

FACT SHEET

Background for the evaluation case studies – Communities

Factsheet 1

This fact sheet complements the evaluation case studies on the TRiFOCAL community workshops and training sessions to provide background information about the activities undertaken.

The community-based element of the TRiFOCAL ‘Small Change Big Difference’ campaign aimed to disseminate three key campaign messages (food waste prevention, food waste recycling and healthy and sustainable eating) across communities in London.

Groundwork London delivered:

- 15 workshops which ran over 4 consecutive weeks
- 5 workshops which ran over 3 consecutive weeks; and
- 45 one-off training sessions in local community centres situated across London.

Community group workshops (four workshops series)

Workshop 1: <i>Introduction</i>	
Agenda	Activity
Registration	Completion of registration information
Meet and greet	Introductions
Grow your own greens activity	Showing participants how to plant pea shoots. Pea shoots can be taken home by participants
Overview of workshops	Outlining the content of the workshops and introducing the ‘Small Change, Big Difference’ website and the subject of food waste through various facts and figures
Pre-questionnaire	Completing a pre-intervention evaluation survey
Food recycling Activity 1	Discussing the topic of avoidable and unavoidable food waste with participants. Introducing ideas around zero waste cooking/root-to-stem cooking and demonstrating recipes using stalks and stems in soups and smoothies
Food recycling Activity 2	Introducing the food waste challenge ‘ <i>slim your bin!</i> ’ aimed at recycling food waste. Caddies, liners and food waste diaries were given out
Summary	Re-capping lessons learnt in the workshop. Informing participants of what to expect in future workshops and encouraging them to write down their pledges/favourite tips, keep a food diary and take photos of their pea-shoots for next session
Workshop 2: <i>Buy what you need, eat what you buy</i>	
Register	Completion of registration information
Recap	Sharing photos of pea shoots amongst the group and reviewing food waste diaries
Introduction	Introducing participants to facts around shopping, date labels, storage and portions
Shopping	Playing a shopping board game and sharing tips amongst the group
Dates	Using food cards within a group activity to consolidate date label meanings

Storage	Using food cards and storage labels to learn about food storage. Asking participants to guess items that could be frozen
Portions	Providing tips to help portion better, including demonstrations such as 'guess the pasta portions' in a jar
Making and tasting	Demonstrating quick and easy recipes for commonly wasted foods to participants
Love your leftovers	Using games to explore creative ways to use left-overs
Summary	Re-capping things learnt in the workshop. Informing participants of what to expect in future sessions and encouraging them to write down their pledges and share their learning from the workshop
Workshop 3: Good for you, good for the planet	
Register	Completion of registration information
Recap	Discussing any changes in buying, storing, preparing and cooking that participants had made and reviewing food waste diaries
Introduction	Introducing the participants to the principles of healthy and sustainable eating (eating more fruit and veg, eating less meat, fat and sugar and eating more beans and pulses)
What is healthy, sustainable food?	Demonstrating the stages and resources required to get food from 'farm to fork' using a story board
Cooking	Discussing food choices and health and safety in the kitchen. Teaching participants to prepare a plant-based meal as a group using a variety of cooking techniques and food preparation etc.
What is healthy, sustainable food?	Discussing healthy sustainable eating using a bean feast quiz and a high/low impact graph game
Eating together	Eating the meal that participants cooked together
Summary	Re-capping lessons learnt in the workshop. Informing participants of what to expect in future sessions and encouraging them to write down their pledges and share their learning from the workshop
Workshop 4: Food recycling? Make it your norm!	
Register	Completion of registration information
Recap	Discussing any changes in eating habits and reviewing food caddy usage
Introduction	Introducing the topic of food waste recycling
Love your leftovers (1)	Discussing what food participants often found they had left over using a game
Love your leftovers (2)	Discussing ways of using leftovers/surplus foods and experimenting with making healthy smoothie combinations using different fruits and vegetables
Food waste recycling	Watching videos and demonstrations about food waste recycling
Questions and summary	Reviewing learning over the workshops and recording pledges/favourite tips.
Post-evaluation questionnaire	Completing post-evaluation survey

Community group workshops (three workshops series)

As part of TRiFOCAL's test, learn and adapt approach, in November 2018, Groundwork London met to reflect on the delivery of community workshops so far. Feedback during the meeting suggested that too many workshops were negatively affecting the attendance rate. Considering this, campaign messages were condensed into three workshops as opposed to the initial four. In attempts to further improve attendance rates, more interactive activities were also added to the first workshop.

Week One: Food waste recycling		
Agenda	Activity	Time
Registration & capture expectation	Sign in by completing the registration form Complete the photo consent form Ask participants to write up their expectations on post it notes & put them up on a wall	10mins
Meet and greet	Going around in a circle, ask each person their name and their favourite food	10mins
Pre-evaluation form	Explain the purpose of data collection and encourage participants to complete all sides of the forms	15mins
Food recycling quiz	Discuss food waste recycling facts then fire quiz questions one at a time for participants to answer	10mins
Overview of workshops	Discuss the three main campaign messages	10mins
The Caddy Game	Ask participants whether they would put certain items into their food waste caddy	10mins
Cooking (avoidable food waste)	Cooking: ideas for zero waste/root-to-stem cooking Demonstrate creative ways of using parts of foods that are edible but often get wasted such as broccoli stems e.g. stalks and stems soup	40mins
Eating together		
Food diary	Explain the purpose of the diary and hand out individual copies. Mention and discuss the prize (in order to encourage all to take part, food shopping vouchers were provided as an incentive for all completed food diaries).	10mins
Summary	Recap what to expect in following workshops	10mins
Photos	Encourage participants to write down their favourite tip and put it on the board	
Week Two (Part I): Food waste prevention		
Registration & capture expectation	For newcomers: Sign in by completing the registration form Complete the photo consent form Ask participants to write up their expectations on post it notes & put them up on a wall	10mins
Recap of last session	Ask questions about the previous session and review how participants are getting on with their food diaries. Write up question answers and identify challenges around food diaries	10mins
Session introduction	Introduce topics for the session	5mins
Quiz	Discuss food waste prevention facts then fire quiz questions one at a time for participants to answer	10mins
Shopping	Shopping battleground exercise: set up the journey around the room or a table	15mins

Dates	Without explaining, show food cards with date labels attached and ask if participants would consume the item 1x Use-by example 1x Display until example 1x Best before example	5mins
Storage	Reveal top 10 commonly wasted foods and ask participants which ones can be frozen. Ask participants whether there are any food items they are not sure how to store, then working in small groups, present food cards and ask groups to 'store' them in the correct categories (using boards) Share storage tips	15mins
Week Two (Part II): Food waste prevention		
Cooking (eat what you buy)	Cooking: using up leftovers.	40mins
Eating together	Demonstrate creative ways of using up commonly wasted foods e.g. making toast toppers / pitta chips with ripe tomato salsa / salad bag pesto	
Summary	Recap learning from the session.	10mins
Photos	Participants then write down favourite tips on post it notes and put them on the wall	
Week Three (Part I): Healthy sustainable eating		
Registration & capture expectation	For newcomers: Sign in by completing the registration form Complete the photo consent form Ask participants to write up their expectations on post it notes & put them up on a wall	10mins
Recap & changes achieved	Ask questions about changes participants have made. Write up question answers and identify challenges around food diaries	10mins
Session introduction and quiz	Introduce the topic of healthy sustainable eating and fire quiz questions one at a time for participants to answer	15mins
What is healthy, sustainable food?	Story board – reveal stages and resources required to get food from farm to fork	10mins
Cooking (good for you, good for the planet)	Cooking: plant-based meal e.g. bean burgers / chickpea tagine Discuss healthy, sustainable food choices during cooking. Whilst waiting for food to cook, run the bean feast quiz and high/low impact graph game.	45mins
Week Three (Part II): Healthy sustainable eating		
Eating together	Enjoy the food!	10mins
Post workshop evaluation	Remind participants about the purpose of data collection and encourage participants to complete all sides of the forms	15mins
Summary	Recap learning from all three sessions. Participants then to share the most useful thing they have learnt, writing answers on post it notes and putting them on the wall Announce winners (meaning those who have completed their food diaries) & give out prizes	20mins

One-off training sessions

One-off training sessions		
Task	Content	Time
Welcome and introductions	<ul style="list-style-type: none"> Housekeeping Participant expectations Agenda for session 	5mins
Warm-up	<ul style="list-style-type: none"> Participants to guess food facts 	5mins
Campaign background	<ul style="list-style-type: none"> Brief outline of three campaign messages (Food waste prevention, food waste recycling and healthy sustainable eating) Overview of TRiFOCAL's London activity Introduce 'Small Change, Big Difference' website 	5mins
Explore campaign messages	<ul style="list-style-type: none"> Visual, interactive journey of campaign messages (exploring tables depicting each message) Participants complete a short quiz as they explore tables 	15mins
Sharing learning and ideas	<ul style="list-style-type: none"> Share examples of activities/events/actions that participants could try Opportunity to ask questions 	10mins
Interactive activity	<ul style="list-style-type: none"> Working in small groups participants choose one message for which they want to create an action plan Opportunity to receive feedback 	30mins
Questions and summary	<ul style="list-style-type: none"> Reinforce campaign messages Reinforce call to action 	10mins
Evaluation	<ul style="list-style-type: none"> Capture information from participants about how they plan to share and implement learning Provide form for participants to inform us on how their action plan is going 	10mins