



Stop wasting food!

MOUANS-SARTOUX

Population

10 000 inhabitants

Situation

Between Cannes and Grasse, Alpes-Maritimes, French Riviera

Cantines

1 050 guests a day
3 school groups
1 kitchen per school

100% organic

- Effective January 1, 2012
- 80% reduction food waste
- Constant budget

Food supply

- Haute-Combe municipal farm (6 hectares which 3,5 ha are cultivated)
- 3 employees
- 25 t of vegetables/year,
85% autonomy in canteens
- Public market divided into 24 lots

Food Project territorial (PAT)

2016 : creation of MEAD (Center for Sustainable Food Education)

Eating organic and sustainable is a part of a global ecological approach. From cooking preparation for the end of the meal, the leftovers represent the third of the plate. from 150 g to 200 g per guest according to the Adam. In Mouans-Sartoux, in five years, struggle against food waste has led, to an 80% decrease, meaning 147 g to 30 g per plate. This led to a saving of 20 cents per meal, reinvested in organic and quality, offsetting products extra cost.

Where does waste come from ?

- How can we explain a general phenomenon that raises the financial - and moral - question of our bad consumption's habits? According to Ademe, the origin of food wastage in collective catering, both in the kitchen and dining room, is complex. Identifying the main causes is a first step in setting indicators. Of course it's possible to stop sending more than 30% of our meals in the trash!

In the kitchen

1

Low anticipation in the management of stocks and expiry dates, overestimation of cooked quantities, excessive regulatory requirements on quantities, use of high-processed and/or less cooked industrial products, purchase of ingredients in packaging maladjusted, menus out of step with guests tastes and profiles, surplus not reused...

In service

2

Approximate quality of products and recipes, careless presentation, lack of public education for food quality, little accompaniment for young guests during the meal, portions poorly adapted to different appetites... Compressed meal time, unfavorable catering rooms, noisy background: enjoy eating is absent.

Food waste definition

"Any food made for human which is at food chain moment lost, thrown away or worsen."

Success in the fight against waste

Changing habits passes by concrete actions in order to last

MAKE THE RIGHT DIAGNOSIS...

- First measure to set up: **daily leftovers weigh by component**. Provide five buckets at the end of the meal during a certain time (two months for example). Make sure that each establishment is weighed, because according to the kitchen team, we do not eat the same way according to the day or the place. Prefer comparing days instead of monthly basis. The issue here is to know where does the waste come from: kitchens, service, portion size, school or other, type of recipes, etc.



- Second measure, **finely analyze the results** according to the components: starter, meat / fish, vegetables, cheese, dessert. A basket for bread is also interesting. It is important to understand where the problem lies between the cooked weight and the weight of the leftovers.

... AND TAKE MEASURES

- **In the kitchen.** 20% of the waste starts at the beginning when bad sized, twisted, slightly stained vegetables are removed... Therefore, in organic and local, everything is good, even the skin! Similarly, a **single storehouse** (and no several handlers) allows pooling orders between kitchens, that discuss and help each other..

- **In service.** If weighing indicates more than 8% from a meal component, do not hesitate to rectify the recipe, quantities, certain ingredients. The dietician and the **menu committee** play their role here..



Portions

The cooking teams vary the serving sizes: little hunger, big hunger. The official recommendations of GEMRCN set a precise framework on grammages that you have to adapt to reality.



- **Educate while eating.** Children are daily sensitized to autonomy and responsibility. Animators keep watching their dietary behaviour and respect for their nutritional balance. Every pupil can have a second helping at any moment of the meal. They know about of different portions, fruits cut into quarters, and do not waste too much bread...

Worth exploring

Awareness and education are not limited to school time. Meal time, collective and shared, can generate other pedagogical actions: establishment of **cooking and nutrition workshops** in the context of school time, creation of vegetable gardens in schoolyards, launch of a Positive Eating Families Challenge, development of small commissions **integrating parents and pupils**, satisfaction surveys of families, public meetings for residents on the theme of food policy, etc.