

Food Waste Campaign Plan

Aim & measurement

- **Primary aims:**
 - To reduce food waste at lunchtimes.
- **Measurement:**
 - **Primary:** Weekly tonnage of household food waste from the target kerbside round, compared with a 4-week pre–22 Sept baseline or previous year (depending on what is more effective to get an actual comparison).
 - **Supporting:** Panda Planner returns and homework each week (home participation, % completed per class each week) and daily canteen food-waste weight (kg) logged by Year 6.
- **Contact/Lead:** To confirm internally

Timings

- 6 weeks, with one piece of homework each week

The Meal Savers — Campaign Explainer

What it is

The Meal Savers is a **six-week, character-led programme** that helps families reduce food waste **at home**, and at school lunchtimes, reinforced by simple nudges in school. Each week has:

- **One short class activity** (KS1 ≈10 mins; KS2 ≈20 mins)
- **One homework challenge** (not more than one piece of homework, to discuss in class the following week).
- **One canteen action** (kept the same all week, varied each week).

Older pupils help support the campaign by weighing the food waste at lunchtimes, and have the opportunity to help support younger kids as and when, in class. Older pupils will also be encouraged to help canteen staff with prompts each week.

Week 1 — Planner Panda: Plan & Choose

- **Focus: All about the campaign and Panda Planner**

What is food waste & why does it matter? Why does planning matter? Children are introduced to the Panda Planner and will be encouraged to plan their meals every week, with their parents/carers.

Children will be prepared for week two, so they know that they are going to be asked to how much they want of different types of food.

- **Homework**

Children will be asked to complete the planner for the week ahead and bring it back to discuss at their next lesson.

- **Homework for parents/carers**

Parents/carers will be asked to pick their school meals in advance, for the week ahead, by discussing options with their children. This will be part of the Panda Planner.

- **Key stage links**

- **Maths mini:** Estimate then weigh a day's waste; compare to actual (bar chart).
- **PSHE chat:** "Value for money" — how wasting food wastes pocket money too.
- **Home task:** Family chooses lunches together; child circles choices on the tracker.

Week 2 — Portion Pal: Right-Sized Plates

- **Focus: Portion sizes and reducing plate waste**

Children learn about portioning — how much food is "just right" for them. They'll explore why too much food on their plate often leads to waste and how they can ask for or serve themselves the right amount. Lunch choices and school meals are used as examples.

Children will be supported to think before they scoop — they'll be encouraged to look at their plate and decide how much they'll eat before taking or being served food.

- **Homework**

Children will complete a simple "Portion Pal" log — drawing or writing what they ate and if anything was left over (and why). This can be discussed in class in week three.

- **Canteen task**

Canteen staff will be encouraged to ask how much of each type of food they would like.

- **Key stage links**

- Maths mini: Estimate the portion size before eating (g/ml) and compare with leftovers.
- PSHE chat: Talk about listening to your body and not wasting food — and how that saves money too.
- Home task: Portion awareness challenge – family members are encouraged to take only what they'll eat and discuss what leftovers were left (if any).

Week 3 — Mould Mole: Spot the Signs

- **Focus: Food safety and trusting your senses**

Children learn how to spot the difference between food that's gone off and food that's still safe to eat. They'll explore use-by vs best-before dates, what mould really looks like, and how sniff tests and sight checks can help avoid wasting safe food.

Children will become mini food detectives — empowered to say, “Don't bin it till you've checked it!”

Children will also be asked to think about what they leave on their plates at lunchtimes and why.

- **Homework**

Children will complete a “Safe or Spoiled?” activity with family, choosing what to do with different types of food at home.

- **Canteen task**

Canteen staff asked to think about what children leave on their plates at lunchtimes and why, to turn into an action.

- **Key stage links**

- **Science mini:** Explore decay, microbes, and the role of mould in food spoilage.
 - **PSHE chat:** Talk about health, safety and trusting your senses.
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Week 4 — Leftover Legend: Rescue Missions

- **Focus: Reusing and reinventing leftovers**

Children learn how leftovers can become new meals. They'll explore how yesterday's pasta or veggies can be turned into something new — like soups, stir-fries, or sandwiches — instead of ending up in the bin.

Children will create “rescue recipes” and be encouraged to help at home with using up odds and ends.

- **Homework**

Children will draw or describe a meal made from leftovers they helped save or spotted at home.

- **Canteen task**

Based on feedback from last week.

- **Key stage links**

- **English mini:** Write a recipe or comic strip showing how a leftover became a new dish.
- **PSHE chat:** Talk about gratitude, creativity, and not wasting good food.

Week 5 — Freeze Ray: Chill It, Don't Chuck It

- **Focus: Using the freezer to reduce waste**

Children learn that freezing food is a powerful way to prevent waste. They explore how freezing preserves food, what can and can't be frozen, and why frozen food is just as nutritious as fresh.

They'll also learn that choosing frozen food in the first place can help families save money *and* reduce waste from spoilage.

- **Homework**

Children will check what's in their home freezer and talk with their family about what food has been frozen — or could be — to avoid waste. They will also discuss what food could be bought frozen in the first place.

- **Canteen task**

Based on feedback from last week.

- **Key stage links**

- **Science mini:** Explore how freezing slows down decay and keeps food safe.
- **PSHE chat:** Talk about how families can save money and waste less by freezing leftovers or buying frozen food instead of letting fresh items spoil.

Week 6 – Going forward

- **Focus: Reflection, celebration, and next steps**

Children review what they've learned and how much food they've helped save. They look at their planners, logs, and home tasks – and how much food waste they have saved

- **Homework**

Children will choose one thing to focus on at home for the next six months!