2Food training kit", in the form of an e-book, had a key role, in order to involve a large percentage of the population, in a participatory way. It includes a short theoretical background and nine sets of participatory activities. All the above activities are linked to Education for Sustainable Development and are related to the respective Sustainable Development Goals with content related/adjusted to the topic. The dissemination model employed draws on adult education theory under the form of participatory workshops and follows also the "train the trainers" principle. All the workshops are based on the principles of active learning related to real life experience and cooperative learning. Along line with these theories, learning is best conceived as a continuous holistic process of adaptation to the world through the transformation of experience. Following these principles, the activities designed for the workshops aimed to bring participants' preexisting experience, values and beliefs into confrontation with the new context. Therefore, participants were engaged in reflective learning experiences rather than just been exposed to information. Since the main aim of the workshops was the transformation of long-time established practices regarding food waste management, the implemented activities shifted from the superficial transmission of information, tips

(i.e. shopping) and data to the ability of solving problems applying the principles and ideas of sustainable food waste hierarchy. To date, the present material has been used in six workshops. Moreover, this period our team responding to COVID19 pandemic made the necessary adjustments so that all activities can be implemented in a new form, adapted to the distance training (learning) environment. In this last form has been used in two more workshops.

Keywords: Food waste, Education for sustainable development, Participatory workshops, Food prevention, Awareness raising

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