



Webinar: Local Food Systems and Sustainability Showcase

18 November, 4:30pm-5:45pm





Project overview

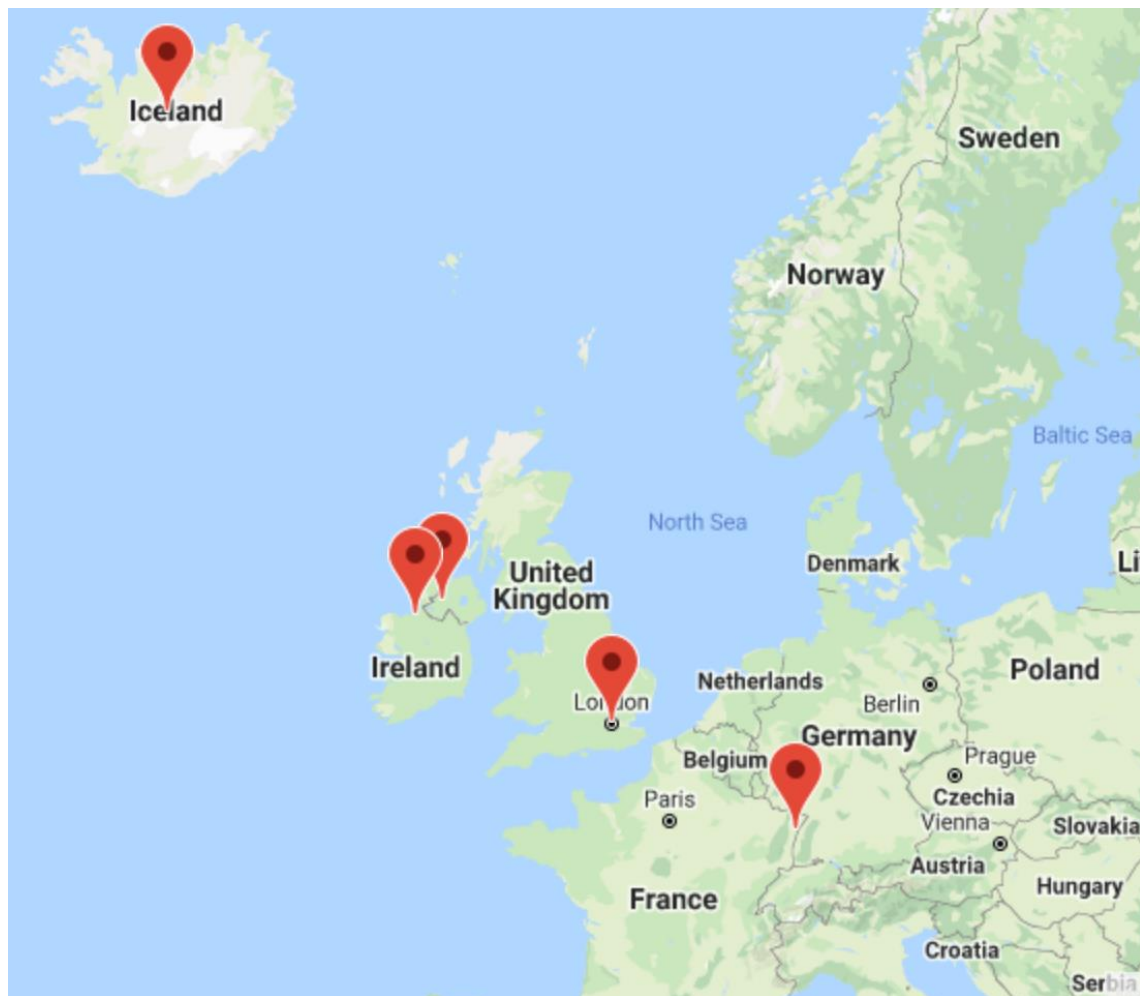
Roisin McKee, People 1st International

Food For Thought Project

- ▶ The project brings together 5 European partners with specific expertise in the provision of catering and hospitality training.
- ▶ Develop an openly accessible modular training course focused on the local food system and sustainable food practices to strengthen key competencies in hospitality and catering VET provision.



Partners



people^{1st}
international

SouthWest
College



St. Angela's College, Sligo
Coláiste San Aingeal, Sligeach
A College of NUI Galway



LYCÉE ALEXANDRE DUMAS
HÔTELLERIE & TOURISME



IDAN
fræðslusetur

Project objectives



Mapping skills and knowledge requirements

To undertake comparative needs analysis in the 4 partner EU Countries



Design of openly accessible modular training course

To enhance the labour market relevance of catering & hospitality vocational education and training



Pilot delivery

To initially strengthen key competences of 200 learners & staff across 4 EU partner countries through the pilot delivery of the curricula & course materials



Develop delivery toolkit

To introduce open access pedagogical resources for staff and learners across Europe

Learning units identified

Unit 1: Sustainable Management in Catering Operations

Unit 2: Food Supply Chain

Unit 3: Food Waste

Unit 4: Trends and Lifestyles

Unit 5: Sustainable Sourcing and Procurement for Catering Operations

Unit 6: Food Destinations



Main learning outcomes

Understand the meaning of sustainability in a catering operation.

Know the benefits of creating a sustainable kitchen.

Understand the concept 'From sea and farm to fork'.

Know the benefits of using local ingredients for a catering business.

Understand the meaning of food waste in a catering operation

Be familiar with the three R's concept

Explain current trends in the hospitality sector.

Recognise how current trends and lifestyle choices of the consumer affect sustainability in catering operations

Recognise the benefits of purchasing in season, locally sourced sustainable produce.

Identify seasonal, locally sourced and sustainable dishes across a range of menu types.

Understand the features of a food destination.

Explain how a business or area can become a food destination.

Resources



Trainer handbook



Overview document



Powerpoint presentations



Podcasts



Case Studies



Assessments



Trainer Handbook

Overview document

Unit 1 - Introduction to Sustainable Management in Catering Operations

- Holistic overview of Sustainability.
- Benefits of Sustainability to a modern food production environment.

Unit 2 - Food Chain

- The concept 'From sea and farm to fork'.
- Criteria for Sustainable Food Production.
- Positive impacts of using local produce.

Presentations

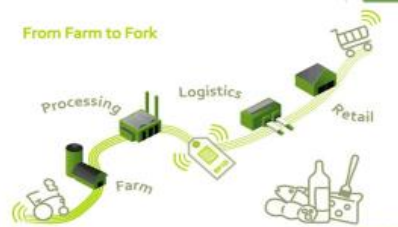
Unit 5

Sustainable Sourcing and Procurement for Catering Operations

Main Elements of Sustainable Food Production

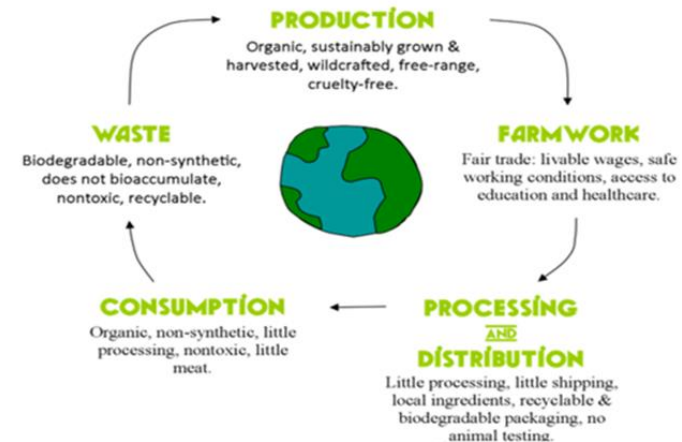
- ▶ Producers (Farmers)
- ▶ Food Processors
- ▶ Distribution (Logistics)
- ▶ Retailers
- ▶ Consumers

From Farm to Fork



To be sustainable you must consider the Environmental, Economic and Social impacts of each element.

Sustainable Procurement – In Catering Operations





There are a series of podcasts integrated into the learning units focusing on key points.

Case Studies



*A Cosy Coastal Café on the
West Coast of Ireland....*

<http://puddingrow.ie/>

Pudding Row, Easkey, Co. Sligo, Ireland

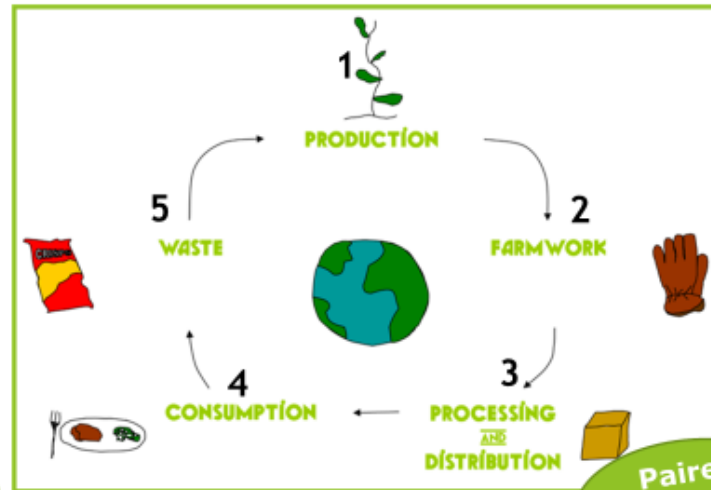
➤ The Food Philosophy of Pudding Row:

"We use the best possible ingredients that we can find in Ireland, with as much emphasis on **local** and **organically produced** food as possible. We combine these quality ingredients with the freshest, highest quality breads and pastries that we **bake fresh** every morning. Being based in West Sligo we are blessed to have easy access to work with some amazing **food producers** such as Andarl Farm, Woodville Farm, Crimlin Organic Farm as well as numerous **local growers**"

Assessments



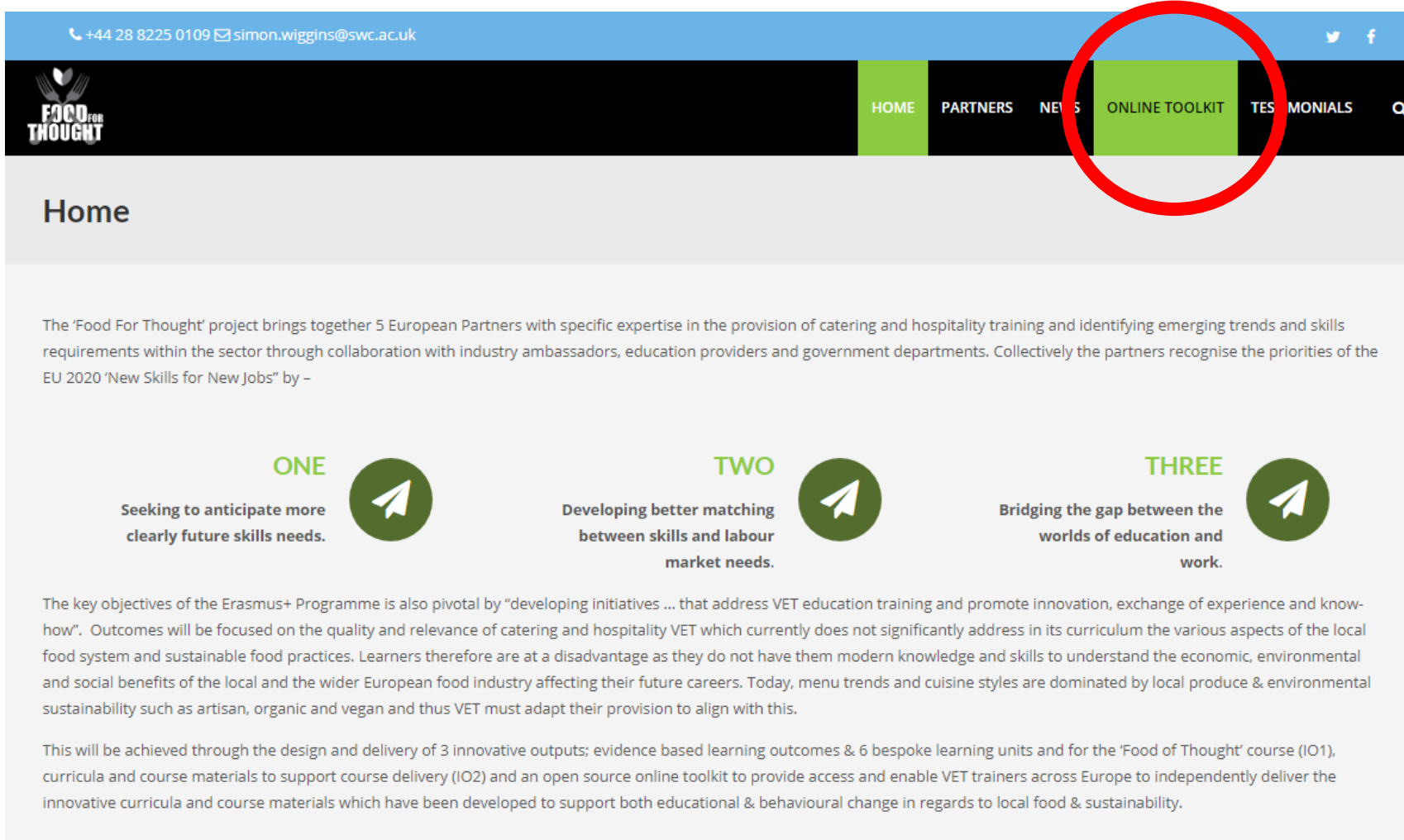
Sustainable Procurement - In Catering Operations



Paired Activity: Jot down considerations that relate to Sustainable Practice at each stage of Production/Sourcing/Usage

Website & Online Toolkit

www.foodforthoughteu.com



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FOOD FOR THOUGHT


HOME PARTNERS NEWS **ONLINE TOOLKIT** TESTIMONIALS

Home

The 'Food For Thought' project brings together 5 European Partners with specific expertise in the provision of catering and hospitality training and identifying emerging trends and skills requirements within the sector through collaboration with industry ambassadors, education providers and government departments. Collectively the partners recognise the priorities of the EU 2020 'New Skills for New Jobs' by –


ONE

Seeking to anticipate more clearly future skills needs.




TWO

Developing better matching between skills and labour market needs.



THREE

Bridging the gap between the worlds of education and work.



The key objectives of the Erasmus+ Programme is also pivotal by "developing initiatives ... that address VET education training and promote innovation, exchange of experience and know-how". Outcomes will be focused on the quality and relevance of catering and hospitality VET which currently does not significantly address in its curriculum the various aspects of the local food system and sustainable food practices. Learners therefore are at a disadvantage as they do not have them modern knowledge and skills to understand the economic, environmental and social benefits of the local and the wider European food industry affecting their future careers. Today, menu trends and cuisine styles are dominated by local produce & environmental sustainability such as artisan, organic and vegan and thus VET must adapt their provision to align with this.

This will be achieved through the design and delivery of 3 innovative outputs; evidence based learning outcomes & 6 bespoke learning units and for the 'Food of Thought' course (IO1), curricula and course materials to support course delivery (IO2) and an open source online toolkit to provide access and enable VET trainers across Europe to independently deliver the innovative curricula and course materials which have been developed to support both educational & behavioural change in regards to local food & sustainability.



Food for Thought 2.0



Development of immersive and innovative technology-led content formats to engage younger learners.



An education perspective

Louise T Davies, Food Teachers Centre

Today's young people, tomorrow's chefs and consumers



Explore these free resources

- ▶ Make a difference to how young people engage with sustainability issues to strengthen their future
- ▶ Deliver your exam courses more effectively



Curriculum linked

- AQA, EDUQAS, WJEC, OCR GCSE in Food Preparation and Nutrition, or Food and Nutrition
- WJEC: Hospitality and Catering Level 1 and 2
- WJEC: Level 3 Food Science and Nutrition
- CCEA: Food and Nutrition GCSE, GCE Nutrition and Food Science
- SQA: Higher and Advanced Higher Health and Food Technology SQA: National 4 and 5 level Health and Food Technology, Practical Cookery, and Practical Cake Craft;
- City and Guilds: Hospitality and Catering and Professional Cookery
- VTCT: Hospitality and Catering Principals and Professional Cookery

Key exam topics - for vocational courses

- ▶ WJEC Level 1-2 Hospitality and Catering
- ▶ *Assessment Criteria 2.2 - explain how dishes on the menu address environmental concerns*



Key exam topics for GCSE and equivalent courses

GCSE Food Preparation and Nutrition

- ▶ understand the economic, environmental, ethical, and socio-cultural influences on food availability, production processes, and diet and health choices

Food provenance

- ▶ where and how foods are grown, reared, or caught and the primary and secondary stages of processing and production
- ▶ the impact of food and food security on the environment, local and global markets and communities
- ▶ technological developments that claim to support better health and food production

Food choice

- ▶ the range of factors that influence food choices, including seasonality, costs, availability,

Example of using 'Food for Thought' resources GCSE



What is the Food Supply Chain?

Definition:

- ▶ A food supply chain or food system refers to the processes that describe how food from a farm and the sea ends up on our tables.
- ▶ The processes include production, processing, distribution, consumption and disposal.
- ▶ YouTube video:
<https://www.youtube.com/watch?v=Tffcy7269LE>



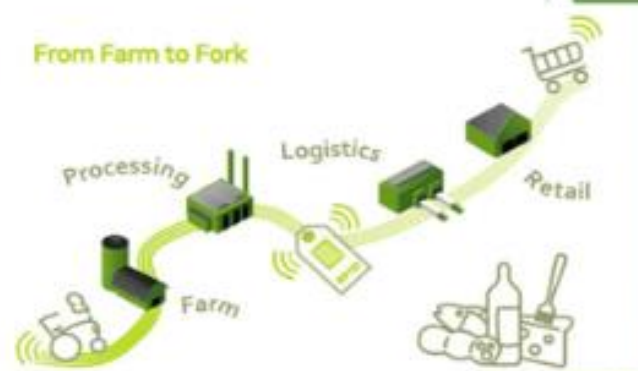
Where and how foods are grown, reared or caught



Simple and visual presentations - ready to use

Main Elements of Sustainable Food Production

- ▶ Producers (Farmers)
- ▶ Food Processors
- ▶ Distribution (Logistics)
- ▶ Retailers
- ▶ Consumers



To be sustainable you must consider the Environmental, Economic and Social impacts of each element.



Case studies on YouTube - bring to life when you cannot get out



Food Producers -
Farmers, fisherman

- ▶ Farmer owns or work on or operates an agricultural enterprise, either commercially or to sustain himself or his family.
- ▶ *Farmer is a person who owns several acres of land and a barn and who raises cattle and grows fruits and vegetables to eat and to sell at a local market.*
- ▶ Organic farming
- ▶ <https://www.youtube.com/watch?v=WhOrIUlrnPo>

Erasmus+
FOOD FOR THOUGHT

Save time with further high quality links for researching

Case Studies

1. Sustainability in the Kitchen – Food & Drink

- ▶ <http://www.greenhotelier.org/our-themes/community-communication-engagement/sustainability-in-the-kitchen-food-drink/>

2. How to Go Green at Your Restaurant

- ▶ <https://www.thebalancesmb.com/how-to-go-green-at-your-restaurant-2888656>

3. Sustainable Food Production

- ▶ <https://www.unenvironment.org/regions/asia-and-pacific/regional-initiatives/supporting-resource-efficiency/sustainable-food>

4. Sustainable Food

- ▶ <http://ec.europa.eu/environment/eussd/food.htm>

Linked to assessment - practice questions, embed learning

Unit 2: Assessment 1

Assessment 1

This is a multiple-choice test based on Unit 2: Food production Chain – From sea to farm and fork. Please choose one answer for each of the 20 questions.

1. *Food traceability means;*
 - a. Knowing that your food is organic
 - b. Knowing where your food comes from
 - c. Knowing where all the ingredients in your food come from

2. *The sea and farm to fork movement, promotes;*
 - a. Serving local food at restaurants, homes, cafes, etc.
 - b. Serving quality food at restaurants, homes, cafes, etc.
 - c. Serving inexpensive food at restaurants, homes, cafes, etc.

3. *Is it reasonable to suggest that restaurants can source all the food they need for*

Examples linking to vocational courses



Case Study: Monty's Lounge Restaurant

Local, sustainable, ethical business



Set in a real working environment

Unit 5: Case Study 2 – Sweet Beat Cafe

Unit 5 Sustainable Sourcing & Procurement for Catering Operations

BRIDGE STREET, SLIGO

SWEET BEAT CAFE
♥ ♥ ♥ ♥ ♥ ♥ ♥

CASE STUDY

<http://www.sweetbeat.ie/>

• Sustainable Philosophy:

"Sweet Beat Café..... provides plant-based, vegan-friendly food including fresh super salads, cold pressed juices, wheatgrass shots, probiotic drinks, and living, nourishing food. We prepare our food, fresh, from scratch, every morning in our busy kitchen, sourcing only the best quality ingredients from local growers and suppliers"

• Promoting Environmental Sustainability:

Memorable key concepts made simple but engaging

The Three Pillars of Sustainability

1. Societal – People
2. Environmental – Planet
3. Economic – Profit



Relevant and up to date

Sustainable Procurement - Sourcing Food Produce



➤3. Ethical?

Source ingredients in a **Fair Trade Agreement**

Ensure products are free from **animal testing!**

Be aware of Animal Husbandry Practices



➤4. Environmentally Friendly?

Packaging should be 100% Recycled.

"Origin Green" is an award to Irish **farmers** for notable improvement to overall sustainability



Working with nature

Assessment linked - similar to unit assessments

Assessment 2

*This is an Individual exercise based on Unit 5:
Sustainable Sourcing and Procurement for Catering Operations.*

Please read the instructions below:

Select a region and season of your choice. Design a suitable sustainable 3 course menu, that promotes the use of local produce.

📌 **Region:** _____

📌 **Season:** _____

Menu

Appetiser



Summary - flexible to suit your programme

The Food for Thought programme and toolkit provides learning units which can be embedded into your current courses, with presentations, videos, case studies and quizzes. Topics include:

- ▶ Creating a sustainable kitchen
- ▶ The food chain (from sea and farm to fork)
- ▶ Waste in food production (the 3 Rs)
- ▶ The benefits of using local ingredients
- ▶ Trends and lifestyles
- ▶ Planning for locally sourced, seasonal menus