

Optimizacija dela v šolski kuhinji s ciljem zmanjšanja zavržkov

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Izveček

Na Grmu Novo mesto – centru biotehnike in turizma pripravljamo povprečno v dveh kuhinjah 900 toplih malic za dijake srednje šole in zaposlene, približno 100 zajtrkov, 100 kosil in 100 večerij za dijake dijaškega doma. Z zmanjševanjem zavržkov hrane se ukvarjam že leta, bolj intenzivno od uvedbe obvezne tople malice v srednjih šolah in subvencionirane prehrane. Ugotavljamo, da dijaki od doma pogosto prinesejo zelo različne, pogosto slabe prehranjevalne navade. Glede na starost dijakov bistvenih sprememb v prehranjevalnih navadah ne moremo doseči, lahko pa se dijakom z izbiro živil v jedilniku približamo in posledično zmanjšamo količino zavržkov živil. Ugotavljamo, da zavržke hrane lahko zmanjšamo samo z rednimi analizami vrste zavrženih živil v povezavi z jedilnikom, z analizo in optimalizacijo nabave živil, s pravilno oceno količine pripravljenih živil oz. številom porcij in preprečevanjem potekov rokov uporabe živil ter recikliranjem nerazdeljenih živil oz. vključevanjem živila pred iztekom roka uporabe v jedilnik.

Ključne besede: šolska kuhinja, zavržki živil, primer dobre prakse

Optimization of work in the school kitchen with the aim of reducing discards

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Abstract

At Grm Novo mesto - the center of biotechnology and tourism we prepare an average of 900 hot meals for high school students and staff, about 100 breakfasts, 100 lunches and 100 dinners for dorm students. I have been working to reduce food waste for years, more intensely from the time of introduction of compulsory hot meals in secondary schools and subsidized meals. We find that students often bring very different eating habits from home, often poor eating habits. Depending on the age of students significant changes in eating habits cannot be achieved, but we can give to students the choice of food and bring meals closer to them and consequently reduce the amount of discards food. We find out that food waste can only be reduced with regular analysis of the type of food discarded in relation to the menu, by analysis and optimization of food procurement, with a correct assessment of the amount of prepared food or the number of servings and the prevention of expiration dates for foodstuffs; and by recycling undistributed food or inclusion of the food before the expiry date in the menu.

Key words: school kitchen, food waste, an example of good practice

Hrana, prehrana, zdravje:

Gojimo, hranimo, ohranjajmo. Skupaj

P. Raspor (ur.)

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