Food for Thought Evening Pack – Cubs:

What the evening is about:

The impact that global food waste can have on the environment, as well as ways we can manage this locally.

Timings (1hr 30mins):

19:00 – Flag break

19:15 – Opening game

19:25 – Introduction, quiz part 1, and composting

19:40 – Cub compost bin

19:50 – Talk about food waste (part 2)

20:05 – Closing game

20:25 – Flag down

Introduction:

Quick question: do we think food waste is just the food that we throw away at home?

No! Food waste is any waste/rubbish produced at any point during the life of the item, including production, transportation, and obviously eating. To learn more about this, we're going to do a quiz!

If you get the question right, your team wins 2 points, if you get the right idea but not exactly the right answer, you get 1 point, but if you don't answer or get it wrong, you get 0 points.

Quiz:

Question 1: When you throw your food away in the bin at home, where does it go? (Answer: Landfill)

Landfill is basically a big hole in the ground that gets filled with all the rubbish from our houses and lots of other places. When your food heads to landfill, it is buried under the ground to break down. Food waste breaking down in landfill produces a large amount of gas called methane that is trapped inside the food and gets released. This can lead to a heat up in the earth's atmosphere, causing global warming and climate change. (methane – funny fact: farts are also methane gas, so imagine lots of horrible farts coming out of the ground!) which can contribute to something called global warming and climate change. If we reduce food waste, we can reduce our impact on the environment.

Question 2: How much of the food produced across the world ends up going to waste? (Answer: One-third)

Let's use an example to understand how much food can go in household bins. There's approximately 70 million people living in the UK at the moment. If everybody ate sausages and mash for dinner this evening and couldn't finish their last 2 sausages so they put them in the bin, this would mean 140 million sausages would be going in the bin! So we can see how such a large amount of food ends up in the ground when it doesn't need to. This introduces the next question…

Question 3: What are some ways we can divert food from going into your household bin? Name 2 examples (Answers: reduce overbuying/over consumption, use the freezer, save leftovers, use scraps to throw together another meal/drink/soup, composting, donating food)

Food stays good for a long time in the freezer, and leftover meals can last for at least a couple days in the fridge. Fruit and veg scraps can be utilised for soups, sauces, smoothies etc. Many charities, such as Crawley Open House are happy to take most donated foods, providing they're in date of course! This even includes things like pet food.

Composting:

We mentioned composting in the last question; who knows what composting is already? Can you explain for the group?

In basic, composting is putting items such as leaves and food scraps in a bin or heap or box (whoever works best for you!) which decomposes into a fertiliser that can help soils become healthier. The resulting mixture is rich in plant nutrients and organisms such as worms and fungi.

Question 4: What are some items that can go in a compost bin? Name 3 examples (Answer: bread, cardboard, coffee grounds, eggshells, fruit and vegetables, grass, leaves and sawdust. Basically, anything pretty natural!

How to construct a compost bin (do this activity using Cubs as the materials – see below):

1. Start with a base layer of soil, straw and twigs – this helps with providing structure and drainage
2. Add a layer of newspaper
3. Then start laying some brown material – straw, dry leaves, sawdust, twigs, and paper towel (anything rather wood based!)
4. Then add on some green material – grass cutting, vegetables, food and fertilisers
5. Do one or 2 more of these each (approximately 3 inches for each layer)
6. Add one layer of topsoil
7. Finish off with some straw and twigs again

Once you're all layered up, let the composting process do its work! You'll need to give it a hand by turning the compost approximately every 3-4 weeks if possible. The process of turning is simply using a garden fork, or similar, to bring the lower layers up to the top and move the fresh, cool, material down to the bottom of the bin to allow for better decomposing and maintaining bin temperatures.

Quiz (part 2):

Question 5: What are some of the processes that food goes through before it reaches our plate? (Answer: planting, harvest, watering, raising livestock, feeding, slaughter, transport to store, packaging, quality control, transport from farm to factory)

Not only does throwing the food away cause problems in landfill, but it happens way before here also! Think about the amount of water the farmer needed to grow that veg, or the water (and therefore CO_2 produced) needed to keep the animal alive and then to transport it once it's ready to go on our shelves. We need to reduce food waste at consumer level, but also at the production level.

Question 6: What is one way we could cause big change? We've spoken about ways to do it on a small level, so how could we push this to go further? (Answer: Put pressure on politicians, community leaders, and big businesses to take a stand too, social media outreach or local press such as newspapers, posters etc.)

We can all take small steps to reduce our personal consumption and waste, and then we can start making larger improvements in our local community by spreading the word about how important it is to

address issues such as food waste. But we don't only need change on a small local basis, we need to start pushing politicians, community leaders, and big businesses to take a stand too. We will make improvements over time, but we can start making change now.

Conclusion:

So, what have we learned? How much food waste we produce, where it goes, how we can reduce this, and how to build your own compost bin at home!

Building the Cub compost bin:

How many cubs there are influences how many go in each layer, so divvy up as you see fit! When calling out a layer, get the cubs chosen at random for that particular section to stand together and tell them and the rest of the group what they are. They'll need to remember the layers because you'll want to test them about halfway through and at the end. For layer 5, you can do this step if you have a particularly large group, or you can go straight from 4 to 6.

Make sure the groups are about a foot or two apart so they can see where one layer ends and the next one starts.

By the end, you should have a line of cubs in 6-7 small groups (or individual if you have a small group) and they are the cub compost bin!

Badges the evening counts towards:

Food for Thought Badge:

- Learn about how much food waste is produced, the implications of large amounts of food waste, and how you can reduce this
- Learn how to build and maintain your own compost bin
- **Optional** criteria: Start your own composting journey to help the environment and reduce your food waste
- **Optional** criteria: Complete the Compost Bin Wordsearch (provided further down in this information pack)

Please note: this badge is on OSM for you to add onto your programme plan as required. Can be ordered via mysa@7th.cdscouts.org.uk

Criteria 6 of the Our World Challenge Award – Take part in an activity about the environment

Criteria 1 of the Teamwork Challenge Award – Take part in at least six different team games with other Cubs (the quiz can count towards this)

Other badges may apply upon completion of the optional criteria of the Food for Thought badge and other badges can be easily incorporated if necessary (environmental conservation badge, for example)

Compost Bin Wordsearch:

Complete this wordsearch to learn about what foods can go in your compost bin!

Remember, the words can go in any direction, and they might share letters with other words…

I	E	I	U	F	B	S	R	Y	Q	T	W
D	U	F	X	Q	C	E	O	C	S	N	C
W	D	M	J	N	S	K	I	U	E	O	D
M	Y	B	W	T	I	A	D	O	F	R	R
G	R	A	S	S	U	W	V	F	I	U	A
T	S	E	L	B	A	T	E	G	E	V	O
L	I	G	U	S	B	E	G	W	H	Y	B
K	E	U	K	P	R	Z	M	D	R	X	D
Q	X	A	R	U	E	M	R	C	F	K	R
O	B	S	V	F	A	L	F	Z	N	W	A
E	S	C	B	E	D	X	J	E	D	T	C
S	L	L	E	H	S	G	G	E	H	M	V

Words to Find:

Bread

Cardboard

Coffee

Eggshells

Fruit

Grass

Leaves

Sawdust

Vegetables