

A person wearing a bright yellow t-shirt is holding a large bunch of fresh, orange carrots with green leafy tops. The t-shirt has a logo that includes the word "OZHARVEST" and "Our Country" below it, surrounded by various agricultural icons. The background is blurred, showing what appears to be a greenhouse or farm setting with plants and structures.

# **OZHARVEST**

## **NOURISHING OUR COUNTRY**







An aerial photograph of Sydney, Australia, featuring the Sydney Opera House in the foreground, the Sydney Harbour Bridge in the middle ground, and the Sydney city skyline in the background. The water is a deep blue-green, and the surrounding land is lush green. A large white cruise ship is docked on the left side of the image.

**IN AUSTRALIA WE WASTE MORE THAN  
5 MILLION TONNES OF FOOD EACH YEAR.**





**FOOD INSECURITY IN AUSTRALIA.**

---



A photograph of an OZHARVEST warehouse and its fleet. The warehouse is a large, grey corrugated metal building with a yellow frame around the entrance. The word "OZHARVEST" is written in large black letters on the yellow frame. In front of the warehouse, four yellow vans are parked. The vans have "OZHARVEST" and "OUR COUNTRY" written on them, along with various icons. The license plates of the vans are "COS-58E", "CA-38-AD", "CYC-28B", and another one partially visible on the right. A semi-transparent black box with white text is overlaid on the center of the image.

**OZHARVEST**

**OUR FOUR PILLARS:  
RESCUE, ENGAGE, INNOVATE, AND EDUCATE**





# FEAST

FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

---



**INSPIRING KIDS TO  
EAT HEALTHY,  
WASTE LESS  
AND BE  
CHANGE-MAKERS  
IN THEIR  
COMMUNITY.**

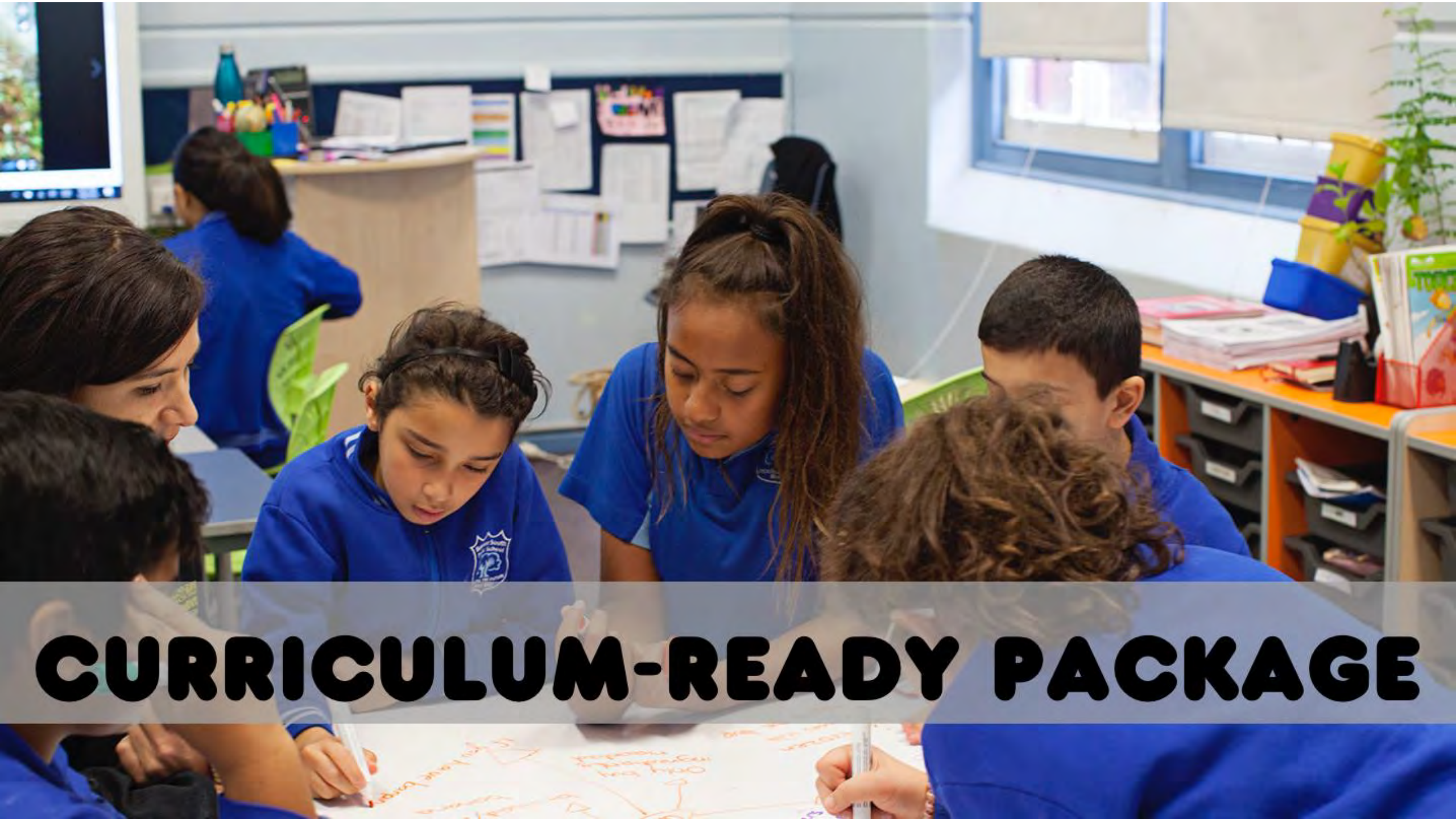






# **FEAST PROGRAM COMPONENTS**





# **CURRICULUM-READY PACKAGE**





# TEACHER TRAINING



# FEAST Food Education & Sustainability Training

[Edit](#)

COURSE

AB

By Amelia Berner

**Overview**

[My Progress](#)

[Discussion/Notes](#)

[Reports](#)

[Settings](#)

This online course aims to help teachers and students in primary schools understand more about healthy eating, food waste prevention, and the vital part we play in ensuring that all Australians have a sustainable future.

We want to empower Australian school-aged students to be change makers in their communities by improving their nutritional literacy, food waste awareness and environmental responsiveness.

We need you, the teachers to make that a reality! We are very excited to have you on board and hope you enjoy the resource as much as we did in creating



0



0

Share

Assign

...



1 assigned



9 enrolled



Enrolled

Continue

# ONLINE TEACHER TRAINING





# CLASS KITCHEN KITS



## RECIPES

# FAST FRITTERS

**10M**

Prep time

**15M**

Cook time

**5**

Serves

**\$1**

Cost per person

### INGREDIENTS

- 1 ½ cups self-raising flour (wholemeal if possible)
- 1 cup milk
- 2 eggs – lightly beaten with fork
- 1 cup frozen peas and corn (defrosted) or cans of creamed corn
- 1 cup tasty cheese grated
- 4 shallots chopped
- 3-4 tablespoons of olive oil
- Pinch of salt and pepper

### EQUIPMENT

- Large bowl
- Fork
- Measuring spoons
- Measuring cups
- Electric frying pan
- Plastic spatula
- Wooden spoon

### SKILLS

Science and chemistry in food production, cooking, dicing and measuring

### HINTS AND TIPS

- ➡ Add feta to mixture instead of tasty cheese. Add lots of herbs, fresh or dried such as parsley, basil, mint, chives or coriander
- ➡ Buy a big bag of frozen veggies the next time you go shopping. You will always have carrots, corn, and peas ready to make fritters



**I LOVE FRITTERS**

## STEPS



➡ In a large mixing bowl combine flour, milk, eggs, salt and pepper, make sure there are no lumps



➡ Add peas and/or corn, cheese and shallots to the above mixture and using a wooden spoon mix together



➡ Heat 1 tablespoon of olive oil in a fry pan, when hot, add 2 tablespoons of batter for each fritter, repeating to make about 3 fritters at a time



➡ When they form bubbles on the top, it is time to flip!



➡ After 2 or 3 minutes transfer from the pan to plate



➡ Repeat the above process to finish the batter – makes approximately 15-20 fritters





# PILOT PROGRAM



# CANTERBURY BANKSTOWN

## COMMUNITY ANALYSIS

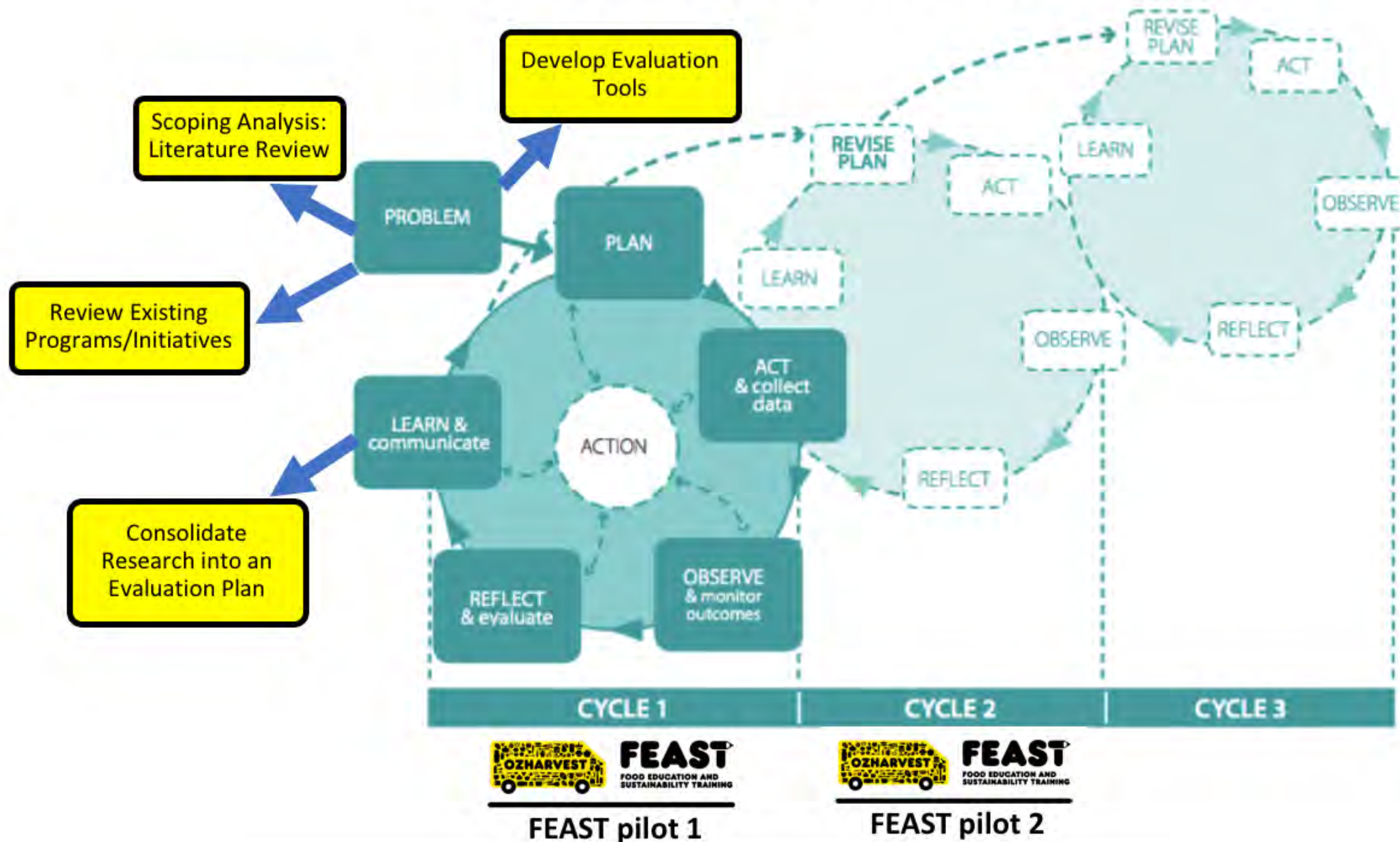
Scored **927.5** out of  
**1000** on the Social  
Economic Index for  
Area (SEIFA) (ABS, 2016)

**9th most  
disadvantaged  
Statistical Local Areas  
in NSW** (ABS, 2013)





# PILOT OVERVIEW







PILOT OUTCOMES



## OBJECTIVE

50% of participating students will understand the importance of food waste issues on a local and global scale.

## OUTCOME

97% know what food waste is.

79% consider the impact of food waste on their community.

85.6% consider the impact of food waste on the environment.





## OBJECTIVE

50% recognise what behaviours can reduce food waste in home/school.

## OUTCOME

64% have a greater awareness of what is thrown in their bins.

Every student shares, a tip or trick to reduce food waste at home/school at the FEAST cookbook launch.





## **OBJECTIVE**

50% of students can prepare, cook and store nutritious food sustainably.

## **OUTCOME**

96% confidently prepare, cook and store food.

95% enjoyed the classroom cooking activities.

91% would like to cook more.







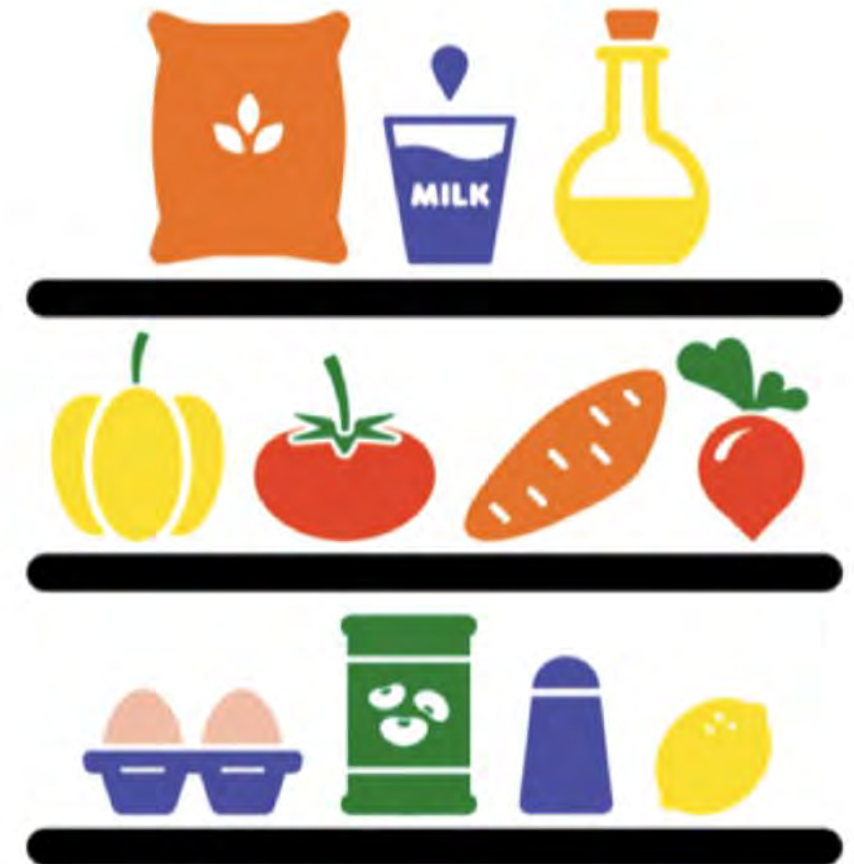
## OBJECTIVE

80% of students will increase their daily fruit servings by  $\frac{1}{2}$  and vegetables by 1 serve.

## OUTCOME

82.5% of met their daily fruit intake (2 serves)

23% consumed above 4 serves of vegetables daily





## OBJECTIVE

Engage community members in classroom cooking workshops.

## OUTCOME

- Over 10 parent/caregiver
- DET Indigenous Education Coordinator
- Local sports teams
- Council members
- Local High School



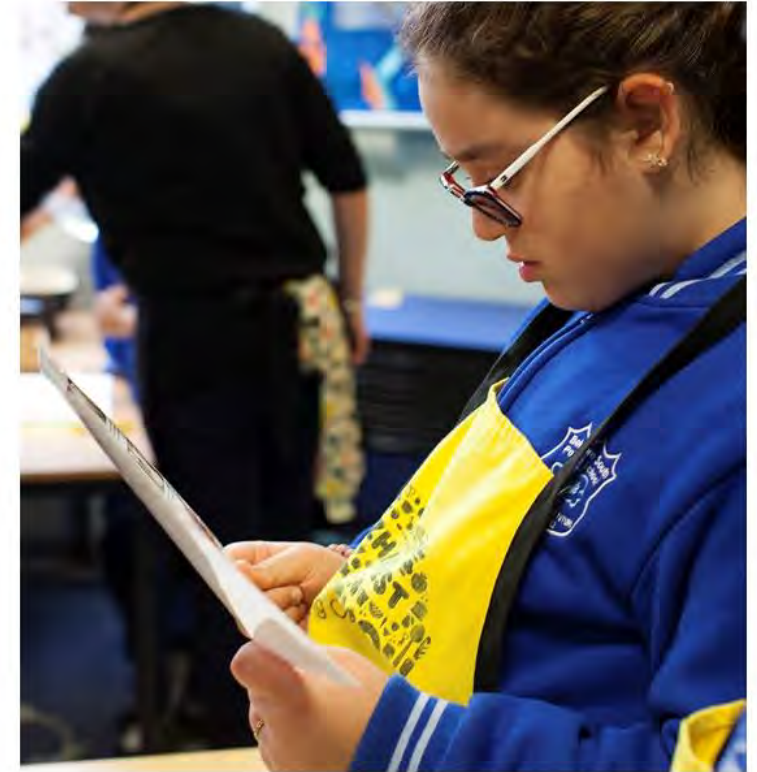


## OBJECTIVE

Teaching staff implement Stage 3 program.  
Activities curated to suit learning stages and abilities.

## OUTCOME

Teaching staff successfully implemented program.  
Activities addressed students needs and abilities.



*“What I like about the FEAST program is a lot of it can be modified to suit the needs of my class, there is so much great content and variety”*

– Rasha, Stage 3 teacher from Lakemba Public



BELMORE SOUTH PUBLIC SCHOOL

# Waste Not Want Not Cookbook

Created in association with OzHarvest  
as part of the FEAST program



## It's time to FEAST!

This term, the Stage 3 students at Belmore South Public School have been privileged to participate in a pilot of OzHarvest's FEAST (Food Education and Sustainability Training) program. The FEAST program gives students (and teachers!) the opportunity to practise cooking real recipes whilst learning about the issue of food waste.

OzHarvest is Australia's leading food rescue organisation, collecting quality excess food from commercial outlets and delivering it directly to more than 1000 charities supporting people in need across the country.

Food waste costs Australia an estimated \$20 billion a year. A massive five million tonnes of food ends up in landfill, with over half of this coming from our homes – this is more than the combined waste from farms, manufacturers, supermarkets and the hospitality industry.

We are very proud our students for being so quick to take up the issue of food waste. We have been very impressed watching them use their creative talents to design and illustrate authentic recipes that help address the food waste problem at home.

We hope you enjoy this family cookbook and have fun making our delicious recipes!

“Wasting Food  
wastes everything:  
water, land, energy,  
labour, money  
and love”

– OzHarvest





## FEAST Quotes

*"Before OzHarvest came to our school I never really cared about where the food went when I threw it out... and now I do."*

- Ifra, Year 6 student from Lakemba Public School

*"Since beginning the FEAST program I've noticed a huge change in my students at school. A lot of the kids are talking about how they are trying out new recipes at home"*

- Rasha, Stage 3 teacher from Lakemba Public School

*"The self-esteem and confidence of the students has increased dramatically since participating in the FEAST program. I now have students telling me they want to be chefs and work in health when they finish school"*

- Serena, Stage 3 teacher at Belmore South Primary School.



# ACHIEVEMENTS



Education  
Standards  
Authority



**Youth Eco Summit**  
PRIMARY Schools





# DELIVERING ON





---

# KEY STEPS TO MAKE IT HAPPEN

## **1 FEAST PILOT PROGRAM**

OzHarvest's FEAST Pilot Program will be rolled out in 8 Sydney schools, targeting children (8-12 yrs) in June-Sept 2018.

## **2 FEAST STATE LAUNCH**

After successful implementation of the pilot, the program will be expanded and scaled across New South Wales in 2019.

## **3 FEAST NATIONAL LAUNCH**

The FEAST Program will be launched across all Australian schools in 2020, addressing the Australian school curriculum,



**THANK YOU**  
**ANY QUESTIONS?**

---







# FEAST

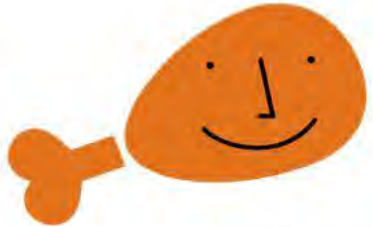
**FOOD EDUCATION AND  
SUSTAINABILITY TRAINING**

---

## **CREATIVE CLASSROOM COOKING WITH NUTRITIONAL EDUCATION AND FOOD WASTE PREVENTION**

Register your school at: [www.ozharvest.org/feast](http://www.ozharvest.org/feast)

E-mail enquiries to: [feast@ozharvest.org](mailto:feast@ozharvest.org)







# REFERENCES

---

- 1) Black, R. E., Morris, S. S., & Bryce, J. Where and why are 10 million children dying every year?. The Lancet [Internet]. 2003 Jun 28 [cited 2018 Mar 05];361(9376):2226-2234. Available: <https://www.ncbi.nlm.nih.gov/pubmed/12842379>.
- 2) Food and Agriculture Organization, International Fund for Agricultural Development, UNICEF, World Food Programme, & WHO. The state of food security and nutrition in the world 2017: Building resilience for peace and food security [Internet]. 2017 [cited 2018 Mar 18]. Available: <http://www.fao.org/3/a-17695e.pdf>.
- 3) Van Weelie D, Wals A. Making biodiversity meaningful through environmental education. Int J Sci Educ [Internet]. 2002 Nov [cited 2018 Feb 02];24(11):1143-1156. Available: <http://www.tandfonline.com/doi/abs/10.1080/09500690210134839>.
- 4) UN Environment [Internet]. Nairobi: United Nations Environmental Programme; 2018. About UN Environment. [cited 2018 Feb 08]. Available: <https://www.unenvironment.org/terms-use>.
- 5) United Nations Sustainable Development. United Nations Conference on Environment and Development – AGENDA 21 [Internet]. 1992 June 3-14; Rio de Janeiro, Brazil: United Nations Environmental Programme. Available: <https://sustainabledevelopment.un.org/content/documents/Agenda21.pdf>.
- 6) Food Bank, McCrindle. Rumbling Tummies Full Report [Internet] 2018 Apr 01 [cited 2018 Apr 18]. Available: <https://www.foodbank.org.au/wp-content/uploads/2018/03/Rumbling-Tummies-Full-Report-2018.pdf>.
- 7) State Government of NSW, Environmental Protection Authority (EPA), Love Food, Hate Waste. Food waste avoidance benchmark study [Internet]. Sydney: EPA; 2012 [cited 2018 Jan 18]. Available: <http://www.lovefoodhatewaste.nsw.gov.au/Portals/0/docs/Report%20-%20Benchmark%20Survey%202009.pdf>.





# REFERENCES

---

- 8) Frydenberg J. Roundtable on food waste marks the beginning of halving Australia's food waste by 2030. Minister for the Environment and Energy, Commonwealth of Australia. Media Release 2017 [Internet], Apr 2017 [cited 2018 Jan 15]. Available: <http://www.environment.gov.au/minister/frydenberg/media-releases/mr20170411.html>.
- 9) Torisi MR. Food waste in Australia: Strategic analysis paper. Global Food and Water Crisis Research Programme, Future Directions International, May 2014 [cited 2018 Jan 18]. Available: <http://www.futuredirections.org.au/publication/food-waste-in-australia/>.
- 10) Reynolds C, Mavrakis V, Davidson S, Hoj S, Vlaholias E, Sharp A, et al. Estimating formal household food waste in developed countries: The case of Australia. Waste Manage Res [Internet], Sep 2014 [cited 2018 Jan 18];32(12):1254-1258. Available: <http://journals.sagepub.com/doi/abs/10.1177/0734242X14549797?journalCode=wmra>.
- 11) Parfitt J, Barthel M, Macnaughton S. Food waste within food supply chains: quantification and potential for change to 2050. Philos Trans R Soc Lond B Biol Sci [Internet]. Aug 2010 [cited 2018 Jan 15]. Available: <http://rstb.royalsocietypublishing.org/content/365/1554/3065>.
- 12) State Government of New South Wales, Environmental Protection Authority (EPA). Love Food, Hate Waste: NSW food waste tracking survey 2015-16 [Internet]. 2016 [cited 2018 Jan 18]; NSW. Available: <http://www.lovefoodhatewaste.nsw.gov.au/Portals/0/docs/Report%20-%20Tracking%20Survey%202015-2016.pdf>.
- 13) Department of Environment, Australian Government. Working together to reduce food waste in Australia: Food loss and food waste is a global problem affecting our economy, society, and environment [Internet]. 2016 [cited 2018 Jan 18]. Available: [https://www.environment.gov.au/system/files/pages/25e36a8c-3a9c-487c-a9cb-66ec15ba61d0/files/factsheet-food-waste\\_0.pdf](https://www.environment.gov.au/system/files/pages/25e36a8c-3a9c-487c-a9cb-66ec15ba61d0/files/factsheet-food-waste_0.pdf).





# OZHARVEST

## FIGHT FOOD WASTE SCHOOL PRESENTATIONS

Copyright ©OzHarvest 2018. All rights reserved.

While reasonable efforts have been made to ensure that the contents of this educational resource are factually correct, OzHarvest does not accept responsibility for the accuracy or completeness of the contents and shall not be liable for any loss or damage that may be occasioned directly or indirectly through the use of, or reliance on, the contents of this educational resource. Information contained in this educational resource may be copied, translated or reproduced for the study, research, information or education purposes provided that an acknowledgement is included in any subsequent publication.

The resource can be shared and adapted but must give appropriate credit and indicate if changes were made. The material may not be used for commercial purposes. The following statement must be used on any copy or adaptation of the material. Copyright: OzHarvest 2018 except where indicated otherwise.

Presentations designed with love by Elisha West and Alex Broers.

