

Bin Less Save More Workshop: Community Implementation Guide

Overview

This guide supports community groups in delivering workshops aimed at reducing household food waste. The Bin Less Save More workshops educate participants, promote behaviour change, and include a cooking demonstration using commonly wasted foods. We are offering local community groups £1500 to deliver three Bin Less Save More Workshops in their communities, providing them with the resources to do so.

Rationale

It has been estimated that one third of all food produced globally is lost or wasted and this is associated with 8% of all total anthropogenic greenhouse gases. Food loss and food waste occurs at every step of the food value chain, but a large part of the waste is generated by households. In the UK 70% of all food wasted comes from households. About 60% of which, is considered 'edible' and therefore avoidable.

Reducing food waste at the household level across North London provides a significant opportunity to reduce greenhouse gas emissions, help protect the environment, and aid residents with saving money.

Workshop development and evaluation

We trialled a behaviour change intervention, the Bin Less Save More Challenge, to reduce household food waste. Workshops were designed to educate residents about the consequences of food waste, help participants to identify how much food they waste, introduce the behaviours that can help them reduce their food waste and set goals to adopt new behaviours after the workshop. The workshop also includes a cooking and tasting demonstration to incentivise participants to come along whilst providing them with the skills and confidence to create new meals from leftovers.

Participants weighed their food waste for one week before the workshop and four weeks after the workshop. We compared food waste data before and after the workshops and found significant differences, with food waste weights reducing after the workshop.

We also found that there was a significant increase in participants knowledge about the environmental impacts of food waste and the impact they can have by reducing their household food waste following the workshop. Participants reported finding it easier to reduce their household food waste after the workshops when compared to before and all participants reported being likely or very likely to implement food waste prevention behaviours following the workshop. Participants rated the workshops extremely highly, with an average score of 4.91/5.

Preparation Checklist

Venue & equipment

- Book a venue (allow 2.5–3 hours including setup and cleanup).
- Request cooking equipment (if needed) by emailing: wastepreventionteam@nlwa.gov.uk.
- Equipment includes: electric self-heating pan, electric hot plate, saucepan, frying pan, bowls, cutlery (non-disposable), spatula, ladle, kitchen bowl, Tupperware.

Ingredients

We suggest cooking or making two or three very simple dishes using foods that are commonly thrown away, scraps or parts of foods that people generally don't eat or using leftovers to make new meals.

- Shop for ingredients for 2–3 simple dishes using:
- Commonly wasted foods
- Food scraps or leftovers
- Avoid meat products

Suggested Recipes

- Vegetable stock (from cut-offs and skins)
- Bread-based dishes (French toast, croutons, stuffing or French bread pizza)
- Banana recipes (banana bread, pancakes)
- Lettuce pesto
- Stir-fry with broccoli stalks or cauliflower leaves
- Pickled vegetables

Participant recruitment

- Set up an email address/QR code for events page for workshop sign-ups.
- Resources provided: Logbook and goal setting templates will be provided in printed format.
- PDF resources provided: Poster template, leaflet template, implementation guide, surveys (pre/post), PowerPoint presentation, fact cards, social assets found [HERE](#).
- Promote workshops using: Posters and leaflets (customize with logo, date, time, venue, and contact info and print), social media assets (Facebook, Instagram), community noticeboards
- Send confirmation email to participants (include logbook PDF and workshop details)
- Send reminder email to participants a few days before the event
- Aim for 15 participants per workshop

Suggested copy for social media post:

Londoners! Join us for the **Bin Less Save More** food waste workshop

On average, 1 in every 5 bags of groceries gets wasted in London! That waste is hurting the planet and your pockets.

Designed by North London Waste Authority and brought to you by [insert community group], this hands-on session will give you the knowledge and skills to cut your food waste at home and could save you up to **£1000** a year!

Includes a live cooking demonstration and tips on buying, storing, and using food wisely.

[Insert Venue]

[Insert Date]

[Insert Time]

Let's make your kitchen more sustainable—and your wallet happier!

Or

Want to Save Money and Help the Planet?

Join the **Bin Less Save More** workshop—designed by North London Waste Authority and brought to you by [insert community group]

Learn how to make your food go further, reduce food waste and save money.

Join us at [insert venue] on [insert date] at [insert time]

Suggested newsletter copy:

Bin Less Save More workshop – Learn new behaviours, save food, save money!

In partnership with North London Waste Authority, [Insert community group] is delivering the Bin Less Save More food waste workshop to its community!

What's Included?

- A presentation and discussion on how to reduce food waste at home
- A live cooking demonstration featuring quick, easy, and delicious waste-free recipes you can recreate in your own kitchen
- Tips on how to buy, store, and cook food to minimise waste and maximise savings

Why Attend?

You could save up to £1000 per year on wasted food while protecting the planet.

Join us at [insert venue] on [insert date/time] and see how much you can save!

Reserve your spot now at [insert link]

Suggested copy for confirmation email:

Your place on the upcoming Bin Less Save More Workshop at [insert venue/date/time] is confirmed!

To be in with a chance of winning a £150 high street voucher you need to weigh your food waste before and after the workshop.

We're asking you to weigh your food waste for 1 week before and 4 weeks following the workshop and to send a copy of the results to North London Waste Authority. It's quick and easy to do, just separate your food waste from your general waste and weigh it once a week, then write the weekly weights in your logbook.

Fill in the digital pdf logbook attached to this email. If you can't download it, simply write down your first week's results on some paper and bring it along to the workshop and we can give you a physical logbook there. Once complete after the workshop attach it to an email (either photos or digital version) and send it to wastepreventionteam@nlwa.gov.uk

Good luck - see you on [insert date]

Workshop Delivery

Set up

- Workshop materials: Goal setting card, surveys (pre and post), PowerPoint presentation, fact cards. Can be downloaded from our [webpage](#)
- Allow 2 hours for the session + setup/cleanup time
- Lay out fact cards, surveys and goal setting cards on tables
- Ensure all participants complete the pre-workshop survey. *Explain that the survey will help NLWA to monitor the impact of the workshops.*

Presentation flow

Start PowerPoint presentation and pause after slide 7 for the cooking demonstration. See notes within the PowerPoint Presentation for delivery instructions

Slide 1: Welcome & introductions (add your logo) (*NLWA is a statutory waste disposal authority that manages the waste and recycling for seven north London boroughs Barnet, Camden, Enfield, Hackney, Haringey, Islington and Waltham Forest. We have partnered with NLWA to offer the Bin Less Save More Challenge to our community*)

Ask participants for a show of hands if they had weighed their food waste before the workshop

Slide 2: The problem of food waste - 71 percent of all global food waste comes from our homes.

Slide 3: Activity – Discuss food waste facts. This activity highlights the scale of the problem. Ask participants to look at the fact sheet in front of them and ask them how it makes them feel. Ask participants to read aloud the facts and have a quick discussion about each of them.

Slide 4: Cost savings from reducing household food waste

Slide 5: Activity – Think, Pair, Share. Discuss most wasted foods. Ask participants to pair up with the person next to them and think and discuss the food they throw out the most and why. Ask participants to share to the group. *Provide participants with tips and tricks on how to prevent wasting each product.*

Slide 6: Explain 9 key food waste reduction behaviours

Cooking Demonstration: Pause presentation, cooking demonstration and serve samples

Slide 8: Activity – Goal setting (3 behaviours + barriers/solutions). We are more likely to carry out behaviours if we set our goals and think about things that might get in the way of carrying out those behaviours. Participants need to fill in the goal-setting card. Each participant needs to think about and write down three behaviours from slide 7 that will have the biggest impact on their household food waste. They then need to think about what might prevent them from actioning that behaviour and think of a solution to overcome the barrier they have identified. Some participants find this task difficult so walk round and support them with this.

Slide 9: Next steps – 4-week behaviour trial and food waste tracking. They can fill in the logbook with their weekly weigh-ins and email wasteprevention@nlwa.gov.uk to be in with a chance of winning a high street voucher.

Wrap-up

- Ask participants to complete the post-workshop survey
- Encourage them to submit their logbooks to enter the prize draw

Post-Workshop Tasks

- Complete the survey data spreadsheet
- Complete project plan and attach receipts
- Email it to: wastepreventionteam@nlwa.gov.uk
- Return borrowed equipment to:
Waste Prevention Team
North London Waste Authority
1B Berol House
25 Ashley Road
N17 9LJ