



# Method buffet with recipe suggestions

A selection of methods and  
workshop procedures for  
educational work on the  
topic of food appreciation



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# Introduction

Dear food rescuer in education work,

Thank you for your interest in the foodsharing academy's method buffet. We look forward to you using it in your educational work for more food appreciation.

The foodsharing academy is a group of educational activists within the foodsharing movement. It was founded in 2018 and its work can be divided into two main areas.

On the one hand, it raises awareness of the issue of food waste in a global, socio-ecological and climate policy context and thus contributes to sustainable and development education in German-speaking countries. For this purpose, it offers foodsharing activists, educators and multipliers in the fields of development policy, environment and sustainability, among others, a topic-specific educational programme in the form of face-to-face seminars, further training and online seminars. On the other hand, it provides materials to support and train people in their commitment.

The pantry is an extensive collection of knowledge on the topic of global food waste, which provides an overview of exciting initiatives, scientific studies, training and relevant literature. It also contains a timeline of the political development of the topic and puts it in relation to the history of foodsharing. You can download the pantry at <https://www.foodsharing-akademie.org/material-storage/>.

With this method buffet as a supplement to the pantry, we want to support you specifically in your planning of educational units. First, we give a few tips on planning and implementing face-to-face and online events. Then we will serve up five courses of crisp methods on the topic of food appreciation. The content is based on the concept of global learning.

The method buffet is rounded off with recipe suggestions for workshops with children, young people and adults as well as an online variant. The Feel free to use recipe suggestions for guidance when planning your event.

By the way: In the method buffet we keep talking about food waste and food loss. But what is actually the difference?

- **Food losses** are not directly intentional. They occur, for example, due to inadequate infrastructure during transport and storage, as a result of a storm, but also if the technology fails during a food transport and thus the cold chain is interrupted. Food losses also include parts of the food that are not suitable for human consumption (e.g. bones).
- **Food waste**, on the other hand, is caused by given structures and consumption habits and is, to a certain extent, „intentional“. This includes, for example, market-immanent overproduction, the underploughing of vegetables in the field, products that are sorted out because they are past their best-before date, or even when food ends up in the bin because too much has been bought.

Food loss and food waste are usually collectively referred to as „food waste“ in English documentaries.

Would you like to take part in one of our events or are you looking for further materials? You can find news about our work on our website [foodsharing-akademie.org](https://www.foodsharing-akademie.org).

Have fun browsing, preparing and trying out!

Thore and Pia  
on behalf of the foodsharing academy

# Handling

This handling shows you how to use the method buffet for your educational work. The structure of the method buffet is based on the concept of global learning and is divided into five chapters (here: courses). After this handling, there are some tips for face-to-face and online events before moving on to the methods section:



The **aperitif** opens the buffet with energisers that help restore concentration and wake participants up between seminar sessions.



The **starter** includes methods to introduce the topic and games to get to know each other in the group.



The **main course** contains different methods that focus on knowledge transfer.



In the **dessert**, reference is made to one's own actions and the question „How can I myself or we as a group become active?



The **digestif** concludes with methods that help to reflect together as a group on what has been learned and to summarise it in a feedback.

Afterwards you will find some schedules for workshops (here: recipe suggestions) for the target groups children, young people and adults as well as a concept for an event in the digital space.

The methods come from the foodsharing community, were (further) developed by the team of the foodsharing academy or originate from other large-scale initiatives. We have indicated the origin in the table of contents and on the corresponding page. This update of the method buffet (December 2020) also explicitly addresses digital education.

Each method is marked as to whether it can be used for an in-person or virtual event. If you would like to use the BigBlueButton web conferencing system for your work as a multiplier of the foodsharing movement, please send us an email to [akademie@foodsharing.de](mailto:akademie@foodsharing.de). We will be happy to create a conference room that you can use for your educational work.

In the document, the methods are divided into the categories of exchange, experience, film, game and knowledge. The following icons are used for this:



Exchange



Play



Film



Experience



Knowledge

Some of the methods have attached worksheets that can be downloaded **here**. There you will also find the event planning grid, which you can use to develop your own workshop.

You will also find various presentation templates **here**. We will be happy to send you these as editable files on request to [akademie@foodsharing.de](mailto:akademie@foodsharing.de).

This collection of methods is meant to be a living document: So if you have any food waste methods in mind that would fit well into this collection or if you have further developed one of the methods collected here, please feel free to get in touch at [akademie@foodsharing.de](mailto:akademie@foodsharing.de).



<https://www.foodsharing-akademie.org/methodenbuffet-arbeitsblaetter/>



<https://www.foodsharing-akademie.org/materiallager-praesentationen>

# Tips for face-to-face events

## Checklist for the implementation of events

### Before the event

General conditions of the event

- Clarify with the teacher, supervisor or organiser -

- Group size
- Group age
- Does the group know each other?
- Context of the event (e.g. volunteer seminar)
- Available materials/room equipment (e.g. beamer, flipchart)
- Size of the event room (is there enough space for certain methods?)
- Ask for other special features (e.g. impaired persons)
- Break times
- Prior knowledge of the group
- Certain rituals in the group (e.g. singing bowl to come to peace)
- Contact number for emergencies (e.g. train delayed, illness)
- If necessary, ask the supervisor to be present at all times.

Compile methods

- Prepare/revise event grid (cf. Annex 1)
- Divide up tasks if necessary
- Time estimation/scheduling for the individual methods
- Allow for time buffer and alternatives

### During the event

- Schedule break times/concentration-free phases (e.g. have a picture coloured or do energisers).
- Respond flexibly to the mood of the group with alternatives
- Ask for feedback from the participants at the end of the event.

### After the event

- Ask for and document feedback from the teacher, supervisor or organiser.
- Record information about the event
- Adapt methods and materials for the future, if necessary.

### Tips for a successful event

- Against the volume: If it is too loud or someone wants to speak, one person starts humming. Each person who hears this joins in until only a collective hum is heard. This is held briefly; then the humming stops and all participants are automatically quiet.
- Introduce a show of hands for approval, rejection, speaking order, time-out, procedural proposal, etc.
- Check the energy level every now and then and take a short break if necessary.

# Tips especially for online events

## Checklist for organising events

### Before the event

- Try out the technology beforehand (e.g. many functions have to be set by the host before opening the digital room).
- Offer technical support (e.g. meet 15 minutes in advance already in the digital space)

### During the event

- Explain the most important technical information at the beginning
- Keep constant eye contact with the camera
- Make clear facial expressions and gestures
- Record important results (e.g. through screenshots)
- Hold objects up to the camera

### Tips for a successful event

- Include regular interactions (e.g. small group discussions in breakout rooms or reactions in chat).
- Joint interactive introduction and conclusion increases the bond with the group.
- Clear structure and strict moderation are particularly important in the digital space (avoid long monologues and introduce chat rules e.g. [+] for agreement, [-] for disagreement and [\*] for questions).
- If there are several moderators, define roles (e.g. chat supervisor and technical host).
- Facilitators can communicate during the event, e.g. via an external messenger service.

### General technical information

- Internet connection: For ideal conditions, BigBlueButton requires a download speed of approx. 7 Mbps and an upload speed of 3 Mbps. You can check whether this is the case at <https://bandspeed.de/>, for example.
- Computing power: Video telephony demands a lot from the computer. It is best to close all other programmes except the browser and not have too many tabs open at the same time.
- Headset: The microphone in many computers is of very poor quality. To improve the voice quality, it is therefore worthwhile to use a headset. It also avoids echo, the effect of everyone hearing each other twice if you are not muted.
- Mute: In large groups, it is advisable to mute your own microphone when you are not speaking.

### BigBlueButton software

- BigBlueButton is an open source web conferencing system that we at the foodsharing academy generally use for our online formats.
- BigBlueButton was developed for online learning and is therefore very well suited for educational offerings in the digital space.
- As with all common web conferencing systems, the tool can be used to upload presentations, share the screen, play films and work collaboratively on the presentation slides, in addition to audio and video transmission.
- There is also a chat, shared notes and the possibility to set up time-limited group rooms (so-called breakout rooms).



**Aperitif**



**Starter**



**Main course**



**Dessert**



**Digestif**



## **Energizer**

The aperitif is served to stimulate the appetite and get in the mood for the meal ahead. The energizers you will find in the following chapter will also shake up the group. Energizers are short and loosening games that help to restore concentration and keep the participants going between meals. They can be inserted again and again when attention wanes.

# Dustbin

>> Smart energizer that brings momentum back into the group after any lengthy thematic input. <<

Category:



Target group: Children and young people

Duration: 5 - 10 minutes

Equipment: Chairs

Publisher: Builds on an existing method  
(youth organisation BUND Naturschutz)

Based on the Energizer fruit salad, here, where the participants quickly change places as soon as the appropriate fruit is called. Instead of fruit, expressions from the field of life-saving are used. For example, the following expressions can be used: „yesterday's bread“, „brown bananas“, „expired salt“ „slippery mushrooms“. The word „fruit salad“, at which all the people have to get up is replaced by „dustbin“.



A1

ON

OFF



<https://www.jbn.de/kinder-muepfe/spieleboerse/obstsalat/>

# The bouncing toast

>>An energizer that requires creativity and thrives on situational comedy. <<

Category:



Target group: Children and young people

Duration: 5 minutes

Equipment: Sufficient space to move

Publisher: foodsharing Akademie

All participants stand in a circle, one volunteer stands in the middle. However, this person has the goal to leave the centre as quickly as possible. Therefore, he/she points clearly to a person in the circle and names one of the game figures (toaster, blender, kebab, etc.), which must then be performed by three people.

While the person pointed to represents the middle part of the figure, the players on the left and right complete the „performance“. If one of the three players makes a mistake, he/she has to move to the middle.

- **Toaster:** While the person in the middle jumps up and down like a hot piece of toast, the people on the right and left represent the toaster by stretching their arms vertically upwards towards the toast.
- **Mixer:** The person in the middle represents the holder for two stirring sticks with the arms spread out to the side. The players on the left and right rotate like stirring sticks in this holder.

- **Kebab:** The person in the middle is the skewer and spins around quickly. The player on the left is the holder and holds his finger on the head of the person in the middle and the player on the right cuts strips from the kebab.



A2

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# Bananas united

>> A quick energizer that motivates participants and spreads good vibes. <<

Category:



Target group: Children and young people

Duration: 5 minutes

Equipment: Sufficient space to move

Publisher: several publishers

The group repeats a simple refrain twice. The first time quietly, with small movements, and the second time louder with increased movements. An example video can be found **here**.

## Tipp/ Variation:

There are several versions of the song. You can extend it with as many verses as you like. The song can also be applied to other fruits or vegetables. **Here** is another version.

## Suggested Test (Based on Version 1)

All bananas of the world get united.  
(1x)

And I save banana, save save banana.  
(2x)

And I peel banana, peel peel banana.  
(2x)

And I cut banana, cut cut banana.  
(2x)

And I shake banana, shake shake banana.  
(2x)

And I drink banana, drink drink banana.  
(2x)

And I digest banana, digest digest banana.  
(2x)

And go banana, go go banana.  
(2x)

A3

ON

OFF



Version 1:  
<https://www.youtube.com/watch?v=jzxSHH3-xM4>



Version 2:  
<https://www.youtube.com/watch?v=o6gHL1LJ-HQ>

# Online Energizer

>> In digital rounds, the tried and tested energizers don't work so well. So here are some online alternatives. <<

Category:



Target group: Suitable for all ages

Duration: max. 10 minutes per energizer

Equipment: The Energizer „Group Art“ requires software that supports collaborative drawing.

Publisher: foodsharing Akademie

- **Find an object that...:** The facilitator asks the participants to find an object that fits a certain category as quickly as possible and to hold it up to the camera (e.g. a blue object from their personal environment). This can be repeated several times with different questions and the objects can also be related to food.
- **Group art:** The participants have the task of painting a picture together. The facilitator can choose a title such as „Feast“ or „Snack Disco“.
- **Congratulations and gifts:** Participants are asked to find an object in the room and symbolically give it to one or more people. Depen-

ding on the size of the group, this can be done in plenary or in break-out sessions. For this energiser, it is best if the participants already know each other a little and it can be used very well at the end of a unit.

## Some ideas:

### Search for a thing that is...

- Absolutely necessary for the favorite food.
- Has the same color as a lemon.
- Tastes bitter.

### Wishes and presents

- Example: Gift a nut cracker, to crack the current problem and overcome challenges.

A4

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**Aperitif**



**Starter**



**Main course**



**Dessert**



**Digestif**



**Welcome, getting to know the participants and introduction/entry into the topic**

The starter contains first thematic bites as well as games to get to know each other within a group. What is the prior knowledge? Are there already points of contact with the topic? What is the participants' perspective on the issue? Methods that try to find out exactly that can be found in the following chapter.

# Nutrition guide

>> Complete the individual stations of the workshop and become a food expert. <<

Category: 

Target group: Children

Duration: Accompanying the event

Ausstattung: Printed nutrition license and pen

Publisher: from the foodsharing community

Each participant receives a card (nutrition guide) with all the stations that are passed through; a tick may be placed after each station or programme point. At the end of the event, the participants hold a symbolic „award“ in their hands that identifies them as food experts. **Here** is a template to download.



V1

ON

OFF

 <https://www.foodsharing-akademie.org/methodenbuffet-arbeitsblaetter/>

# Name association

>> Especially recommended for groups of strangers and when the group is together for a longer period of time. <<

Category:



Target group: Suitable for all ages

Duration: Varies according to group size

Equipment: None

Publisher: foodsharing Akademie

First names and nicknames are supplemented with suitable alliterations from the food sector. Here, for example, works „Meatloaf-Mia“, „Chanterelle-Charlie“, „Artichoke-Adam“. With a matching movement, this makes it easier to remember the names of the people in a group.

## Tipp/ Variation:

For a higher level of difficulty, you can also prefix an adjective in addition to the food (e.g. jubilant Jackfruit-Judith).



**Pineapple Petra**



**Kohlrabi Kaya**



**Mushroom Mike**

V2

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OFF

# Video clips

>> Both videos are a quick way to introduce the change to the main course and start a discussion round. <<

Category:



Target group: Suitable for all ages

Duration: 5 minutes (+ discussion time)

Equipment: Laptop, loudspeakers, beamer and screen or television

Publisher: Germanwatch & Bread for the World, Browser Ballet

## Klima-Gericht (Climate Dish):

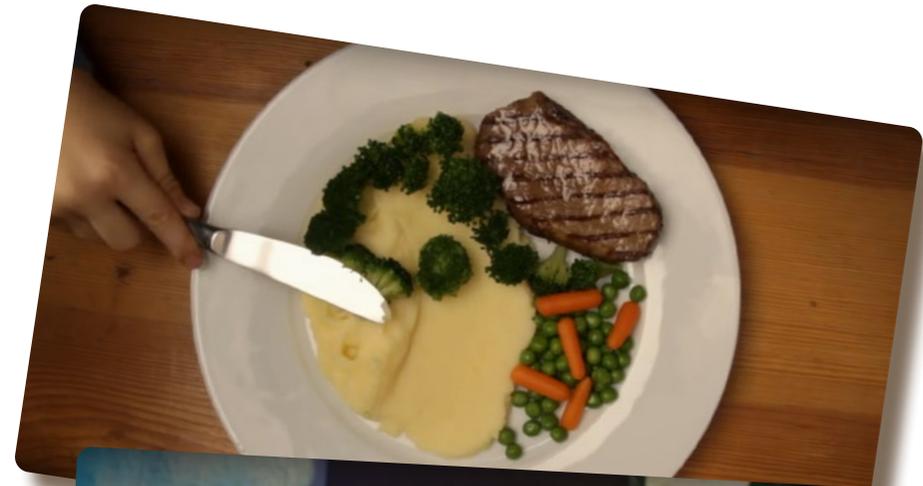
Short video clip, **here** (1:07 minutes), symbolising the impact of our diet on climate catastrophe.

## Das größte Verbrechen unserer Zeit (The greatest crime of our time):

Satirical video, **here** (2:15 minutes), which critically questions the proportionality of the legal situation with regard to containerisation.

### Tipp/ Variation:

This can be followed by a good discussion.



V3

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OFF



Klima-Gericht (Climate Dish):

<https://www.youtube.com/watch?v=6d5F1v198l0>



Das größte Verbrechen unserer Zeit (The greatest crime of our time):

<https://www.youtube.com/watch?v=3XcTwi3dKOM>

# Waste

>> Informative short film that compactly presents the connection between food and resource waste. <<

Category:



Target group: Young people and adults

Duration: 10 minutes (+ discussion time)

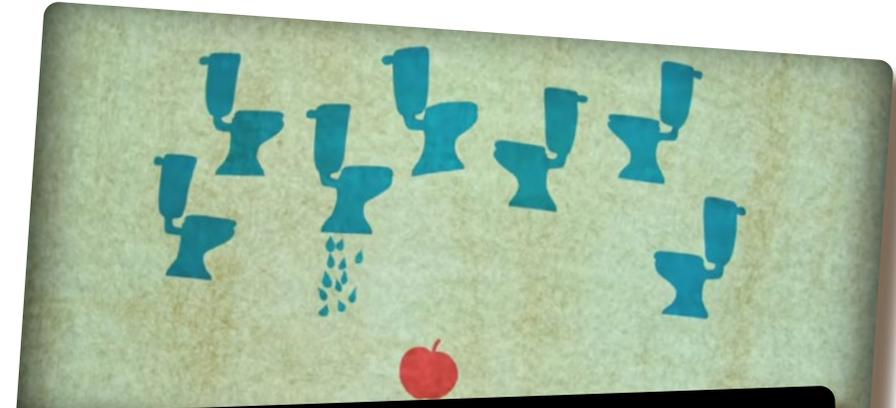
Equipment: Laptop, loudspeakers, beamer and screen or television

Publisher: SCHNITTSTELLE THURN GbR

**This** film (6:47 minutes) from 2013 gives a good overview of the consequences of food waste. Impressive images from the film „Taste the Waste“ are combined with powerful data from scientific studies. The focus of the film is on the waste of resources caused by food waste. Here, the factors of virtual water, land consumption, greenhouse gas emissions and the particular effects of livestock farming are explicitly addressed.

### Tipp/ Variation:

A short film like this can be a good basis for a discussion.



V4

ON

OFF



<https://www.youtube.com/watch?v=RukR368mQ84>

# Position barometer

>> Good method to get a first impression and to determine the prior knowledge of the group. <<

Category:



Target group: Suitable for all ages

Duration: 15 minutes

Equipment: Sufficient space for positioning

Publisher: Konzeptwerk Neue Ökonomie e.V. and Fairbindung e.V.

Various questions are asked of the group. The participants then have to position themselves on an imaginary barometer according to whether they agree (yes/+) or disagree (no/-). After positioning, it is advisable to ask for the opinion of individual participants. A supplementary method description of Fairbindung e.V. can be found **here**.

## Tip/ Variation:

Take food as an example (e.g. brown banana) and choose/adapt questions according to age level and group. As a transition to the main course, an estimation question on food waste is suitable (e.g. How much does each of us throw away on average per year? 0-100 kg) Answer: 55 kg.

Source: Study commissioned by the Federal Ministry of Food and Agriculture (BMEL), Systematische Erfassung von Lebensmittelabfällen der privaten Haushalte in Deutschland (2017).

## Example questions:

- I know exactly what food waste means.
- I would still eat these brown bananas
- I often notice some food waste around me.
- I let food advertisements guide me.
- I always check where fruits and vegetables are produced.
- I don't like paying too much for food
- I often have to throw away food.
- When I throw away food, it does not impact others.

## Online application:

In many video conferencing tools (also BigBlueButton) there is a multi-user mode for drawing on slides. So simply create a slide with the question and the barometer in advance and ask all participants during the workshop to either make a cross at the corresponding position or write down their name.



<https://www.endlich-wachstum.de/kapitel/lebensmittel-zum-zweck/methode/wie-stehe-ich-zu-2/>

V5

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OFF

# Associations with photos

>> Nice way to initiate conversations in a plenary and to clarify issues through photos. <<

Category:



Target group: Young people and adults

Duration: 45 minutes

Equipment: Suitable pictures or objects, posters, several pens and tables if necessary.

Publisher: foodsharing Akademie

Silent discussion with the leading question „What associations/thoughts do the pictures evoke in you?“ „Is food being wasted?“ „Or saved or used after all?“ To the stations of production, distribution, consumption and disposal. For each station there is a picture, **here**, this is positioned in the middle of a poster. It is a good idea to place each picture and poster on a single table. Afterwards, each participant can write his/her thoughts on the posters. Finally, the silent notes are summarised and discussed in plenary.

## Tipp/ Variation:

The participants could also be given the task to collect reasons for food waste in the production step in group work.



V6

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OFF



<https://www.foodsharing-akademie.org/methodenbuffet-arbeitsblaetter/>

# Foodlabhome Quiz

>> Through this interactive quiz, personal knowledge levels can be put to the test. <<

Category:



Target group: Suitable for all ages

Duration: min. 15 minutes

Equipment: Each person/small group needs access to a computer or smartphone

Publisher: FoodLabHome project at Leuphana University Lüneburg

At which station in the value chain does most food waste occur? Which sector emits how many greenhouse gases and which foods are particularly harmful to the climate? This quiz makes clear the influence of our food consumption on the climate crisis. The questions can be worked on individually or in groups on a computer or smartphone. The methodology of the questions is varied as well as interactive and includes five tasks. Click **here** to go to the quiz.

## Wie entstehen die Treibhausgase?

Und wodurch entstehen diese Treibhausgase jeweils in der Produktion und bei dem Konsum von Lebensmitteln? Ein Klick auf jede Karte verrät es dir.



Landwirtschaft



Transport



Industrie



Supermarkt



Zuhause



Restaurants

V7

ON

OFF



<https://www.foodlabhome.net/online-module/klimakrise/#lebensmittelkette>



# Food use BINGO

>> Great way to get to know other participants better and to get into a first exchange about food appreciation. <<

Category:



Target group: Very variable depending on the content of the bingo

Duration: 10 minutes

Ausstattung: Printed bingo slips (one per participating person)

Publisher: foodsharing Akademie



Each person is given a piece of paper with a grid (5x5) of boxes on it. Above the grid is the heading: „Find a person who...“. In each box there is a characteristic to which the participants then have to find another person from the group to whom this characteristic applies. The game is over when one person has a bingo (a full row horizontally, vertically or diagonally). Click **here** to go to the BINGO sheet.

## Tipp/ Variation:

At the beginning of the workshop, the participants are given a blank grid and are allowed to fill in terms such as „bin“, „overproduction“ or „saved“ and phrases such as „best-before date has expired“ or „you can still eat that“. If at any time during the workshop one of the terms or phrases comes up, the respective box can be ticked off. Whoever has a row full calls out loud BINGO. The game ends with the first BINGO. Here is the empty BINGO grid as a template.

## Online Anwendung

Variant 1: The properties are numbered from 1-25. Then generate a random sequence of numbers (without repetitions) and read out the numbers with the corresponding characteristics one by one. If a characteristic applies to a person in the group, the respective box may be coloured in. This is done until a BINGO is reached or the group is completely finished.

Variant 2: The participants go through the characteristics together in breakout rooms with 3-5 people and collectively try to achieve one or more BINGOS as a group.



<https://www.foodsharing-akademie.org/methodenbuffet-arbeitsblaetter/>

V8

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OFF

# Plenary discussion

>> This method supports you in initiating a conversation with lively leading questions. <<

Category:



Target group: Suitable for all ages

Duration: Varies depending on the question

Equipment: If applicable, food for illustration

Publisher: foodsharing Akademie

Various questions are discussed in pairs, small groups or in plenary. This method should give you some questions for orientation.

## Tipp/ Variation:

The guiding questions should be selected/adapted depending on the group. An open plenary is also very suitable for identifying possible solutions (dessert). We recommend group work with a maximum of six members so that everyone can have their say. Objects (e.g. food or photos) can be used to illustrate the questions.

- Example questions:
- Every one throws away food. Do you remember when was the last time you had eaten something?
  - Have you ever discussed the topic of food waste with your friends or family?
  - What role does the topic nutrition play in your school in the lessons and/or has it played a role?

- Have you ever walked through a supermarket and thought where do all the groceries come from, what route did they take, who had worked for it?

Tip for young groups: Bring along a black and white copy of the world map with countries outlined and then colour in the countries that you find in the supermarket.

V9

ON

OFF

# Hidden object - favorite position

>> The Favourite Place method for the Hidden Image Nutrition - from SuperConsumption to Seed Festival offers a versatile introduction to the topic of nutrition and food appreciation and promotes exchange among each other. <<

Category:



Target group: Suitable for all ages

Duration: 20-30 minutes

Equipment: Hidden object picture (digital or printed, if possible one for each small group)

Publisher: EcoNa project by Janun e.V.

Small groups are formed to look at the picture together, **here**, and tell each other what they discover and how they feel about it: What kind of places can you discover in the picture? What is happening there? Do you recognise something from your own life? What feelings does the picture trigger in you?

After about 10 minutes, everyone picks a favourite place and briefly presents it to the whole group: Where is it? What happens there? Why do they like it so much? If the group is too big to listen intently to all of them, new small groups can be formed.

## Tipp/ Variation:

The hidden object picture is very multifaceted and designed with great attention to detail. EcoNa has produced a comprehensive handout with explanations, methods, etc. for the hidden object picture. This can be found **here** on their website.



To the hidden object:

<https://www.janun.de/netzwerk-projekte/janun-landesbuero/wimmelbilder/econa/#zum%20Bild>



To the handout:

[https://janunde.s3.amazonaws.com/documents/Wimmelbild\\_Handreichung\\_final.pdf](https://janunde.s3.amazonaws.com/documents/Wimmelbild_Handreichung_final.pdf)

V10

ON

OFF



**Aperitif**



**Starter**



**Main course**



**Dessert**



**Digestif**



### **Developing of the topic**

The main course is really something! Here you will find methods that are bursting with information. However, comprehensive knowledge is the basis for classifying the topic, taking a stand and working out and implementing your own options for action. Packed in well-designed didactic methods, the necessary specialised knowledge can be conveyed in a varied way.

# Food Waste Tracker

>> With this method, your own household becomes a climate laboratory. „Feed the Food Waste Tracker and find out what impact different types of food waste have on the climate. <<

Category:	
Target group:	Suitable for all ages
Duration:	Few hours to several days
Equipment:	Ensure that all participants have access to a scale and a measuring container (bowl) in the household. If necessary, the multipliers should offer possibilities to borrow scales and measuring containers.
Publisher:	FoodLabHome project at Leuphana University Lüneburg

The Food Waste Tracker, [here](#), measures how high the greenhouse gas emissions of one's own food waste are, compares them with each other and compares them with other activities. For example, it can be found out that throwing away 30 g of bread and pastries, which is roughly equivalent to one roll, releases as much CO<sub>2</sub> as an LED light that is switched on for 7 hours and 8 minutes. In addition, the amount of food waste is shown in relation to the daily per capita amount of waste in Germany. You can find instructions on how to measure food waste [here](#).

## Tipp/ Variation:

FoodLabHome has developed a comprehensive educational module for the Food Waste Tracker, which consists of three project days and extends over a total of two weeks. Between the project days, there are two measurement phases, one week each, in which the participants determine their food waste in the household, once without and once with a specific reduction strategy. The handout for the educational module can be found [here](#).



-  Food Waste Tracker: <https://www.foodlabhome.net/food-waste-tracker/>
-  Measuring instructions: <https://www.foodlabhome.net/food-waste-tracker/messen/>
-  Handbook for multipliers: <https://www.foodlabhome.net/hb/>



H1

ON

OFF

# Tomato Rally

>> Super worked up game that food losses and - waste along the value chain and can be used very well as an introduction to the main course.<<

Category:



Target group From Grade 5

Duration: 20 - 30 minutes

Equipment: Sufficient game sets and dice. One game set is designed for 4 - 8 people.

Publisher: Fairbindung e.V. & Konzeptwerk Neue Ökonomie

The board game illustrates the path of a tomato along its value chain in a fun and entertaining way. The goal is to get as many tomatoes as possible from the bush via processing and retail to the consumer's plate - but in the process, tomatoes end up in the bin again and again for various reasons. Detailed game instructions as well as game board, role cards and game pieces can be found [here](#).

## Tipp/ Variation:

Further role cards on foodsharing and containers can be added.



H2

ON

OFF



<https://www.endlich-wachstum.de/kapitel/lebensmittel-zum-zweck/methode/tomaten-rallye/>

# The networked plate

>> Even if this method does not have anything to do directly with food waste, it fits very well into the context. It illustrates the value of food on a social, ecological and economic level and thus conveys the appreciative way we should treat food. <<

Category:



Target group: 4-8, 8-12 or 12-16 year olds

Duration: At least 2.5 hours

Equipment: Printed roll cards, a sufficiently long thread and adhesive tape

Publisher: Educación 21

The participants are assigned roles either of food or of elements linked to it (e.g. supermarket, water or oil). The outline of a large plate is then taped to the floor. The participants with one food as their identity position themselves on the plate, all other identities stand outside the plate. Starting with one food, a string is tied to all the connected identities to form a net. In parallel, the connections are explained and discussed. The same procedure is followed with the other food items.

The game has been developed for three different age groups and is tailored to the corresponding age group. The version for 4 - 8 can be found **here**. For 8 - 12 and 12 - 16 year-olds the documents are listed **here** and **here**.

## Tipp/ Variation:

Attached to the method „The networked plate“ are some topic sheets, these are no longer part of the actual method.



H3

ON

OFF

➤ 4-8 year olds:  
<https://catalogue.education21.ch/de/der-vernetzte-teller-zyklus-1>

➤ 8-12 year olds:  
<https://catalogue.education21.ch/de/der-vernetzte-teller-zyklus-2>

➤ 12-16 year olds:  
<https://catalogue.education21.ch/de/der-vernetzte-teller-zyklus-3>

# Opinion poll

>> Why is food thrown away? A method to develop an opinion within a group.<<

Category:



Target group: Young people and adults

Duration: Varies according to group size

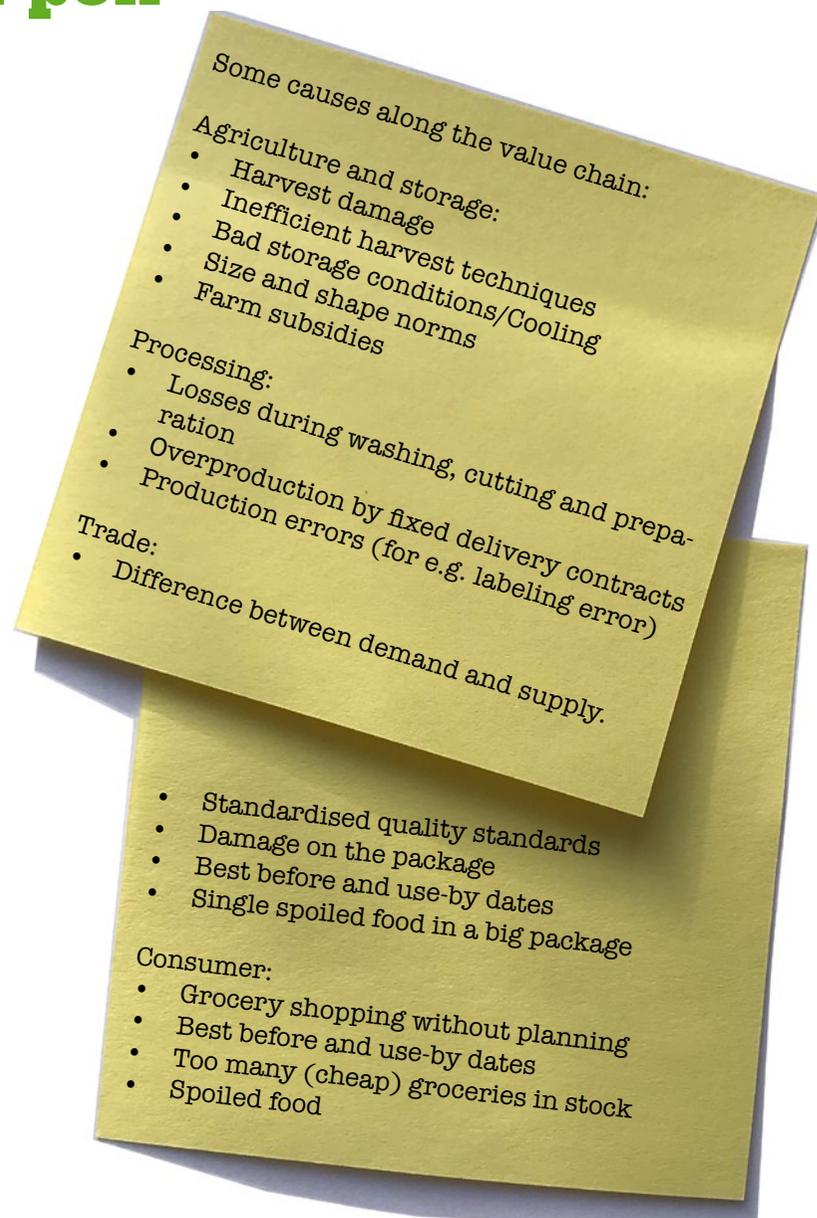
Equipment: Moderation cards, markers, adhesive dots/murmulae and bowls as well as a pin board.

Publisher: foodsharing Akademie

First, the participants should write their own reasons for food loss and waste along the value chain on moderation cards. Then the whole group is asked to cluster the collected cards and agree on the most important (e.g. ten) reasons. A final vote (e.g. with marbles or glue dots) will identify the most important reasons for the group.

## Tipp/Variation:

The method is also very suitable for highlighting the differences between industrialised countries and the countries of the global South.



H4

ON

OFF

# Presentation

>> The most frequently asked question is whether a presentation on food sharing and food waste can be given. Here we collect templates to get you started. <<

Category:



Target group: Young people and adults

Duration: depends on the presentation

Equipment: Laptop, beamer, etc.

Publisher: from the foodsharing community

A presentation of the foodsharing movement at an information evening, a presentation of the political discourse or a lecture on the global connections between food waste, climate crisis and hunger problems could all be exciting topics for a presentation. Presentations are very suitable for conveying a lot of information in a bundle. On our website, **here**, we have collected various presentation templates on the foodsharing movement as well as on other key topics in the field of food waste and food appreciation. For example, there is a timeline about the history of foodsharing, some slides about the organisation and the structure as well as information about the different levels of action within the movement. All presentations can only be opened and downloaded in view mode. To get an editable version, please write us a message to [akademie@foodsharing.de](mailto:akademie@foodsharing.de). We will then send you the corresponding files.



## Tipp/Variation:

You have also designed a presentation that you think would be a useful addition to the collection or would like to further develop an existing presentation? Then get in touch with us at [akademie@foodsharing.de](mailto:akademie@foodsharing.de). We are happy to accept further presentation templates and look forward to your ideas for improving existing formats.



[foodsharing-akademie.org/materiallager-praesentationen](https://foodsharing-akademie.org/materiallager-praesentationen)

# Journey of an Orange

>> This method helps the learners to better understand the many stages as well as possible reasons for losses and waste of food along the value chain. <<

Category:	
Target group:	Pupils
Equipment:	30 - 60 minutes
Equipment:	Printed station cards, if applicable, an orange and processed products made from oranges and cards with reasons for food waste and losses.
Publisher:	FDCL e.V.

Together with the participants, the stations of an orange from the tree to our plate are discussed. The illustrated and exemplary station cards from FDCL e.V. can be used **here** (p.45 ff.). Afterwards, the participants (in plenary or as individual work) get possible reasons for sorting out food, worksheet **here**, which they should assign to the stations. Finally, the reasons are classified into the categories of food loss and food waste. This can be done e.g. in plenary with a position barometer or a questionnaire in a circle. It is important to make sure that the participants at this stage understand the definitions of food loss and food waste.

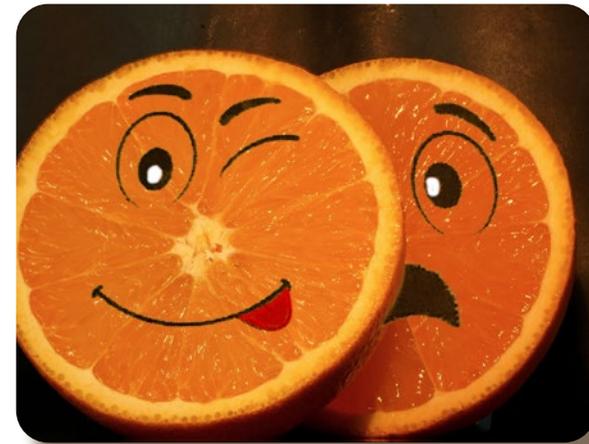
At the end, a conclusion is drawn with the group about the production steps and the waste or losses of food along the value chain.

## Tipp/ Variation:

This method can be carried out in very different ways with different foods. It is also exciting when the food has several ingredients, such as fruit yoghurt.

A variation of the method was also published by Slow Food as part of Teller statt Tonne, to be found **here**.

A map (of the world, Europe or Germany) can be helpful to show the locations of the individual production steps and especially the long transport routes.



-  Worksheet: <https://www.foodsharing-akademie.org/methodenbuffet-arbeitsblaetter/>
-  FDCL e.V.: [https://www.globaleslernen.de/sites/default/files/files/education-material/vom-feld-in-die-tonne\\_bildungsmaterial\\_fuer\\_internet.pdf](https://www.globaleslernen.de/sites/default/files/files/education-material/vom-feld-in-die-tonne_bildungsmaterial_fuer_internet.pdf)
-  Slow Food: <http://www.teller-statt-tonne.de/lehrerinnen/unterrichtsmaterial/die-orangenreise-3/>

H6

ON

OFF

# Taste the Waste

>> Film that started the foodsharing movement. A must-see for all food savers and people who want to get to grips with the issue. <<

Category:



Target group: Young people and adults

Duration: 90 minutes film plus debriefing

Equipment: Laptop, beamer, screen and sound system or television

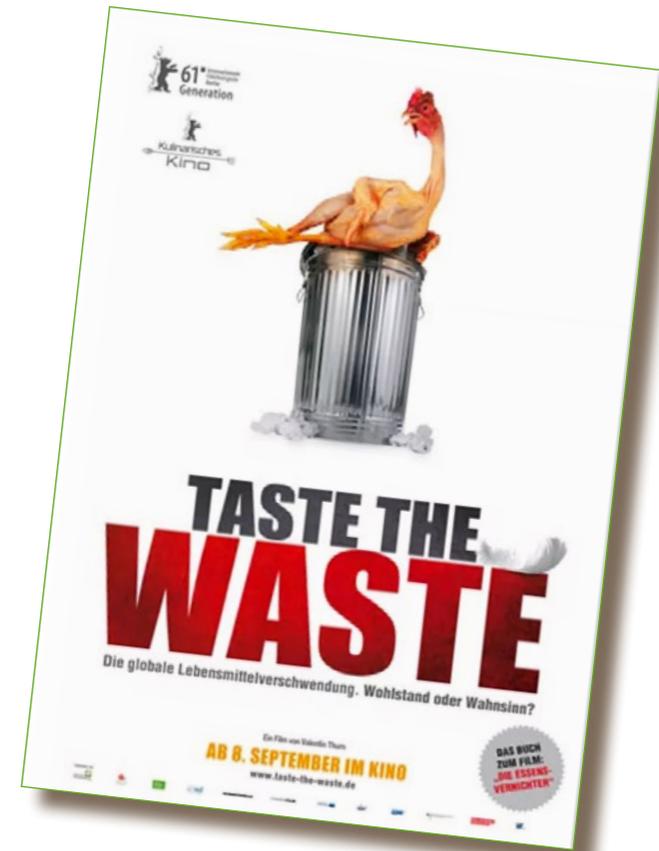
Publisher: Thurn Film

Documentary about the massive waste of food in industrialised countries like Germany. The film deals with the problem along the entire value chain from the field to the consumer, shows global connections between abundance and hunger and presents creative approaches to solving the problem.

During the film, participants can answer questions. Some guiding questions for food and consumer education are collected **here**. A detailed questionnaire created by Slow Food in the framework of Teller statt Tonne (can be used from grade 8) can be found **here**.

## Tipp/ Variation:

The film is also available as a school version (43 minutes) under the name „Frisch auf dem Müll“. Furthermore, a 30-minute short version is available online **here**.



Short version:

<https://www.youtube.com/watch?v=32S9th3RkU4>



Guiding questions:

[http://www.evb-online.de/schule/B\\_1\\_Taste\\_the\\_Waste\\_gesamt\\_neu.pdf](http://www.evb-online.de/schule/B_1_Taste_the_Waste_gesamt_neu.pdf)



Questionnaire:

[http://www.teller-statt-tonne.de/wp-content/uploads/2015/06/TsT\\_SEK1\\_Fragebogen\\_Taste-the-Waste.pdf](http://www.teller-statt-tonne.de/wp-content/uploads/2015/06/TsT_SEK1_Fragebogen_Taste-the-Waste.pdf)

H7

ON

OFF

# Game of the Senses

>> The senses are important to be able to judge whether a food is still edible. This game trains them. <<

Category: 

Target group: Children

Duration: 30 minutes

Equipment: Rescued food, possibly forks or spoons

Publisher: from the foodsharing community

Three stations are set up around the room representing the senses of smell, taste and touch. Afterwards, the participants are divided into small groups of 3-4 people each. One after the other, the participants smell, taste and touch different rescued foods at the respective station.

## Tipp/ Variation:

It is advisable to equip each station with about three different foods. The level of difficulty should be adapted to the mental fitness of the children and it is important that they always see fruit/vegetables in their original form and name them correctly.



H8

ON

OFF



**Aperitif**



**Starter**



**Main course**



**Dessert**



**Digestif**



### **Develop possibilities for action**

To reach a rounded conclusion, the reference to one's own actions is still missing. Where can I change my behaviour? How can I myself or we as a group become active? Working out possibilities for action is an integral part of political education and you will find methods that pursue this goal in the following chapter.

# How does a foodsharing collection actually work?

>> For many of us, foodsharing pick-ups have become routine. However, the participants often do not know the procedures; a role play can bring it closer to them. <<

Category::



Target group: Children

Duration: 10 minutes

Equipment: Three people performing, rescued food, foodsharing IDs and bags.

Publisher: from the foodsharing community

The role play shows the participants the typical procedure of a foodsharing collection. It also shows why companies sort out edible food and what the food savers do with the rescued food. The role descriptions and texts can be found **here**.

## Tipp/ Variation:

Of course, it is even better to take the participants directly to a food-sharing pick-up. Children and young people in particular find this very exciting. This should be discussed in advance with the cooperating company and, if necessary, with the company managers.

Veranstaltung:  
Name:  
Datum:

**foodsharing Akademie**  
Wir klammern Bildung nicht aus

**Wie läuft eigentlich eine foodsharing-Abholung ab?**  
- Beispiel Ablauf -

Auftretende Personen:  
Händler\*in (H),  
Foodsaver\*innen (F1 & F2)

>> H: Werkelt an der Theke, packt Lebensmittel um, sortiert Lebensmittel aus; evtl. betonen, dass etwas nicht mehr verkauft werden kann wegen Druckstellen, Überschreitung des Mindesthaltbarkeitsdatum o.ä.

>> F: Gehen mit Taschen bepackt zum Ladentisch, Ausweise um den Hals hängen und vorzeigen, begrüßen & vorstellen, dass wir von foodsharing sind.

>> F1: „Hallo! Wir sind von foodsharing und wollten fragen, ob heute Lebensmittel übrig geblieben sind, die noch essbar sind, aber nicht mehr verkauft werden können?“

>> H: „Hallo! Ja, leider sind heute einige Lebensmittel übrig, die zu schade sind, um sie wegzuerwerfen. Heutzutage möchte fast jeder Kunde und jede Kundin Lebensmittel kaufen, die perfekt aussehen, dabei ist die Form doch eigentlich völlig egal. Auch diese ??? schmeckt zum Beispiel sehr lecker, obwohl ??? ein bisschen krumm ist.“

>> F2: „Stimmt, das ist wirklich traurig, wo es auf der Welt ja so viele Menschen gibt, die nicht genug zu Essen haben. Was können wir denn heute mitnehmen?“

>> H: Reicht F1 & F2 Obst und Gemüse, welches die beiden in ihre Taschen packen.

>> F1: „Ich werde mir von einem Teil einen leckeren Smoothie zubereiten und das restliche Obst und Gemüse an Freunde verteilen.“

>> F2: „Ich habe im Treppenhaus ein Körbchen aufgestellt. Dort lege ich die Lebensmittel rein und meine Nachbarn können sich dann herausnehmen, was sie brauchen. Sie freuen sich immer sehr darüber, wenn ich etwas mitbringe.“

>> H: „Das klingt super, ich bin wirklich froh, dass die Lebensmittel nicht in der Tonne landen. Schließlich steckt in ihnen viel Arbeit/Zeit, Wasser und Geld.“

>> F1 & F2: „Dann bis zum nächsten Mal. Schönen Feierabend!“

>> H: „Tschüss, bis bald!“

N1

ON

OFF



<https://www.foodsharing-akademie.org/methodenbuffet-arbeitsblaetter/>

# Options for action against food waste

>> After it has become clear in the last methods how problematic food waste is, the participants are given the space here to discuss possible solutions. <<

Category:



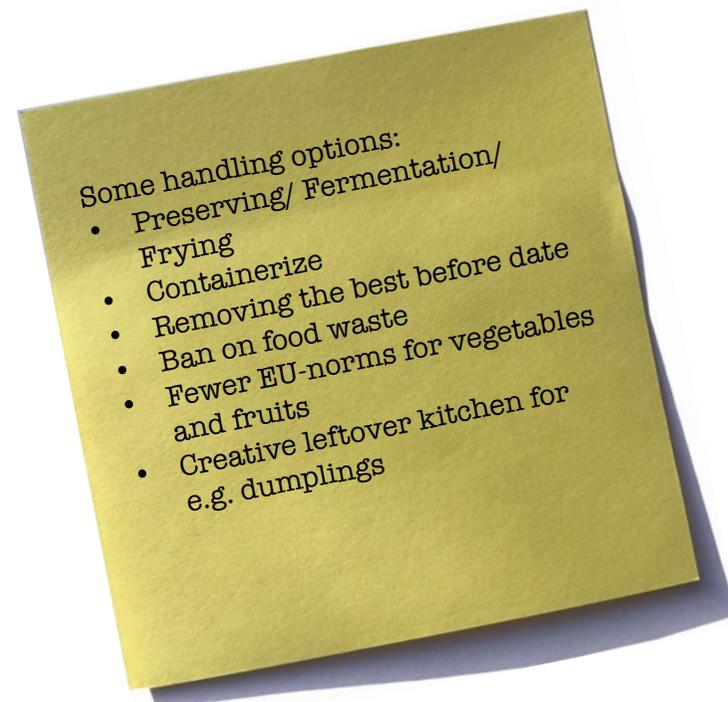
Target group: Suitable for all ages

Duration: 20 - 30 minutes

Equipment: Moderation cards and pens

Publisher: from the foodsharing community

First, options for action are recorded on moderation cards in the plenary. These are then collected and clustered (e.g. into the clusters of production, trade, state, private individuals, others). After all ideas have been collected, feasibility and hurdles can be assessed (depending on the age).



**N2**

**ON**

**OFF**



# Future workshop

>> Under the guiding question of stopping food waste, the future workshop is ideal for developing solution proposals and implementation strategies within a group. <<

Category:



Target group: Young people and adults

Duration: Several hours - 1 day

Equipment: Individually adaptable, e.g. posters, markers, pens, moderation case or adhesive tape

Publisher: Federal Agency for Civic Education (bpb)

The Future Workshop is a detailed workshop concept to develop solution proposals and implementation strategies for a topic or problem with a group of children or young people. It follows a three-part phase structure (criticism - ideas - implementation). A special feature is that no limits should be set to the ideas. This phase is therefore also called the fantasy and utopia phase. The description of the bpb can be found **here**.

## Tipp/ Variation:

There are many different versions of the Future Workshop with different focuses, methods and lengths. Just adapt the instructions to your situation!



N3

ON

OFF



<http://www.bpb.de/lernen/formate/methoden/62269/methodenkoffer-detailansicht?mid=194>

# Cooking with rescued food

>> Conjuring up a delicious meal from food that was actually already destined for the rubbish - that's something that shakes people up and stays in their minds for a long time to come.<<<<

Category:



Target group: Suitable for all ages

Duration: Strongly dependent on the food and the group, 1-3 hours

Equipment: Rescued food, crockery, cutlery and cooking facilities if necessary.

Publisher: from the foodsharing community

First, you can distribute the food and let the participants guess why it was sorted out. Afterwards the participants explain how to recognise which food are still edible (use your senses!). Ultimately, the following takes place together a classification of the saved food into „pot“ and „bin“; again in connection with explaining and showing why the respective decision was made.

Afterwards, a meal can be prepared together from the food. This is particularly quick and easy with baked goods; in addition, fruit and vegetables can be cut and, if necessary, spreads can be prepared.



N4

ON

OFF

## Tipp/ Variation:

If time allows, it is of course also an exciting experience for the participants to be directly present at the foodsharing pick-up.

# Apple ring chain craft

>> Food processing is versatile. If you cut apples into thin slices and hang them up for 2 days, you have delicious apple chips. <<

Kategorie: 

Target group: Children

Duration: 15 minutes

Equipment: Apples, apple cores and a string (if necessary lemons and salt)

Publisher: from the foodsharing community

First, punch a hole in the centre of the apple with an apple corer and remove the casing. In the second step, slice the apples as thinly as possible, because the thinner they are, the sooner they dry. Before you thread the apple rings onto a string to dry, you can soak them in lemon water (juice of half a lemon, 200 ml water and a pinch of salt) for 10 minutes. This will make the apples less brown. Each participant can make their own necklace and take it with them; after a good 2 days the apple rings are nice and crispy.



N5



ON

OFF

# Vegetable demo

>> Let the vegetables themselves demonstrate against food waste, because they are affected by it in the first instance! <<

Category:	
Target group:	Suitable for all ages
Duration:	From one hour
Equipment:	Rescued fruit/ vegetables, pens and paper, glue/ adhesive tape
Publisher:	BUND Youth Rhineland-Palatinate

In a vegetable demo, discarded fruit and vegetables are saved, colourfully decorated with speech bubbles, eye stickers and banners and then positioned in public spaces. The aim is for people to stumble across the vegetables by chance and to be made aware of the issue of food waste through the creative slogans. The description of the BUND Jugend Rheinland Pfalz can be found **here**. Remember to collect the vegetables again after a few hours or the next day and turn them into a delicious meal!

## Tipp/ Variation:

How about a joint harvesting activity before the handcraft activity? Maybe an apple tree in the school yard is bearing fruit. Food that deviates from the norm is often discarded. Use this activity to show the diversity of food in terms of shape and size.



N6

ON

OFF



<https://www.bundjugend-rlp.de/projekte/essen-macht/veggivisage/>

# Alternative to what?

>> In this method, an interactive mind-map is created with the integration of concrete alternative actions. <<

Category:



Target group: Young people and adults

Duration: 70 minutes

Equipment: Printed portraits, moderation cards and pens

Publisher: Fairbindung e.V. & Konzeptwerk Neue Ökonomie

In the first part of the method, the participants create a mind map in the form of a speed dating session on the question: What is not going so well in our current economic system - what do you see as critical? In the second part, portraits of people are presented who are already trying out and implementing alternatives. Finally, these examples are integrated into the mind map so that a picture of challenges and some already implemented solutions emerges. You can find all the materials [here!](#)

## Tipp/ Variation:

The participants can also be asked for further approaches to solutions that are not shown in the portraits. These can also be integrated into the mind map



„Vor ein paar Jahren hörte ich von der Idee des Containers. Ich habe es bald danach selbst ausprobiert. Warum ich das tue? Zum einen bedeutet Containern für mich riesigen Spaß, weil es jedes Mal eine neue Überraschung ist – so ein wenig wie Geschenke auspacken – und zum anderen kann ich nicht verstehen, warum noch essbare Lebensmittel weggeschmissen werden. Aber nicht nur Lebensmittel befinden sich in den Containern, denn einmal habe ich drei Tonnen voller Blumensträuße gefunden, welche dann einen Platz in meiner Wohnung bekommen haben sowie weiter verschenkt wurden.“  
Anja, 27, aus Berlin

„Das Gefühl 'Es ist unser Hof' ändert alles. Wir sind keine Konsument\*innen mehr, sondern entscheiden und finanzieren, produzieren und verteilen, entdecken und genießen gemeinsam, was uns schmeckt. Fast nebenbei entwickelt sich dabei eine wirklich nachhaltige und solidarische Ökonomie. Toll ist zu erleben, was der Acker hergibt an Fülle und Wechsel, aber auch an Herausforderungen – Stichwort Steckrübensätze. Die Erfahrung und wachsende Gewissheit, dass es anders geht – und der leckere Spinat natürlich – machen uns stark.“  
Dagmar, 37, aus Kassel



„Vor 2 Jahren habe ich foodsharing in Bayreuth mitgegründet. Mir war es zu wenig nachhaltig, nachts in den Mülltonnen der Supermärkte nach Essbarem zu wühlen. Ich wollte, dass wir mit den Eigentümer\*innen der Läden ins Gespräch kommen und gemeinsam schauen, wie weniger weggeschmissen werden kann! Der Effekt war beeindruckend, werden kann! Bei einigen Betrieben wurde es immer denn bei einigen Betrieben wurde es immer weniger Essen, das wir abgeholt haben: Die Gerichte kaufen weniger ein und verwerten sie besser weiter, zurecht, die...“

„Wir haben die Möglichkeit, auf das grüne Dach unsere Nachbar\*innen zu gehen. Dort gibt es ganz viel Platz für unsere Katze zum spazieren gehen. Da es in der Nähe zum spazieren gehen, eine Ecke des Daches mit uns entschlossen, eine Ecke des Daches zu betreten. Seit zwei Jahren pflanzen wir unterschiedliche Gemüse und Gewürze in Töpfen an (da der Boden nicht zum Pflanzen geeignet ist) wie Tomaten, Bohnen, Kürbisse, Minze, Chili usw. Für uns ist es wichtig, einen Ort zum Selberpflanzen zu haben, wo wir frische Gewürze oder Gemüse zum Kochen betreten können und wo wir genau wissen, wo sie her- und welche Aufgabe unseres Alltags.“

Marktzwänge, (CSA): Eine biologische Produktion und Umwelt einen Verlust die langfristigen Ergebnisse in saisonal zu bringen in

foodsharing  
Weltweit war ein Skandal...  
sind, und vor...  
und detektiv...  
holen dort...  
schenken er...  
hinaus mö...  
zieren: Zof...  
erde sch...  
– und jed...  
kühlschr...  
kannst...  
holen be...  
www.f...

„Ich mag Supermärkte nicht. Ich mag Verpackungen auch nicht. Vor allem mag ich es nicht, wenn ich zu zyn sehe. Ich habe ebenfalls ein Problem mit perfekt aussehenden Lebensmitteln. Ich finde die Berge von riesigen Bananen, glänzenden runden Äpfeln und super sauberen Karoffeln fast gruselig. Mühselig! Ich bin in eine solidarische Landwirtschaft Gruppe eingetreten, um ungemütliche Supermarkt-Besuche zu freies Gemüse weismäßig zu erhalten. Was ich aber Betrag zu den Menschen, mit denen man zusammen für eine gesündere, nachhaltigere Ernährung (Problemlöse Entscheidungen trägt und eine Gesellschaft ersticht, in der man Visionen und Ideale teilen kann. Großartig!“  
Arianna, 28, aus Italien, in Berlin seit 5 Jahren.

**Solidarische Landwirtschaft**  
Landwirtschaft funktioniert auch regional, ökologisch und ohne Marktzwänge. Auf Englisch heißt die Idee „Community Supported Agriculture“ (CSA): Eine Verbraucher\*innengruppe übernimmt die Betriebskosten aus. Durch die Vorfinanzierung kann ohne Druck gewirtschaftet und Vermarktung gibt es nicht. Auch keinen Verlust von Erzeugnissen, die nahen Verbraucher\*innen-Gemeinschaft beziehen die Erzeugnisse nach ihrem Bedarf. Ohne sie einzeln zu kaufen. Dabei lernt Mensch saisonal zu Bio-Qualität bezahlbar und möglich ist.  
[www.solidarische-landwirtschaft.org](http://www.solidarische-landwirtschaft.org)

„Diesen Winter geht meine zweite Saison als LÖbauerin zu Ende und ich freue mich auf ein paar ruhige Monate nach dem lätervollen Sommer. Ich genieße es sehr, das Jahr im Rhythmus der Landwirtschaft zu leben, viel an der frischen Luft und in Kontakt mit der Erde und anderen Menschen, die das Gleiche tun, zu sein, ich lerne die Sonnen- und Schattseiten der „Selbstversorgung“ kennen. Die Lebensmittel, die wir nicht selbst anbauen, kaufe ich zum Großteil in unserer Foodcoop, so dass der Gang in den Supermarkt schon zur seltenen Ausnahme geworden ist.“  
Carmen, 28, Wien

**Gemeinschaftliche Bio- Landwirtschaft**  
Die LÖbauer\*innen sind ein gemeinschaftliches Bio-Landwirtschaftsprojekt. Wir säen, ernten und verteilen unser Gemüse selbst. Wir arbeiten selbstbestimmt, entscheiden demokratisch und in einem Gewächshaus Biogemüse an. Wir möchten unsere Ernährung wieder selber in die Hand nehmen. Wir haben die Supermärkte satt und wollen fördern, dass Bio- und unseren Bezug zu Erde, zu unserer Nahrung wieder finden und auch für andere erlebbar machen. Wir wollen ein Beispiel geben, wie man auch andere Landwirtschaften kann. Ökologisch, nachhaltig, möglichst CO2-frei, sortenreich, aber vor allem gemeinsam und mit Freude an der Landarbeit. Wir wollen wieder einen Bezug zu Spezialitäten uns in Arbeitsgruppen. Wir sind Proudent\*innen. Wir wollen die get selber herzustellen, experimentieren mit Mischkultur und Permakultur, versuchen Nährstoffkreisläufe zu schließen, geben Workshops und beliefern Foodcoops.  
[www.loebauerinnen.at](http://www.loebauerinnen.at)  
[www.loebuech.burundsingl.net](http://www.loebuech.burundsingl.net)  
[www.kleinssattfarm.at](http://www.kleinssattfarm.at)



# Morsels against promises

>> Does the world get a little better with every deed? In this method, which is particularly suitable for information stands, snacks are exchanged with passers-by for smaller or even larger changes in behaviour in the future.<<

Category:



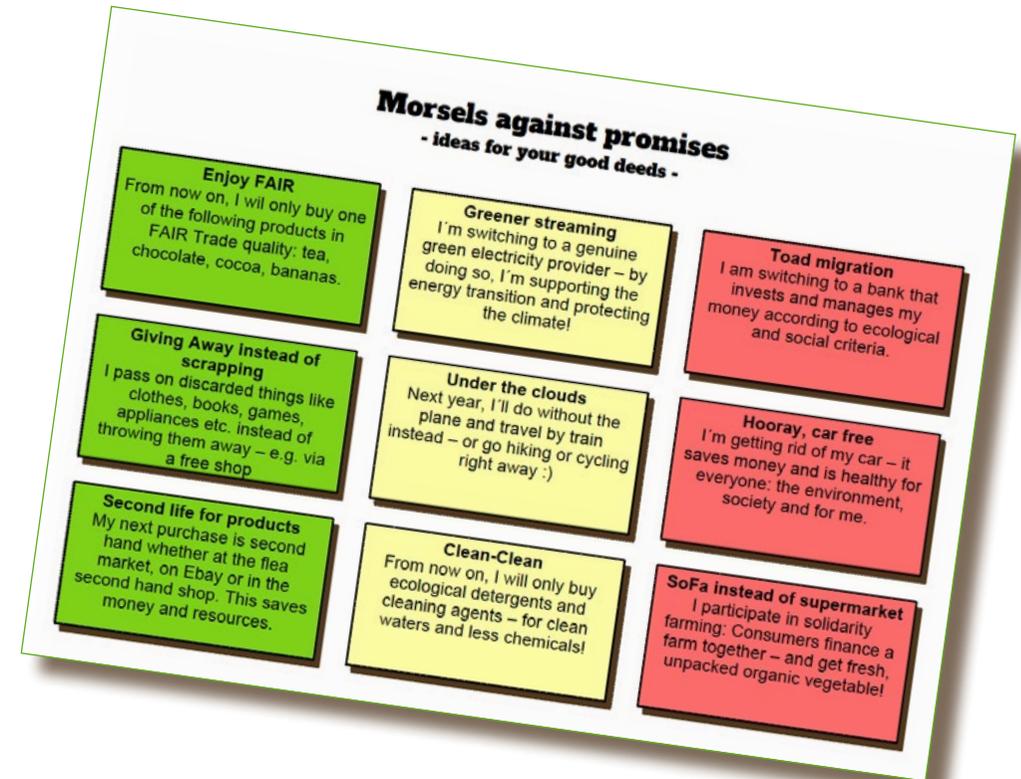
Target group: Young people and adults

Duration: Individual

Equipment: Saved food, note for pledge, clothesline, clothes pegs, pens and printed poster

Publisher: from the foodsharing community

Passers-by are given a tasty snack made from saved food (sandwich, fruit or cake). In return, they write a concrete good intention for more climate or environmental protection on a small card and hang it on a clothesline. There are a few suggestions on **this** poster, but they can be very individual pledges. This is eye-catching and motivates others!



N8

ON

OFF



<https://www.foodsharing-akademie.org/methodenbuffet-arbeitsblaetter/>

# What if...? Food utopias

>> In this method, ideas for a positive food system are developed with the help of the EcoNa picture book. <<

Category:



Target group: Young people and adults

Duration: 70 minutes

Equipment: Per group one printed out hidden object picture (cannot be reused), a cardboard box or paper (DinA2 or larger), scissors, coloured pencils and glue, if necessary further craft materials (e.g. old magazines or calendar pages) as well as a flipchart and markers.

Publisher: EcoNa project by Janun e.V.

Participants form small groups of 3-4 people and discover the picture together, **here** suggestion for this: V10: Hidden object picture - favourite part. Each group discusses which sections and aspects of the picture they would rate as positive. They cut these out of the picture, rearrange them and discuss: What scenes and places do we see here? How are they connected? What is still missing? The positive cut-outs are glued onto a new sheet of paper as the group has rearranged them and the gaps are filled in by the group with their own drawings, collages, etc. At the end, the group gives their picture a final touch. At the end, the group gives their picture a name and writes it down.



## Tipp/Variation:

The hidden object picture is very multifaceted and designed with great attention to detail. EcoNa has produced a comprehensive handout with explanations, methods, etc. for the picture. This can be found **here** on their website. EcoNa has also developed a method toolkit for the joint development of food utopias, **here**. With this toolkit, everyone in a group can develop utopias and visions for the food system - locally or globally.

 To the hidden object:  
<https://www.janun.de/netzwerk-projekte/janun-landesbuero/wimmelbilder/econa/#zum%20Bild>

 To the handout:  
[https://janunde.s3.amazonaws.com/documents/Wimmelbild\\_Handreichung\\_final.pdf](https://janunde.s3.amazonaws.com/documents/Wimmelbild_Handreichung_final.pdf)

 Method toolkit on food utopias:  
<https://www.janun.de/netzwerk-projekte/janun-landesbuero/econa/utopien-ernaehrungssystem/>



N9

ON

OFF



**Aperitif**



**Starter**



**Main course**



**Dessert**



**Digestif**



### **Feedback**

So much new content has to be digested first. Good thing there's a digestif for that! But is that really the case? The digestive effect has not been scientifically proven. Nevertheless, it remains a sociable ritual and stimulates the exchange among each other.

This is exactly the purpose of the methods in the following chapter. They help to reflect together as a group on what has been learned and to summarise it in a feedback.

# Shopping basket, blender, compost

>> I'll take this with me (shopping basket), that was bad (compost), that still keeps me busy (blender). <<

Category:	
Target group:	Young people and adults
Duration:	15 minutes
Equipment:	Symbols for shopping basket, compost and mixer, fashion ration cards and markers
Publisher:	foodsharing Akademie

Three symbols (shopping basket, compost and mixer) are placed on the floor. The participants are then given moderation cards on which they can write down their feedback. Depending on the time available and the size of the group, the moderation cards with the comments can be read aloud and placed in relation to the symbols or simply silently assigned.

## Tipp/ Variation:

As a supplement/alternative, participants can also describe their condition in the form of a food. For example, stale coffee, tangy orange, etc. This is also very suitable for interim feedback.



D1

ON

OFF

# Flash

>> Quick way to capture an opinion. <<

Category:	
Target group:	Suitable for all ages
Duration:	Varies according to group size
Equipment:	Flipchart, moderation cards or markers
Publisher:	Several publishers

Each person is allowed to give a short feedback around the circle. This can be limited to one word or one sentence. Appropriate guiding questions can be used to set the direction: e.g. What is your attitude towards the topic? What do you take away for yourself?

### Tipp/ Variation:

An attitude or statement on a topic can also be presented physically (e.g. joy dance) by the participants and then explained to the group. Another variation is that different objects (e.g. light bulb, banana or rubbish bag) are placed in the middle. The participants choose an object with which they can give their feedback briefly and crisply to the group.



D2

ON

OFF

# Target

>> This method is particularly suitable for a very tight schedule. <<

- Category: 
- Target group: Young people and adults
- Duration: 5 minutes
- Equipment: Drawn target on flipchart paper and, if necessary, adhesive dots
- Publisher: Several publishers

A target (with three circles) is drawn on a flipchart. It can be divided into any number of „pieces of cake“, which are then assigned to different areas on which the team members would like feedback (e.g. premises, content, variety, etc.). The areas are written next to the „pieces of cake“. Afterwards, each participant may draw a cross per area. The innermost area stands for „hit the bull’s eye“ → I really liked it, up to the outermost circle → I didn’t like it so much.

### Tipp/ Variation:

Particularly suitable for large groups and/or when there is little time for feedback (can also be done after the goodbyes on the way out).



D3

ON

OFF

# Five Finger Feedback

>> **Thumbs up: What did the participants like about the workshop and what did they miss out on? An inspiring way to get versatile feedback.** <<

Category:



Target group: Young people and adults

Duration: Varies according to group size

Equipment: Paper and pens

Publisher: Several publishers

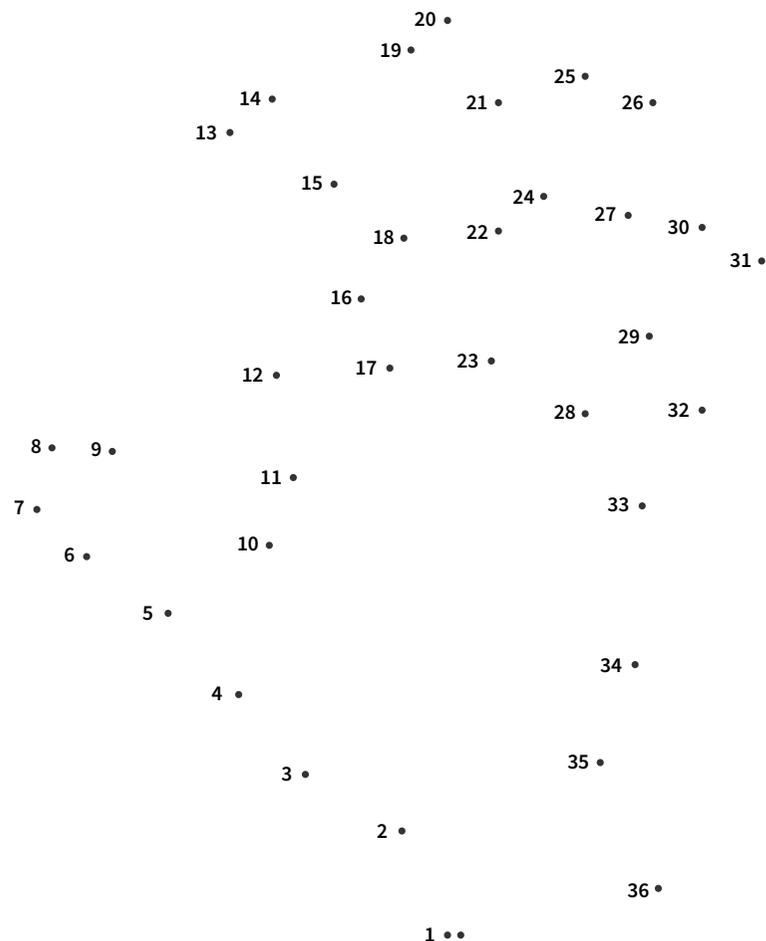
Each person is allowed to give a short feedback around the circle. This should be based on the five fingers.

- Thumbs up - „I particularly liked...“.
- Index finger hint - „I would like to point out the following...“.
- Middle finger criticism - „I didn't like the fact that...“.
- Ring Finger Takeaway - „For the future I take with me...“
- Little finger Too short - „Too short has come today...“

## Tipp/ Variation:

In larger groups it can be very tedious if each participant gives explanations for all five fingers.

Alternatively, participants can draw the outline of their hand on a sheet of paper and write down their feedback. The completed sheets can be collected and evaluated.



**D4**

**ON**

**OFF**



**Aperitif**



**Starter**



**Main course**



**Dessert**



**Digestif**



## Recipes

Now it's your turn! Combine the methods and create your own workshop concept. To ensure a holistic learning success, make sure that all phases are covered. We especially recommend that you consider the reflection of your own behaviour, i.e. the action level, in your concept, because this is the only way to initiate change processes. Are you still missing one or two ingredients in your recipe? You will find inspiration for this on the following pages. In addition, we have put together four recipe suggestions for workshops for children, young people and adults, as well as an online version. Feel free to use these as a basis for planning your own educational events!

# Recipe suggestions

## For teenagers (1st recipe)

<b>Topic</b>	Food waste
<b>Target group</b>	Young people
<b>Group size</b>	approx. 20 people
<b>Duration</b>	3 hours
<b>Preliminary information</b>	Few
<b>Aims of the event</b>	Holistic understanding of the problems and development of own ideas for a positive food system.

**R1**

	Phase	Duration/ Time	Method	Contents/ Brief description	Equipment	Note
<b>Aperitif</b>	Energizer	5 min.	The Jumping Toast (A2)	Circular game in which the person in the middle is in charge of the game pieces (toaster, mixer, kebab, etc.) and the players are determined. If a mistake is made, the person in the middle changes.	Sufficient space to move	Ask participants to think of other characters with a suitable performance.
	Welcome Get to know	10 min.	Name association (V2)	Everyone introduces themselves with their first name/nickname and a suitable alliteration from the food sector (e.g. currant-Judith).	masking tape and pens	In addition, make name tags from masking tape.
<b>Starter</b>	Introduction/ Entry into the topic	15 min.	Position barometer (V5)	Participants line up according to their position on different questions.	Sufficient space for positioning and, if necessary, food-stuffs suitable for the questions (e.g. brown Banana or product over the best before date)	Check understanding of the method with a sample question and give participants the opportunity to explain their positioning.

**ON**

**OFF**



# Recipe suggestions

## For teenagers (1st recipe)



25 min.

Opinion (H4)

Reasons for food loss and waste are collected and arranged according to relevance within the group.

Moderation cards, pens, glue dots or marbles and bowls as well as a pin board/white board

For the voting, each participant receives half as many marbles/glue dots as reasons that were collected.

**R1**



**Main course**

Working out the topic

### PAUSE - 10 minutes - changeover phase (table groups)

25 min.

Tomato Rally (H2)

Board game, which identifies reasons for food losses and -waste along the value chain using the example of tomatoes.

6 x game sets and dice

If the game runs too slowly, a second cube can be added.



15 min.

Presentation (H5)

Presentation on the impact of food waste.

Laptop, beamer, etc.

Matching foils from the presentation template.

**ON**



**Dessert**

Develop possibilities for action

70 min.

Food utopias: What if...? (N9)

With the help of the EcoNa picture book, ideas for a positive food system are developed.

Per group a printed out hidden object picture, a cardboard box or paper, scissors, coloured pencils and glue as well as a flipchart and markers

In addition, encourage participants to make connections to seek/provide information on food waste.

**OFF**

**Digestif**

Feedback

10 min.

Five Finger Feedback (D4)

Around the circle, each person has the opportunity to give feedback. Each finger symbolises a specific feedback category.

None

Method can be protracted, if necessary only feedback on two categories per person.

# Recipe suggestions

## For children (2nd recipe)

<b>Topic</b>	edibility of food, food waste and the tasks of foodsharing.
<b>Target group</b>	Children (The workshop was developed for a group of mentally impaired children and adolescents from grade 7 - 9, but can also be done well with primary school children).
<b>Group size</b>	approx. 20 people
<b>Duration</b>	4 - 6 hours
<b>Preliminary information</b>	None
<b>Aims of the event</b>	Experiencing the value of food with all senses, increasing appreciation in dealing with food and finding out one's own possibilities for action against food waste.

R2

	Phase	Duration/ Time	Method	Contents/ Brief description	Equipment	Note
Aperitif	Energizer	5 min.	Bananas united (A3)	Chanting about the path of a rescued banana with matching movements.	Sufficient space to move	Learn text beforehand.
	Welcome	10 min.	Nutritional licence (V1)	Each participant receives a card (nutrition licence) with all the stations that are passed through; a tick may be placed after each station or each programme item, and at the end all participants are „Food expert“.	Printed nutrition guide sheets and pens	Do not forget to adapt the nutrition guide to the method selection.
Starter	Get to know	10 min.	Name association (V2)	Introduction with alliteration from the food sector (e.g. Meatloaf-Mia).	None	Also make name badges.
	Introduction/ Entry into the topic	15 min.	Position barometer (V5)	With the help of an imaginary barometer, the position of the participants on various questions is determined.	Sufficient space for positioning	Select/adapt questions according to age level and group.
Main Course	Working out the topic	30 min.	Play of the Senses (H8)	At three stations, the participants smell, taste and touch different types of rescued food.	Rescued food, scarves/ cloths to cover up and possibly forks or spoons	Show each food item also in its original form.

ON

OFF

# Recipe suggestions

## For children (2nd recipe)



### PAUSE – 10 Minuten

Dessert	Develop possibilities for action	10 min.	How does a foodsharing pick-up actually work? (N1)	Role play on the typical process of a foodsharing pick-up. Topics: Why do businesses sort out edible food? What do the food savers do with the rescued food?	Three performing people, rescued food, foods- haring IDs and bags.	Ask if other supervisors might want to take on a role.
		70 min.	Food utopias: What if...? (N9)	Pictorial examination of the food system. What effects does our Food production and what alternatives are there?	One hidden object picture per group, scissors, crayons and glue, if necessary other craft materials, flipchart and markers	Some interrelationships are very complex. The claim is not to understand everything.
		60-180 min.	Cooking with saved food (N4)	Rescued food is sorted into pot (edible) and bin (spoiled). Afterwards, a meal is prepared together from the food.	Rescued food, crockery, cutlery and, if necessary, a cooking facility	Keeping an eye on time.
Digestif	Feedback	15 min.	Making an apple ring chain (N5)	Apples are cored, sliced and dried on a string. This is how delicious apple chips are made.	Apples, apple corer and a string (lemons and salt if necessary)	Each person gets his/her own necklace.
		15 min.	Flash (D2)	Evaluate workshop and nutrition guide.	None	Don't forget to have a separate feedback session with the supervisors.

**R2**

**ON**

**OFF**

# Recipe suggestions

## For adults (3rd recipe)

<b>Topic</b>	Food waste, foodsharing as an approach to action and other levels of action
<b>Target group</b>	Adults
<b>Group size</b>	approx. 20 people
<b>Duration</b>	2 hours
<b>Preliminary information</b>	Few
<b>Aims of the event</b>	Understand the problems and extent of food waste, get to know the approach of foodsharing and other levels of action.

**R3**



	Phase	Duration/ Time	Method	Contents/ Brief description	Equipment	Note
<b>Aperitif</b>	Energizer	5 min.	The Jumping Toast (A2)	The participants have to execute various game figures from the food sector (toaster, mixer, kebab, etc.) in threes on command.	Sufficient space to move	It's only fun when everyone joins in.
	Welcome Get to know	20 min.	Welcome round	Introduce yourself as a speaker, do a round of introductions with names and ask for the expectations of the participants.	Sufficient chairs for a circle of chairs	The expectations can also be written on moderation cards and collected on an expectation tree.
<b>Starter</b>	Introduction/ Entry into the topic	15 min.	Position barometer (V5)	For 3 - 5 questions, the participants line up along an imaginary barometer from full agreement to disagreement.	Sufficient space for positioning	After each question, ask individual participants to justify their position.
		15 min.	Video clips (V3)	Either show the climate court or the greatest crime of our time and then briefly discuss it in plenary.	Laptop, loudspeakers, projector and screen or TV	If no discussion arises, give guiding questions to the group (e.g. What feelings did the video trigger in you?).

**ON**

**OFF**



# Recipe suggestions

## For adults (3rd recipe)



### Main Course

Working out the topic

30 min.

Presentation (H5)

Presentation about foodsharing and the problem of food waste.

Laptop, beamer, etc.

Allow sufficient time for questions.

### Dessert

Develop possibilities for action

30 min.

Options for action against food waste (N2)

Together, options for action are collected and classified, and their feasibility and possible hurdles are discussed.

Moderation cards and pens

Before this method, all previous findings should be summarised and recorded in writing.

### Digestif

Feedback

5 min.

Target (D3)

On a large target, each participant leaves their feedback on different categories.

Drawn target on flip chart paper and, if necessary, adhesive dots

If there is still enough time, the target can also be evaluated together in plenary.

**R3**

**ON**

**OFF**

# Online Workshop

## For digital events (4th recipe)

<b>Topic</b>	Stop food waste! Global causes, contexts and effects of food waste as well as foodsharing as an approach to meet this challenge.
<b>Target group</b>	Adults
<b>Group size</b>	Flexible, max. 30 participants
<b>Duration</b>	2 hours
<b>Preliminary information</b>	Few
<b>Aims of the event</b>	The participants should become aware of the extent and complexity of the problem. They should get to know ways of participation within the foodsharing movement and find out further approaches to action.

	Phase	Duration/ Time	Method	Contents/ Brief description	Equipment	Note
Aperitif	Energizer	5 min.	Bananas united (A3)	Chanting about the journey of a banana - From saving it in the supermarket to digesting it in the stomach.	With webcam and microphone from all	Share the chant also as text in the chat.
	Welcome	10 min.	Notes on the event and presentation	Important technical functions of the video conferencing system are explained (introduce chat rules if necessary): + Agreement, - Disagreement and * Question). Workshop leaders introduce themselves with their roles (speaker, facilitator, tech host, etc.).	Ask participants to mute themselves	Can also be done well before the energiser.
Starter	Get to know					
	Introduction/ Entry into the topic	10+5 min.	Food use BINGO (V8)	Grid (5x5 boxes) with properties on the theme of food use and -waste. The participants go through the characteristics together and collectively try to achieve one or more BINGOS as a group.	In breakout rooms (groups of 3, 10 min.), exchange in the main room (5 min.)	Creation of Test breakout rooms before the event.



R4

ON

OFF

# Online Workshop

## For digital events (4th recipe)



### Main course

### Dessert

### Digestif

		20 min.	Presentation on food waste (H5)	Expanding knowledge: background, global connections and effects of food waste.	Share presentation, ask participants to mute themselves	Various presentation templates can be found at <a href="https://www.foodsharing-akademie.org/materiallager-praesentationen">foodsharing-akademie.org/materiallager-praesentationen</a> .
Working out the topic		15 min.	Break with task	The participants should look at the place where they are at the moment (at home, at work) to see if there is food they would dispose of and bring it with them.	With webcam and microphone from all	The task is to make the problem visible in one's own environment.
		15 min.	Discuss break task	In a round everyone reports briefly (1 min.) about the break task. Question wording: Why would you dispose of this food?	With webcam and microphone from all	Address the relevance of food waste in the private sector.
		15 min.	Presentation foodsharing (H5)	Background, goals and structure of the foodsharing movement as well as opportunities for participation.	Share presentation, ask participants to mute themselves	areas that meet with particular interest.
Develop possibilities for action		10 + 5 min.	Finding your own level of action	Discussion in small groups with the following questions: How do I incorporate the newly acquired knowledge into my future actions? What would I like to change? Where would I like to get more involved?	Discussion in breakout rooms (groups of 3, 10 min.), exchange in the main room (5 min.)	Workshop leaders do not go into the breakout rooms.
Feedback		10 min.	Evaluation and Five Finger Feedback (D4)	Find a common conclusion, clarify final questions and give feedback.	With webcam and microphone from all	If necessary, limit feedback to two categories. Thumb: What was good?, Smaller Finger: What came too short or was not so good?

**R4**

**ON**

**OFF**

# References

## Icons



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