

## Food Review - school tuck shop/vending machine

Topics about Responsible eating	Local and seasonal food	Means of production – bio, fair-trade, organic farming	Processed food and palm oil	Food waste
<p><b>Assortment</b></p> <p><i>(In the empty rows write in what types of food are available, e.g. under "Nuts" you can write in hazelnuts, cashews, etc.)</i></p>	<p><b>Where do the products in school tuck shop/vending machine come from?</b></p> <p><i>Write down which products come from the Maltese Islands or which are imported. In case of Maltese products you should find out if they are from the same locality or not. (Eventually you can find out from how many kilometres the food travelled.)</i></p>	<p><b>Which products in the school tuck shop or vending machine are bio-products or fair-trade?</b></p>	<p><b>Which product contain palm oil?</b></p>	<p><b>Which products offered in the school tuck shop/vending machine are the least sold ones and are often thrown away because of this reason?</b></p> <p><i>(number of items per period of time selected by you; you can check with the operator)</i></p>
<b>Nuts</b>				
<b>Plain Peanuts</b>				
<b>Salted</b>				
<b>Baked Almonds</b>				
<b>Raw Almonds</b>				
<b>Cashews</b>				
<b>Walnuts</b>				
<b>Mixed nuts</b>				

<b>Fruit</b>				
Apples				
Bananas				
Oranges/Tangerines				
Grapes				
Melon				
Water melon				
Strawberries				
<b>Sweets</b>				
chocolates				
crisps				
candy/lollipops				
<b>Crackers</b>				
Plain				
Salted				
Wholemeal				
<b>Hot snacks</b> <i>(fast food)</i>				
Pizza				
Burger				
Hot dogs				
Sausage Rolls				
Pastizzi				
Qassatat				

<b>Cold snacks</b>				
<b>Baguette</b>				
<b>Bun</b>				
<b>Sandwiches</b>				
<b><i>Ftira</i></b>				
<b>Beverages</b>				
<b>Water</b>				
<b>Squash</b>				
<b>Soft drinks</b>				
<b>Fresh orange juice</b>				
<b>Juices in packets</b>				
<b>Nectar in packets</b>				
<b>Hot Tea</b>				
<b>Ice Tea</b>				
<b>Dairy products</b>				
<b>Milk</b>				
<b>Smoothie</b>				
<b>Hot Chocolate</b>				
<b>Plain Yoghurt</b>				
<b>Plain Yoghurt Light</b>				
<b>Fruit Yoghurt</b>				
<b>Fruit Yoghurt Light</b>				
<b>Custard</b>				

<b>Other</b>				
<b>Pudina (Bread pudding)</b>				
<b>Carrot Cake</b>				
<b>Chocolate Muffins</b>				
<b>Plain Cake</b>				
<b>Evaluation</b>	Of the all products: .....% are from local sources .....% are imported	.....% are bio-products .....% are fair-trade	.....% products are without palm oil .....% contain palm oil	The least thrown away: 1. 2. 3. The most thrown away: 1. 2. 3.

<b>How much food is thrown away from the tuck shop per week?</b> <i>Provide the weight in kg and the total approximate value in €.</i>	
<b>Can students/teachers/parents influence the variety of food available in the tuck shop/vending machine? If so, state who. How much is this opportunity is being availed of?</b>	