



REFRESHED AND RECYCLED  
Taste Don't Waste

# REFRESHED AND RECYCLED TEAM



## ---Final report---

### MEET THE TEAM:



**Duaa Adnan**- Communication team/ head of planning and strategies.

**Sumaiyya Khan**- Project Leader, communication director/ Social media director.

**Adam Noorali**- Finance Director/head of fundraiser.

**Teacher Supervisor:** Ms. Jaquelin Ronalds

### Social media accounts:

**Instagram**- @refreshed\_and\_recycled

**YouTube**- Refreshed and Recycled

### Chosen SDG's:

SDG 2- Zero Hunger

SDG 12- Responsible consumption and production

### IDEA GENERATION:

We suggested that we do our project on food wastage because this is an issue that we believe deserves more attention than it currently does. We have seen people waste tons of food in front of our eyes, people who just throw away full plates into the dustbin, who just take a bite and leave. And we have also seen people beg on the streets for food and shelter. We have seen malnourished kids abandoned. While on one hand we observe excessive food indulgence & wastage, at the same time- on the other hand, there are some who sleep each night empty stomachs. That is when we realized that the gap between the 'well-off' and the 'poor' is far too wide, wrong to its core and extremely unfair. Access to clean and healthy food is the right of every single person, no one should have to go through so much pain and suffering to acquire the daily meals. Thus, we decided that we want to sensitize our peers about this issue and promote responsible consumption!

### PLANNING AND ACTIONS TAKEN:

At the start of our GSL project, our group created an action plan in which we included all the different initiatives we were going to take in terms of raising awareness and reducing food wastage. We divided our action plan into multiple tasks that needed to be done, for example, we initially wanted to do monthly talk sessions at our school assembly- this required us to receive our headteacher's approval and create presentations and a speech. Some other things that we included in our action plan include; creating social media accounts, organizing house competitions, creating and putting up posters throughout the school, creating a weekly column in our school newsletter, making frequent use of our school garden's compost pit and installing recycling bins in the school canteen. To stay on track and on top of our individual tasks and responsibilities, we had weekly meetings to discuss our progress, any issues and our next steps. To be able to execute our plans successfully, we had to conduct a lot of research- not only secondary research but also primary research where we collected information from school students directly as they were our target audience.

### PROJECT OVERVIEW:

Our project mission was to promote and facilitate Responsible consumption (UN SDG 12) and reduce food wastage (UN SDG 2). We had planned to start from our school community by spreading awareness of food wastage through monthly assemblies, Instagram page, YouTube channel and posters, which we did. We also wanted to introduce and make a compost pit to collect all the food wastage and turn them into manure which could then further be used in school gardening. Additionally, we were to also run one- or two-house competitions on food wastage to allow our team to engage, collaborate and interact with the students. Lastly, we were to place two recycling bins in our school canteen, one for food wastage and one for plastics.

### AIMS

Our projects' aims included the following:

1. Reduce food wastage within our school community.
2. Sensitise and spread awareness on the issue.
3. Provide solutions to avoid food wastage.
4. Promote sustainable and responsible food habits/behaviours.

### PEOPLE BENEFITED AND IMPACTED FROM THIS:

Approximately 1000 people including our Instagram followers (who are 76 in number).

### HOURS SPENT WORKING ON THE PROJECT:

2 month 15 days (February to March)  
20 days in school before quarantine- 15 hours  
55 days at home during quarantine- 35 hours  
Total hours- 50 hours\*3 students= 150 hours

### FORECASTED CLEAR METHODOLOGY FOR MEASURING AND EVIDENCING THE IMPACT ON COMMUNITY AND SCHOOL MEMBERS:

1. Compare the food loss index from our school canteen before, during and after the project to evaluate the project's impact. (Forecasted)
2. Understand students' awareness and knowledge regarding food wastage and ask them for suggestions to effectively combat this problem. (Forecasted and Taken)
3. Assess student attitudes towards food wasting and observe the usage of 'food and other recyclable items' bins in school. (Forecasted)
4. Conduct multiple surveys to compare the data collected from students before and after the project. (Forecasted)
5. Encourage and motivate people to finish their food and not waste it. (Taken)
6. Take part in food challenges. (Taken)
7. Building on motivation to work on the compost pit at home. (Taken)
8. Use the tips and tricks that we shared on our Instagram page. (Taken)

## THE KNOWLEDGE/ LEARNING GAINED THROUGH THE PROJECT/ AND ABOUT THE COMMUNITY:

We learned that 9 million die from hunger every year globally, 925 million people starve every year, 1 in 9 people sleep each night empty stomach, kids die the most from hunger and starvation and diseases that come from it. We realized the world is divided and unfair. We saw how many people still do not understand the importance of food and what they have right now. From our work and planning we learned to remain calm while carrying out different tasks, we learnt organization skills, time-management, keeping a healthy work-life balance, creativity and innovation. As a group from this project we recognized that it is our duty to take an action first and motivate others to do the same.

## THE SKILLS GAINED THROUGH THE PROJECT:

The skills we collectively gained during the whole process of this project entailed both approaches to learning and the IB learner profile skills. We significantly gained and developed our communication, thinking (creativity) and social skills. Communication was required as we had to be able to put forward our ideas and be able to efficiently and collaboratively utilize them to produce outcomes in our school. However, to be able to have productive communication, it was essential that we had excellent critical and creative thinking skills to be able to critically evaluate what the effectiveness of that idea would be; possible advantages and disadvantages- to be able to this we had to use our experience and expertise, for example, we came up with ideas for house competitions, if implemented they would've been effective as we all have experience in working as a house captain and student council. Once we had suitable ideas, we had to use our social skills to convey our ideas to people in our school and persuade them to actively engage with the activities we proposed.

## SUSTAINABILITY ASPECT:

The core of our project value lies in the application & importance of sustainability! It was all about fostering sustainable acts and habits to ensure responsible behavior regarding food consumption. We interacted with the environment while working on reducing food wastage at the same time – when we planted leftover vegetable or fruit that was suitable to grow at home instead of throwing it away! Our topic directly links to global warming and climate change as well. If further worked on and taken forward this project could tackle pressing environmental and social issues.

## HIGHLIGHTS FROM EXPERIENCES SO FAR:

**Productive meetings-** Our weekly meetings went successful and productive. They always ended with tasks to be done before the next meeting which kept us on task.

**Monthly assembly (Feb)-** Our first spreading of awareness in school during the monthly school assembly in February. The entire secondary was there and all the teachers and staff. We had received a great opportunity to introduce our project and talk about food wastage.



## MAJOR OBSTACLES:

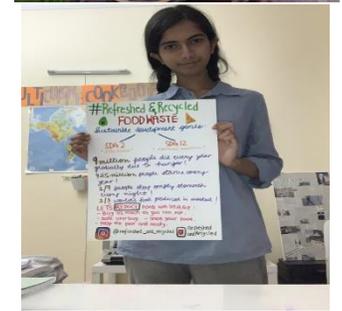
**Time management-** we as a team had slight issues with time management as we had a lot of schoolwork, homework and other extracurricular activities along with the project. The three of us would many times find it challenging to settle for a meeting time too as it would clash with our other occupation. But towards the end we were able to work on this issue and now we have become way better at managing our time well.

**COVID-19-** The unprecedented school closure due to coronavirus meant that a lot of plans we had for the project had to be cancelled, this included; using our school garden's compost pit, conducting various house competitions, giving a speech at our school's MUN conference in which we would have discussed sustainability.

## CONCLUSION:

Throughout this process, we had immense engagement with our school community, and it gave us an opportunity to discover our strengths and weaknesses and grow from them. We discovered the best ways in which to engage people is taking initiative and participating in activities that would ultimately reduce food wastage- since this is an issue that is one of the leading causes of other social concerns such as food scarcity, climate change, etc.

## Team in action and evidence of impact:



**Report:** Sumaiyya Khan, Adam Noorali and Duaa Adnan  
Uptown International School, Dubai, UAE  
10<sup>th</sup> grade

*Special thanks to our school who provided us with the platform to carry out our project on food wastage and reach out to students, our teacher for always helping us and our families and friends who supported us throughout the course of the project!*