



From Waste to Value: How to Tackle Food Waste

A short online course



Co-funded by the
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Course Context

- We are in a food waste crisis where 1/3 of all food is lost or wasted. As such, reducing the amount of food we waste has never been more important.
- Food is wasted for many reasons. For example, often we buy more food than we need or cook meals that create unwanted leftovers, and then we throw the uneaten food away. Sometimes, we forget about the food in our fridge and cupboards, so it goes past its use-by date, and we dispose of it.
- This course will cover the latest trends and best practices in reducing food waste, from farm to fork. Whether you're a home cook, a chef, or a business owner, this course offers valuable information and actionable steps to make a positive impact on the planet.

Solutions to food waste

- What can we do to tackle food waste? To help consumers with the possible answers to all these questions, EIT Food has developed a free short online course targeting environmentally conscious citizens who are worried about the way the Earth's resources are currently being used and want to get a better understanding of the problem in order to take action to tackle it.
- The course "[From Waste to Value: How to Tackle Food Waste](#)" it is composed of 9 hours of learning broken down in 3 modules.
- On this course, learners will look at:
 - What is food waste and why should we care about it?
 - Making changes - at home and in your community
 - Making changes at the national level - where you shop and how you vote



Our Ambition

- Our mission is to help everyone to discover the causes and impact of food waste and learn how you can tackle it on a personal, community, and national level.
- Allow consumers to compare the practices of different retailers and discover the innovations that are helping them to reduce waste, and to reflect on how changes in the way we shop, cook and store food can help reduce food waste.
- To provide learners which a CPD accredited course is recognised by professional bodies, which can be beneficial for career advancement and opportunities.

High level contributors

- This course has been designed by teachers and researchers for anyone interested in learning solutions to prevent and/or tackle food waste. The content is offered by experts from University of Reading, Rethink Resource and Mimica.

University of Reading

The University of Reading has a reputation for excellence in teaching, research and enterprise.



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A modern approach to learning

- Free learning opportunity
- Course available 24/7 to fit with busy lifestyle
- Content accessible on any connected device
- Short lessons in a variety of formats: video, text, quizzes, etc
- Conversational learning: Learners are encouraged to reflect and join discussions
- Additional content added to each steps to further explore the topic



Trailer video



Course Syllabus

Week 1: What is food waste and why should we care about it?

Why is food waste important?

What can be done about food waste?

Review & reflect

Week 2: Making changes - at home and in your community

Making changes at home

Making changes in your community

Review & reflect

Week 3: Making changes at the national level - where you shop and how you vote

Changes at supermarkets and other retailers

Change at the national level
Review & reflect

Week 1: What is food waste and why should we care about it?

Welcome

Welcome to the course, meet the team and discover what you'll be learning about.

1.1 Where do you stand on the issue of food waste?
DISCUSSION

1.2 Welcome to the course ARTICLE



Activity 1

Why is food waste important?

Discover the disturbing statistics that show how much food we waste and consider the implications for society.

1.3 The global food waste challenge ARTICLE

1.4 Analyse your own food DISCUSSION

1.5 Case study: bread VIDEO (03:00)

1.6 Environmental, social, ethical, and financial perspectives ARTICLE

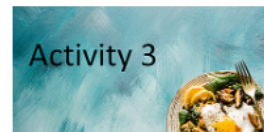
1.7 How much do you throw away? DISCUSSION



Activity 2

What can be done about food waste?

Fresh ways of looking at waste disposal and supply chains that will make a real difference.



Activity 3

[View transcript](#)Download video: [standard](#) or [HD](#)

Case study: bread

[2 comments](#)

What does it take to turn grains of wheat into the loaf of bread in our shopping trolley? Which valuable resources are used to create and distribute it? How many tonnes of CO₂ are emitted?

The food use hierarchy

0 comments

As you've seen, food waste results in the loss, not only of the food itself but of all the resources that went into creating it such as land, water, labour, energy, fuel, packaging, etc. And when food waste goes to landfill it releases greenhouse gases (GHGs) - mainly methane, which is 23 times more potent than carbon dioxide.[1]

Many organisations involved in efforts to address food loss and waste (FLW) have developed 'management hierarchies' that rank various strategies for managing it. They are often referred to as 'waste management', 'food recovery', or 'food use' hierarchies, and are usually presented diagrammatically in the form of an inverted pyramid, such as the one below. These hierarchies provide useful guidelines for national and regional governments, food manufacturers, grocery retailers, growers and consumers in deciding how to prevent and manage food waste.



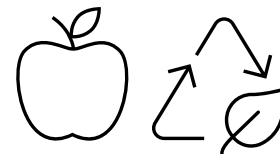
From Waste to Value: How to Tackle Food Waste

- Course available from / to:


- 06/02/2023
- 31/12/2023

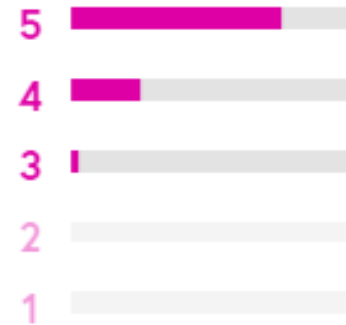
- Link:

<https://www.futurelearn.com/courses/from-waste-to-value/5>



Learner reviews

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C

Carla P. Verified learner

07/10/22

Useful resources

Although some resources and additional lessons are a little bit out of date, I found the overall course quite useful. Now, I have an idea of how much food we waste/loss every year and of course this course has given to me the skill to reduce the amount of food I waste. Also, I think this course is an inspiration for those who aim to actively work in order to promote the circular economy in terms of food waste. Good job! [Read Less](#)

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N

Noble G. Verified learner

23/05/22

5

The course has really helped me to manage the way waste food and it will help me with save more and aslo teach more on how food is wasted in our community

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挽

挽衣 林. Verified learner

05/04/22

I have learned much and

I have learned much and practised my English by the way. A very good and organized lesson teach you nearly everthing about food waste, from the statistics at first telling you the importance to tackle food waste to so many useful tips from home, community, government three perspectives to really make a change. I like this course very much! Thankyou! [Read Less](#)

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J

Jetty N. Verified learner

22/01/22

Great, eye-opening course

This course helps you to get started in wasting less food which is good for many things. It's a money saver and at the same time a part of saving the planet. A must follow course!!!!

Share

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Thank you!



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