

DIGITAL COURSE WITH TRAINING MATERIALS
AND TOOLS FOR ADULT EDUCATORS

TOPIC 9

SESSION PLAN FOR ADULT EDUCATORS

NO LEFTOVER PURCHASING

NORDIC & BAL TIC CULINARY ARTS



Photo: by valentynsemenov Canva

Project ID: NPAD-2022/10049



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Optional Length: 90 MINUTES

Overview:

This session focuses on sustainable purchasing practices that minimize waste from the point of purchase. Participants will learn how to create efficient purchasing lists and strategies that ensure full utilization of ingredients. Practical exercises and group discussions will help them analyze supplier options and develop purchasing plans that align with no leftover principles, ensuring that every purchase contributes to a waste-free culinary operation.

Agenda:

- Introduction to Sustainable Purchasing Practices (5 min)
- Discussion: Minimizing Waste Through Thoughtful Purchasing (5 min)
- Practical Session: Creating a No Leftover Purchasing List (30 min)
- Development of Efficient Purchasing Strategies (10 min)
- Group Activity: Analyzing Supplier Options (15 min)
- Presentation and Peer Review of Purchasing Strategies (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

Learning outcome:

Participants will implement sustainable purchasing practices, ensuring that all ingredients are utilized fully, and waste is minimized from the point of purchase.

STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

| LEARNING ACTIVITY / TASK: | METHODS OF ASSESSMENT FOR LEARNING: | RESOURCES: |
|-----------------------------------------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------|
| Introduce the role of purchasing in minimizing food waste and creating a no leftover kitchen. | Quick discussion on participants' purchasing experience | Video or infographic on sustainable purchasing practices. |



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STAGE: UNDERSTANDING THE TOPIC (5 MIN)

| LEARNING ACTIVITY / TASK: | METHODS OF ASSESSMENT FOR LEARNING: | RESOURCES: |
|--------------------------------------------------------------------------------------|------------------------------------------|----------------------------------------------------------------|
| Discuss strategies for purchasing only what is needed and using all purchased items. | Short quiz on key purchasing strategies. | Handouts, video and digital brochure on purchasing strategies. |

STAGE: UNDERSTANDING THE TOPIC IN THEORY AND PRACTICE (30 MIN)

| LEARNING ACTIVITY / TASK: | METHODS OF ASSESSMENT FOR LEARNING: | RESOURCES: |
|-----------------------------------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------|
| Practical exercise in creating a purchasing list that supports no leftover goals. | Feedback on the practicality of purchasing lists. | Brochure, video,, assignment and templates for purchasing lists. |

STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

| LEARNING ACTIVITY / TASK: | METHODS OF ASSESSMENT FOR LEARNING: | RESOURCES: |
|--------------------------------------------------------------------------------------------|-------------------------------------|---------------------------------------------------------------------------------------|
| Research, analyse and brainstorm additional purchasing strategies to further reduce waste. | Review and discuss ideas. | Flipchart for notes, research database, video and brochure on no leftover purchasing. |



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STAGE: VALUE CREATION (15 MIN)

| LEARNING ACTIVITY / TASK: | METHODS OF ASSESSMENT FOR LEARNING: | RESOURCES: |
|-------------------------------------------------------------|-------------------------------------|-----------------------------------------------------------------------------|
| Develop a purchasing strategy for a specific menu or event. | Peer review of strategies. | Assignment, strategy templates, video and brochure on no leftover planning. |

STAGE: VALUE CREATION + TESTING THE LEARNING OUTCOME (15 MIN)

| LEARNING ACTIVITY / TASK: | METHODS OF ASSESSMENT FOR LEARNING: | RESOURCES: |
|-----------------------------------------------------------------------|---------------------------------------------------|------------------------------------------|
| Implement the purchasing strategy in a simulated or real environment. | Evaluate based on efficiency and waste reduction. | Purchasing software or simulation tools. |

STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)

| LEARNING ACTIVITY / TASK: | METHODS OF ASSESSMENT FOR LEARNING: | RESOURCES: |
|--------------------------------------------------------------------|-------------------------------------|-------------------------------------------|
| Provide feedback on the purchasing strategy and its effectiveness. | Rubric-based evaluation. | Feedback forms or digital feedback tools. |

STAGE: CONCLUSION (5 MIN)

| LEARNING ACTIVITY / TASK: | METHODS OF ASSESSMENT FOR LEARNING: | RESOURCES: |
|------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Summarize the session's key points and introduce the next topic. | Final questions and reflection. Conduct a brief exit survey to gather feedback on the session. | Closing slide. Use can use digital brochures, videos, own materials. |



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QUESTIONS ON THE TOPIC: NO LEFTOVER PURCHASING

1. How can Danish consumers make purchasing decisions that minimize food waste?
2. What are the best practices for Estonian chefs when purchasing ingredients to avoid leftovers?
3. How can Icelandic restaurants optimize their supply chain to reduce food waste?
4. What are some strategies for Latvian grocery stores to encourage no leftover purchases?
5. How can Lithuanian households make smarter purchasing decisions to reduce food waste?
6. What role does bulk buying play in minimizing waste in Denmark?
7. How can Estonian food co-ops help their members purchase with no leftovers in mind?
8. How do Icelandic chefs collaborate with suppliers to ensure just-in-time purchasing?
9. What are the best ways for Latvian consumers to shop with no leftover goals?
10. How can Lithuanian restaurants manage their purchasing to reduce ingredient waste?
11. How can Danish online grocery platforms promote no leftover shopping?
12. What are some tips for Estonian families to buy only what they need?
13. How do Icelandic food markets influence purchasing habits to minimize waste?
14. How can Latvian food buyers negotiate with suppliers to avoid surplus inventory?
15. What are the benefits of community-supported agriculture (CSA) in Lithuanian no leftover purchasing?

Comment: these questions are provided in the set of assignments on the same topic.

Recommendation: You can always change the details of the questions: countries, type, etc;



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RESOURCES ON THE TOPIC: NO LEFTOVER PURCHASING

Check other resources and references in the brochures on the NO LEFTOVER radiational and contemporary recipes.

Champions 12.3. (n/d/). THE BUSINESS CASE FOR REDUCING FOOD LOSS AND WASTE: RESTAURANTS. Available at <https://champions123.org/sites/default/files/2020-07/the-business-case-reducing-food-loss-and-waste-restaurants.pdf>.
Chevallier-Chantepie, A., Batt, J.. P. (2021). Sustainable Purchasing of Fresh Food by Restaurants and Cafes in France. Available at <https://www.mdpi.com/2073-4395/11/11/2357>

Dinsmore, K. (2022). How to Improve Restaurant Purchasing for Higher Profit Margins. Available at <https://www.sculpturehospitality.com/blog/how-to-improve-restaurant-purchasing-for-higher-profit-margins>

Check other resources and references in the brochures on the NO LEFTOVER radiational and contemporary recipes.