

Meal Savers Teacher Overview

What is the Meal Savers campaign?

A six-week, superhero-themed programme to help pupils and families reduce food waste at home and in school.

Developed and run in partnership with Huntingdonshire District Council, the campaign builds simple habits around planning, portioning, re-using food, and freezing.

Aims of the campaign

By the end of the campaign, we want to:



- Reduce household food waste among families.
 - Cut food waste in the school canteen.
 - Encourage families to choose school meals in advance each weekend.
 - Build lifelong habits that save money, protect the environment, and promote healthier eating.
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How it works in school

Each week includes:

- 1 superhero & theme introduced in class.
 - 1 classroom activity (10 mins KS1 / 20 mins KS2).
 - 1 homework challenge to complete with families.
 - 1 canteen action linked to the theme.
 - Year 6 Waste Champions weighing food waste daily and sharing results.
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The Six Weeks

1.  Planner Panda – Plan & Choose (w/c 22 Sept)
Plan all meals for the week with parents, including school lunches.
2.  Portion Pal – Right-Sized Plates (w/c 29 Sept)
Learn to ask for the right portion size and avoid waste.

3. 🐹 Mould Mole – Spot the Signs (w/c 6 Oct)
Use senses (look, smell) to check if food is safe instead of binning too soon.
 4. 🧑 Leftover Legend – Rescue Missions (w/c 13 Oct)
Explore how leftovers can be turned into new meals.
 5. ❄️ Freeze Ray – Chill It, Don't Chuck It (w/c 20 Oct)
Learn how freezing extends food life and why buying frozen can reduce waste.
 6. 🌈 The Meal Savers – Reflection & Celebration (w/c 3 Nov)
Review what's been learned, celebrate success, and commit to good habits.
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Role of Teachers

- Introduce each week's character and activity.
 - Run the short class discussion using the pack.
 - Send home and collect weekly.
 - Record numbers of pupils completing tasks.
 - Share pupil feedback (e.g. foods wasted at home) with Waste Champions.
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Role of Canteen Staff

- Reinforce the weekly theme at lunchtimes.
 - Support Year 6 pupils to weigh and record daily food waste.
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Measurement & Impact

- Household waste: Weekly tonnage of food waste collected by bin crews.
 - School waste: Daily canteen waste weights (logged by Year 6).
 - Participation: Number of homework and planners returned each week.
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✅ With your support, pupils will learn to make better choices, waste less food, and spread these habits at home.