

Analysis of Critical Points in the Planning, Distribution, Preparation, and Consumption of Food in a School Canteen

CUINATUR ACTIVA SL (CUIN)

According to FAO estimates, 1/3 of global production is lost or wasted, while 805 million people, equivalent to 11% of the world's population, suffer from undernourishment or chronic hunger.

These data allow us to conclude that the planet is not short of food; on the contrary, much more is produced than is needed. Food waste, in addition to ethical issues, has an impact on the environment and results in the loss of resources such as water, agricultural land, and energy.

Analysing the causes of food waste is a complex matter, but it is closely related to the current food production system. The school canteen is an ideal learning environment where one can interact and experiment with healthy and responsible eating habits from an early age. Addressing the issue of food waste in schools will allow children to reflect on the value of food with the aim of reducing waste.

The main points to develop:

ORDER CALCULATION: Quantities (weights) optimized for the age and number of diners, as well as the acceptance of the planned menu.



LOGISTICS OPTIMIZATION (smart logistics).

AWARENESS: Posters and displays.

TRAINING FOR MONITORS on the amounts that constitute a serving, depending on the age of the diners and nutritional recommendations, as well as establishing a clear criterion for "seconds."

Workshops:

1. ACCEPTANCE OF VEGETABLES AND LEGUMES. Compare between pureed/whole, colour, texture, raw/cooked, boiled/fried, fresh/frozen.
2. TECHNIQUES FOR PEELING/CUTTING FRUIT.

