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ERASMUS+ KA220-YOU - COOPERATION PARTNERSHIPS IN YOUTH
2022-1-SE02-KA220-YOU-000087769

FOOD-Y

FOOD-Y Foster youth employment and entrepreneurial skills using circular economy to find solutions to community' food waste issues

DURATION: 01-09-2022 – 31-08-2024





What is a circular economy?

A circular economy is an economic system that aims to maximize the use of products, materials, and resources by returning them into the product cycle at the end of their use, while minimizing waste generation. For that, we should use resources more efficiently and effectively, and making sure we don't waste anything (or less as possible)





According to the Ellen Mc Arthur Foundation, the circular economy is based on three main principles:

1. Eliminating waste generation and pollution

Eliminating waste generation and pollution is important because it helps us protect the environment and our health. The Earth is facing a growing waste problem, and much of this waste ends up in landfills, oceans, or other natural habitats, causing pollution and harming ecosystems, plants, animals and human health. By being mindful of what we use and how we dispose of things, we can help keep the environment clean and healthy for all.





2. Circulating products and materials

This principle means that we should try to use things over and over again instead of always making new things. By promoting a circular economy, we can reuse, recycle, and upcycled materials and products, reducing the need for new resource extraction and the creation of waste (also reducing greenhouse gas emissions). Reusing things is also a good way to save money.

3. Regenerating nature

Regenerating nature is crucial because it helps us restore and protect natural habitats, which in return helps us support biodiversity and our own well-being. Nature provides us with many things we need, such as clean air and water, and we need to take care of it to ensure that it can continue to provide for us. By protecting and restoring natural habitats, we can support the health of the planet and all its inhabitants.



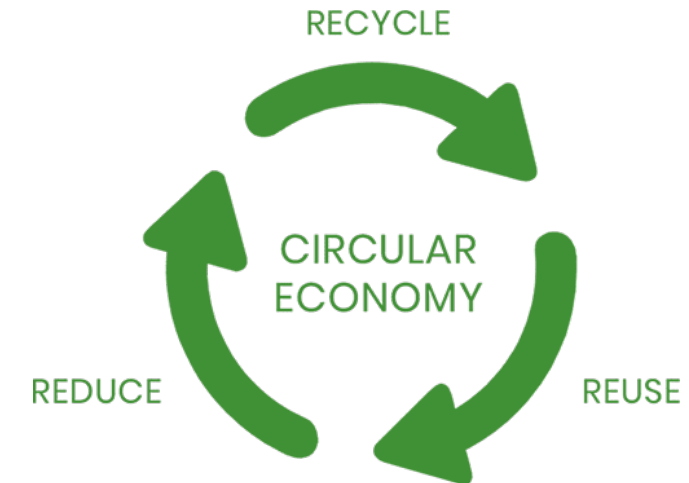


Circular economy = Reduce-Reuse-Recycle approach:

The goal of a circular economy is to keep resources in use as long as possible by promoting reuse, recycling, and regeneration. For that we must create a system where waste is minimized, and resources are continually reused.

This approach is more sustainable because it reduces the demand for new resources (especially raw material), reduces waste and pollution, and promotes a regenerative economic model that benefits both the environment and society. Become more circular in your daily life does not necessarily imply a big change.

For example, when you reuse an old vegetable to make a soup instead of throwing it away it is a **circular behaviour**.





Linear Economy = Take-Make-Dispose approach:

In a linear economy, resources are extracted from the earth, transformed into products, and eventually discarded as waste after they are used. It's a one-way flow (a linear flow) of resources through the economy. This results in the depletion of natural resources and the accumulation of waste and pollution in the environment.

Even if a linear economy seems to be the simplest way to produce food, its impact on the environment is very high in the long run.

Linear Economy





The consumption of all resources / raw material:

The linear model assumes that resources are infinite and can be extracted, used, and disposed of without consequences. However, most resources are finite and non-renewable, and the linear model depletes these resources at an unsustainable rate.





Waste and Pollution:

The linear model generates large amounts of waste and pollution, which have negative impacts on the environment, human health, and the economy. For instance, landfills and incinerators pollute the air, water, and soil, and contribute to climate change.





Economic Costs:

The linear model is costly in the long run, as it requires constant input of new resources and energy. The circular model, on the other hand, can create economic value by reducing waste, conserving resources, and creating new jobs and industries.





The food value chain

Understand where food products come from with the example of a pizza produced on an industrial scale:

1- PRODUCTION

This step is the creation of the raw material used to create the food. The fruits, vegetables, cereals, livestock, are produced by farmer, agricultural workers.





The food value chain

2-TRANSFORMATION / PROCESSING:

Once the raw materials are harvested, they are processed into a form that can be used in food production. Wheat is milled into flour, milk is pasteurized and bottled, and fruits and vegetables are canned or frozen.

If we take the example of a pizza made on industrial scale, we also have to create the finished product with raw materials. That means buying raw material or processed products to assemble them, to create many pizzas.





3- PACKAGING

The processed ingredients are then packaged and shipped to distributors and manufacturers. This might involve packaging flour into bags, canning fruits and vegetables, and bottling milk.

Each product is packed one by one but also in a big pallet for transportation.





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4- DISTRIBUTION

The packaged ingredients are then transported to grocery stores, restaurants, and other food outlets to be bought by consumers. This might involve transporting the product by truck, train, ship or plane.





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5- CONSUMPTION

Once purchased the products are consumed in their entirety or not.

When you buy an industrial product, you get the product but also different packaging.





6- END OF LIFE

This final step designed what is left of the product you bought. And what we do with the waste due to the product.





Where does our waste end up?

When we throw away food or food packaging, it generally ends up in one of this three places:

- **Landfills**

The majority of food waste and food packaging ends up in landfills. Landfills are large areas where waste is buried and left to decompose. When food waste decomposes in landfills, it produces methane, a greenhouse gas that contributes to climate change.





Where does our waste end up?

When we throw away food or food packaging, it generally ends up in one of this three places:

- **Incinerators**

Some food waste and food packaging are burned in incinerators. While incinerators can reduce the amount of waste that ends up in landfills, they can also produce air pollution and contribute to climate change.





Where does our waste end up?

When we throw away food or food packaging, it generally ends up in one of this three places:

- **Recycling facilities**

Some food packaging, such as cardboard boxes and plastic containers, can be recycled.

Recycling facilities sort and process these materials so that they can be turned into new products.





How can I contribute to the circular economy?

- Promote local and regional food systems.
- Repair products instead of replacing them.
- Choose products with minimal packaging and opt for durable and long-lasting goods.
- Consume less meat / choose plant-based products: Animal agriculture is a major contributor to greenhouse gas emissions.
- Identify the “sustainability labels”: These labels and certifications can help consumers make informed choices about the sustainability of the products they purchase.





- Composting: when you compost food leftover, you are essentially recycling the nutrients in the food and returning them to the soil. You can put a variety of organic materials in a compost bin or pile, including:
 - Fruit and vegetable scraps,
 - Eggshells,
 - Coffee grounds and filters,
 - Tea bags,
 - Grass clippings,
 - Leaves and yard waste,
 - Shredded paper and cardboard.





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Optimise your way of storing food so that it lasts longer:

For example, storing fruits and vegetables separately and in the right conditions can help them last longer.

Labelling and dating leftovers can also help ensure that they are consumed before they go bad.

Freezing food - a great way to preserve it for later; foods like bread, fruit, and meat can be frozen and used when needed.





Optimise your way of storing food so that it lasts longer:

- Planning meals in advance can help prevent overbuying and reduce food waste. It's a good idea to make a shopping list and only buy what you need.
- Leftovers can be used to create new meals, such as using leftover vegetables in a soup or making a stir-fry with leftover rice.





KEYS TO BE CIRCULAR

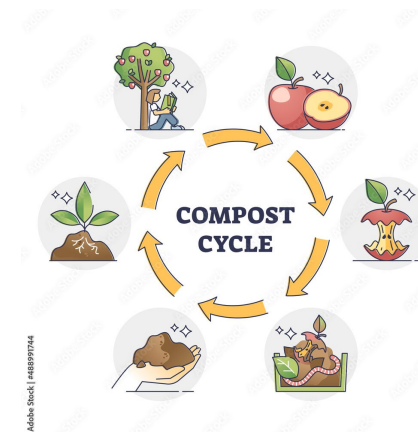
THE SECOND USE

- Finding new uses for a product that would otherwise be wasted. Using overripe fruit and vegetables to make juice, soup or sauce



THE RECYCLING

- Make use of waste or materials that were already used in previous processes but that still have some functionality in the production of other elements. You can reuse food waste to create compost, which can then be used to fertilize soil for new crops.





KEYS TO BE CIRCULAR

THE REPURPOSE

- Finding new uses for food products or byproducts that would otherwise be wasted
Instead of throwing away the leftover bread, which would be wasteful, it can be transformed into a new product with a different use : croutons





KEYS TO BE CIRCULAR

THE REPARATION

- Give another chance to those products that have been previously used or damaged so that they have a new functionality. So instead to buy a new micro-wave try to fix it.





THE VALUATION

- This means maximizing the value of a product or resource by reducing waste and optimizing resource use. For example, using all parts of a fruit or vegetable, rather than throwing away parts that are edible or have nutritional value.





What are the benefits of a circular economy?

- Reduced resource consumption,
- Protecting ecosystems and wildlife
- Economic growth and job creation
- Decreased environmental footprint
- Supports the transition to a more sustainable and equitable society.
- Tackles youth unemployment
- Recycling reduces the plastic ending up in our oceans

The **conclusion of recycling** is clear: it is a **win-win solution** for both the environment and the economy.





How to motivate NEETs to participate in FOOD-y program

- **Skill-Building Workshops:** Organise regular practical workshops based on the Manual and supported by the digital tools to equip participants with valuable, marketable skills
- **Cooperate with local schools:** Organise workshops in local schools to enhance interest, knowledge and skills of young people
- **Community Service Projects:** Organise local community projects where participants prepare meals for local shelters or food banks from left and unsold food from local shops and restaurants, fostering a sense of purpose, community contribution and participation.





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Recycling/ composting/ food waste reduction videos



- CRFC EcoSolutions – Community Compost Connection Programme





Recycling/ composting/ food waste reduction videos



- [Organics & FOGO 2 - Community composting hubs in Brisbane](#)





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Recycling/ composting/ food waste reduction videos



- [Community Composting: A Discussion with L.A. Compost](#)





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Recycling/ composting/ food waste reduction videos



- [NEVER Throw away ORANGE OR LEMON SKINS! 5 uses from the Homestead](#)





Recycling/ composting/ food waste reduction videos



- [Healthy Soil- With Citrus Peels?](#)





Recycling/ composting/ food waste reduction videos



- [Training video - Recovery and redistribution of surplus food from the distribution sector](#)





Recycling/ composting/ food waste reduction videos



- [This entrepreneur has created a solution to surplus food wastage | Womankind](#)

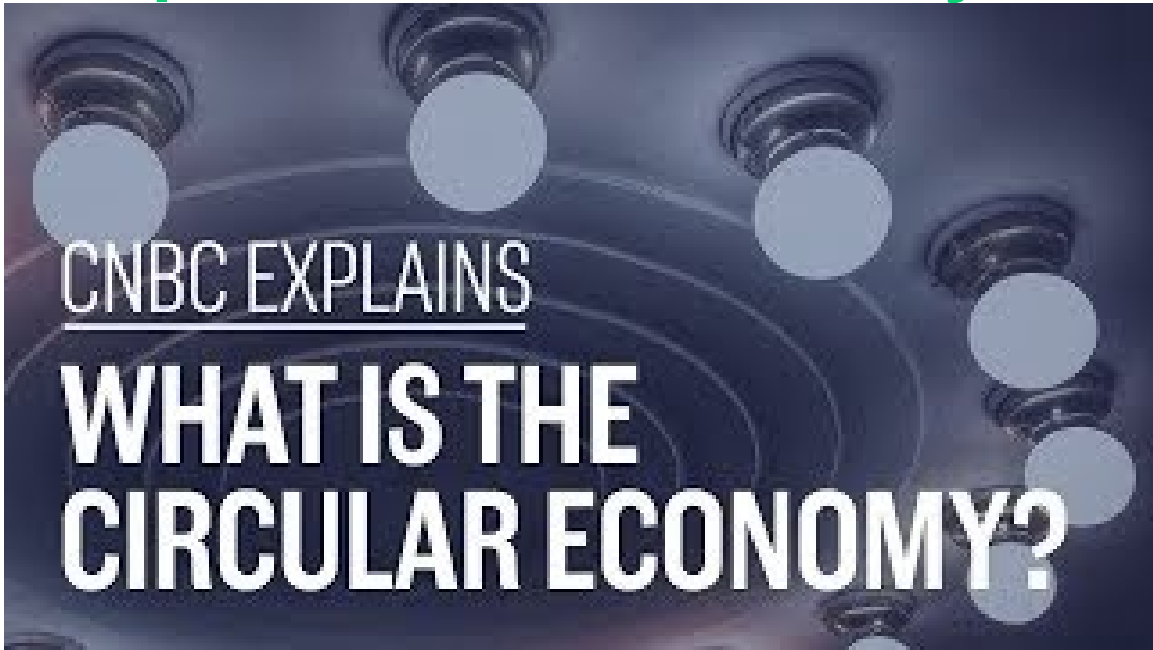




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Videos to Explain Circular Economy



[What is the circular economy? | CNBC Explains](#)





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Videos to Explain Circular Economy

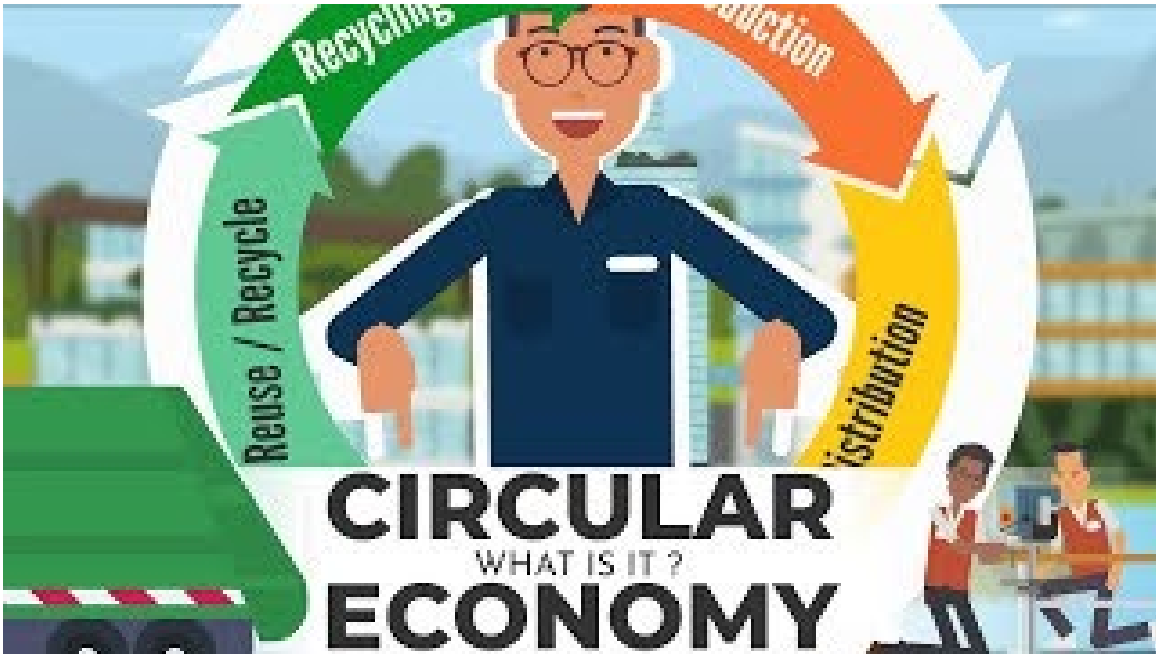


[Explaining the Circular Economy and How Society Can Re-think Progress | Animated Video](#)
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Videos to Explain Circular Economy



The Circular Economy - What is it?





According to the Ellen Mc Arthur Foundation:

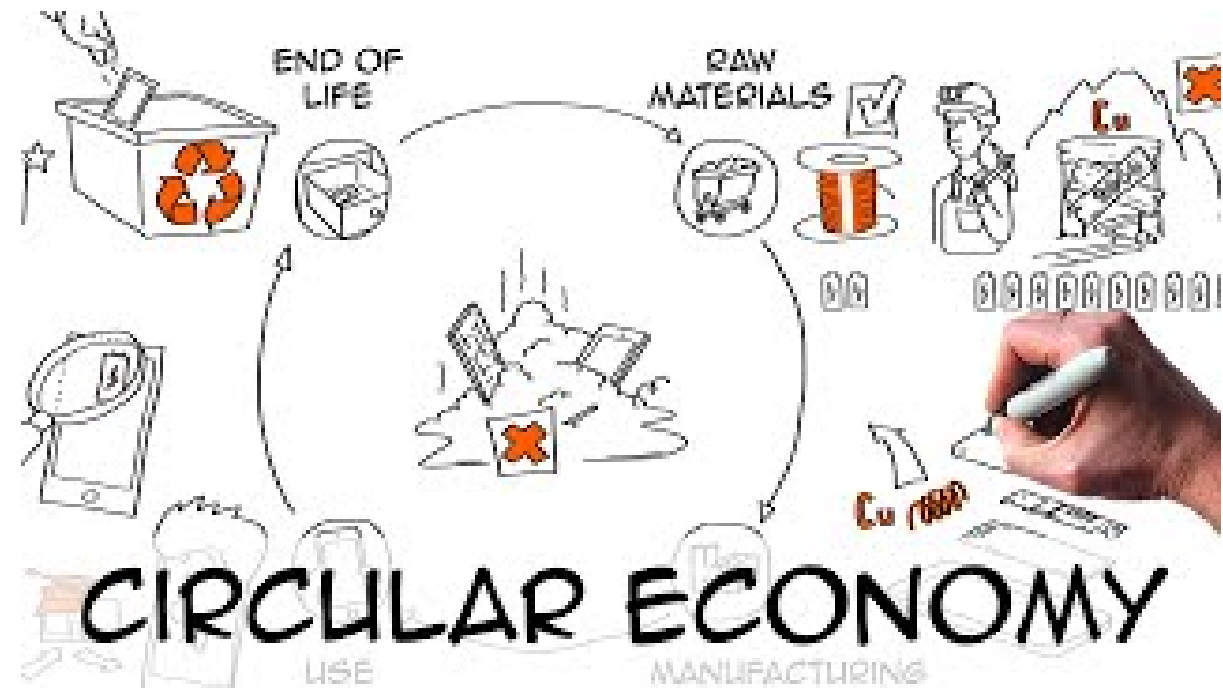


Are cradle to cradle & the circular economy the same thing? | The origins of the circular economy





Sustainability Illustrated



[Circular Economy: definition & examples](#) | [Sustainability Environment](#)





Videos on recipes or other ways on food waste reduction

25 Food Waste Recipes you HAVE TO try!

Creative recipes that utilize common leftovers and food scraps to make new, tasty dishes. This video demonstrates how to transform leftover ingredients into delicious meals, helping to minimize food waste.



25 Food Waste Recipes you HAVE TO try!



Videos on recipes or other ways on food waste reduction

Food Waste Hacks you NEED to try!



Food waste hacks you NEED to try!





Videos on recipes or other ways on food waste reduction

100 WAYS TO REDUCE FOOD WASTE YOU HAVE TO TRY

This video provides practical tips and tricks for reducing food waste in the kitchen.



100 WAYS TO REDUCE FOOD WASTE YOU HAVE TO TRY





Videos on recipes or other ways on food waste reduction

List of uses for Eggshells

Creative recipes that utilize egg shells



You Will Never Throw Away Eggshells After Watching This





Videos on recipes or other ways on food waste reduction

13 Surprising ways to use Banana Peels

This video provides practical tips and tricks for using Banana peels



<https://youtube/hV76Sua1dw?si=KsK0MRtKGIx7I79II>



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FOOD-y project

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