Just Eat It:
A Food Waste Story

Education Resource
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Just Eat It: A Food Waste Story

Film Details

Country of Production: USA / Canada

Year of release: 2014

Running Time: 74 min (secondary) 50 min (primary)

Director: Grant Baldwin

Producer: Jenny Rustemeyer

Executive Producers: Melanie Wood (Stranger Productions), Murray Battle (Knowledge Network)

Website: www.foodwastemovie.com
Introduction

*Just Eat It: A Food Waste Story* is a documentary that explores the environmental impact of the immense amount of food we waste and offers simple suggestions to transform the way we treat food. The film proves that change is entirely possible and easily achievable. Released in 2014 and filmed in Canada and the United States, *Just Eat It: A Food Waste Story* has a message that is hugely relevant to us in Australia.

We all love food. And, as a society, much of our lives revolve around it – from our three meals a day to our Christmas lunches. So how could we possibly be throwing nearly 50% out with the rubbish? Yet in our society and in societies around the world, millions of people have an insecure supply of food.

Canadian filmmakers Jenny Rustemeyer and Grant Baldwin embark on a challenge, to survive on food that is discarded for six months. The film follows their journey, from witnessing the mountains of food that is wasted and making do with it, to learning about the environmental impact of food waste and what can be done to change this.

Check out the trailer at [www.foodwastemovie.com/about](http://www.foodwastemovie.com/about)

About this teacher resource

The resources presented in this kit are intended as a framework to provide focus to teaching and learning activities in relation to the film. The suggested activities can be modified to suit students’ interests, understanding and abilities.

This resource is not intended to be distributed directly to students. Teachers should review content including internet links prior to viewing with students. ACMI and EFFA cannot be held responsible for the content of external internet links.

Please note that the film features ‘dumpster diving’ as a way of searching for food that has been discarded. While dumpster diving may not be prohibited in Victoria, it raises issues of trespassing, OH&S and food safety. Therefore, it is not an activity that we endorse for students.
Before the screening

Consider

- What does the term ‘food waste’ mean to you?
- How is food purchased within your family?
- What do you look for when choosing fresh fruit and vegetables to eat? Why?
- What do you do with food that you don’t want to eat?
- Estimate how much food is thrown out in Victoria and Australia. You may want to describe it by the weight of the unwanted food, the retail value of the food or as a percentage of total food produced.
- Where do you think most of the food waste comes from, e.g. farms, the supply chain, households, or the restaurant industry?
- Are there any impacts of wasting food?

Find Out

- Do you waste food? Take the quick ‘Just Eat It’ quiz: http://www.foodwastemovie.com/quiz-js/
- What is your ecological footprint? This calculator can be found on the EPA’s website and works out how many earths you would need. http://www.epa.vic.gov.au/ecologicalfootprint/calculators/personal/introduction.asp
- What is your water usage footprint? Check out the Water Footprint calculator. It’s an American site, but it provides detailed calculations. http://www.watercalculator.org/
- Feel like working out the calculations for yourself? Try the City of Melbourne water use calculator. Enter your details in the PDF form and then follow their formulas to calculate your water usage footprint. https://www.melbourne.vic.gov.au/Sustainability/SavingWater/Documents/water_household_calculator.pdf

At the screening

While watching the film ask yourself

- How is your refrigerator, cupboards and pantry filled at home? Where does the food come from?
- Think about your shopping habits. How often do you go shopping to purchase food? When do you buy food?
- How does your family plan its meals?
- Do you eat all of the food that is purchased for your home?
After the screening

Reflect on your thoughts:

- What is one important fact that you have learnt about food waste?
- What are some of the key statistics that are shown in the film?
- How did the film make you feel about the issue of food waste?
- Think about your responses from before the screening. Have your opinions changed?

The documentary film as text

- What are the main themes of the film?
- How is the film structured?
- Describe the production and story elements used in the film.
- What persuasive techniques are used in the film?
- Who is interviewed during the film? How might these individuals be relevant to the topic of food waste?

Document your findings - Survey

- Create survey questions that you can ask your classmates about what they consume and what they waste at home.
- Collect the survey data and present it in a report. Discuss the similarities your classmates share with the way food is used in their homes.
- Talk to friends or family members of different ages about their attitude towards food waste. Have they experienced times when food was scarce? What did they do?

Document your findings - Self observation

- Record data or observe your own food waste habits at home over a period of time.
- Take pictures of the food that is wasted at home. What condition is the food in when it’s thrown out?
- Analyse the data that you collect. What do you notice after documenting your consumption and waste for a week or two, or a longer period?
- Select the best way to present your results and conclusions to your class. It could be a written summary, infographic, chart, poster or multimedia presentation.
- Document the waste that you notice beyond your home. Take pictures or make notes of where you see waste in your life. It might be at your friends’ or relatives’ homes, at school, or in your local area.
- Calculate how much food your household wastes. Work this out as a percentage of food that you buy, the total weight or retail price.
Discuss

- Find out about Australian laws regarding donating excess food or providing food to charity. Do you think these laws are effective or should they be changed?
  - Second Bite also have a great fact sheet on donating food: http://secondbite.org/sites/default/files/SecondBite%20Fact%20Sheet%20Series_Food%20Safety.pdf
- Dumpster diving or ‘freeganism’, living off food or reclaiming food that has been discarded, evokes images of people picking out food from amongst scraps. Do you think this is the reality? How would you describe the ‘ick’ factor? What’s the strangest thing you have eaten?
  - Use this Greenpeace page as a starting point for a more detailed explanation of ‘freeganism’: https://www.greenpeace.org.au/blog/dumpster-diving/
  - Contact your local council to find out what are its laws about dumpster diving.
- While dumpster diving is not a suitable option, what are other ways that you can reduce the amount of food waste in your home and community?

Research

- What are the rules in Australia for applying ‘expiry’, ‘best before’, ‘use by’ and ‘sell by’ dates on food?
- How long does it take to grow common foods, such as fruit, vegetables, grains and meat? What are the resources used to produce these foods?
- Calculate how much energy or other resources (e.g. water) are embedded in the food you buy.
  - Foodwise also has a great infographic which details the amount of food that is wasted in Australia, the causes and the environmental effects of the waste. http://www.foodwise.com.au/foodwaste/household-food-waste-landing-page/
- What are the options for reducing the environmental impact of food waste?
- What is being done by governments and organisations to prevent food waste?
- Research food insecurity in other countries. What is the cause? Does it change the way you think about our food waste?
Create

- Produce a print or multimedia campaign to reduce food waste in your school or wider community.
- Create a visual representation of the supply chain and describe how waste occurs at each step.
- Share your thoughts and opinions about food waste by making a short film, animation or video game. You could enter your creation into ACMI's Screen It competition.
  - Find out more information about Screen It here: [http://www.acmi.net.au/screenit.aspx](http://www.acmi.net.au/screenit.aspx)
  - Check out a 2010 Screen It winning entry for inspiration. *Long Live the Can* is all about the importance of recycling: [http://generator.acmi.net.au/gallery/media/long-live-can](http://generator.acmi.net.au/gallery/media/long-live-can)

Experience

There are lots of possible experiential activities related to sustainability or food production that would complement the screening:

- Pop Up Patch rooftop garden at Federation Square, open Tuesday - Sunday, 10am - 4pm: [http://www.fedsquare.com/shop/pop-up-patch](http://www.fedsquare.com/shop/pop-up-patch)
- The Koori Heritage Trust at Federation Square, open daily 10am - 5pm: [http://www.koorieheritagetrust.com/](http://www.koorieheritagetrust.com/)
- Collingwood Children’s Farm: [http://www.farm.org.au](http://www.farm.org.au)
Further reading and resources

The education kit accompanying the film provides background information and additional resources.

Love Food Hate Waste is brought to you by The Victorian Government and delivered by Sustainability Victoria. The Love Food Hate Waste website includes facts about food waste in Victoria, tips to avoid food waste and recipes.

Presented by the NSW EPA, this page has a variety of resources and fact sheets.

The Food Wise website includes facts about food waste in Australia, education resources and tips for reducing food waste.

SecondBite is a national not-for-profit organisation that rescues surplus fresh food and redistributes it, free of charge, to community food programs.

RMIT research into food waste in food service businesses.

Since 2007, the AYCC has helped thousands of young Australians take action in their schools, their universities, and their communities, and take part in campaigns that put climate change in the national spotlight.

Media coverage

ABC Radio National - Campaign for ugly fruits aims to end food waste
ABC Radio National story on a French supermarket’s sale of discarded fruit tied to the amount of food waste in Australia.

Do Australians waste $8 billion worth of edible food each year?
ABC News article.
Links to curriculum

Primary

Science Years 5 / 6

- Biological sciences (ACSSU043)
- Science as a human endeavour (ACSHE082)
- Use and influence of science (ACSHE217)
- Science inquiry skills (ACSIS231), (ACSIS086)

Geography Years 5 / 6

- Geographical knowledge and understanding (ACHGK032), (ACHGS046),

Economics and Business Years 5 / 6

- Knowledge and understanding (ACHEK001), (ACHEK002), (ACHEK009), (ACHEK010)

Secondary

Science Years 9 / 10

- Science Understanding - Biological Sciences (ACSSU176), (ACSHE194)
- Use and influence of science (ACSHE160), (ACSHE228)
- Science Inquiry skills - Questioning and Predicting (ACSIS164)
- Planning and conducting (ACSIS165)
- Processing and analysing data and information (ACSIS169)

Geography Years 9 / 10

- Geographical Knowledge and Understanding (ACHGK061), (ACHGK063), (ACHGK064)
- Geographies of Interconnections (ACHGK068)
- Environmental Change and Management (ACHGK070), (ACHGK073), (ACHGK075)

English Years 9 / 10

- Literacy - Texts in context (ACELY1749)
- Interpreting, analysing, evaluating (ACELY1754)
- Creating texts (ACELY1756)