



# Meal Savers – THE PANDA PLANNER

## Meal Savers – Week 1: Panda Planner

### Canteen activity

#### Purpose

This week is about *planning and choosing*. Pupils and parents are encouraged to help the canteen staff by choosing their meals in advance of the week starting. And they will also be asked to use the Panda Planner to plan all their meals at home, as a homework challenge.

Canteen staff are asked to support this by letting children choose **how much of each type of food** they want at lunchtimes. Not whether they have say fruit or veg **BUT HOW MUCH THEY HAVE**.

#### ✓ Key Actions

Offer a choice of portion size for each part of the meal:

- “Would you like a little or a lot of potatoes?”
- “Do you want one spoon of peas or two?”
- “Would you like a small slice or a bigger slice?”

The aim is to see whether this make a difference to the amount of food waste generated.

**After lunch:** Support Waste Champions to weigh waste and feed back to teachers.