

**NANYANG  
TECHNOLOGICAL  
UNIVERSITY**  

---

**SINGAPORE**



Food Savers (Post-Event Report)

Lim Yu Guang Delbert

## Contents

Background .....	3
Brief Overview.....	3
Event .....	7
SG Food Rescue.....	7
Willing Hearts.....	13
Kid's World 2020.....	16
Acknowledgments.....	19

## **Background**

As Singapore continues to prosper as an urban city, many side effects and challenges have now surfaced. As the result of an urban city that has a continuously growing population, food waste has been one of the largest waste streams in the urban city. Thus, it has become a pertinent issue in our society. Over the past 10 years, food waste disposed by households has increased by 40%, from an initial of 568,000 tonnes in 2008 to approximately 809,800 tonnes in 2017. Given that Singapore's rising population and economy will continue to grow, food waste is projected to continue increasing over the next few years.

In order to address this issue, the government, Non-Profit Organisations (NPOs), as well as business corporations have launched initiatives to reduce food waste in Singapore. Likewise, NTU is also supporting the government's vision and moving towards a zero-waste nation. Therefore, NTU's Welfare Services Club (WSC) would be more than willing to assist in this mission by increasing the awareness of this issue amongst NTU volunteers and the younger generation.

## **Brief Overview**

Awareness was first raised amongst the members of NTU WSC. The members were able to experience first-hand on the seriousness of the food wastage issue in Singapore. In collaboration with organisations such as SG Food Rescue which shares similar vision as my project, we were able to create volunteering opportunities for the members and volunteers of NTU WSC.

In addition, NTU WSC has a Telegram channel consisting of 845 members that acted as a platform for us to recruit volunteers for our events. We would like to open our invitation of this channel to more organisations to join us and make use of this other platform to promote their volunteering events. The platform is user-friendly and is suitable for NPOs to conveniently reach out to a large group of potential volunteers without incurring costs.

With WSC's strong social media presence within NTU, we hope that the invitation to organisations to join our Telegram channel would be the first step to achieving a collaboration between these parties and NTU. These collaborations would serve as a better way for us to engage a larger audience and at the same time work towards our goal of reducing food wastage in Singapore more closely together.

## Timeline

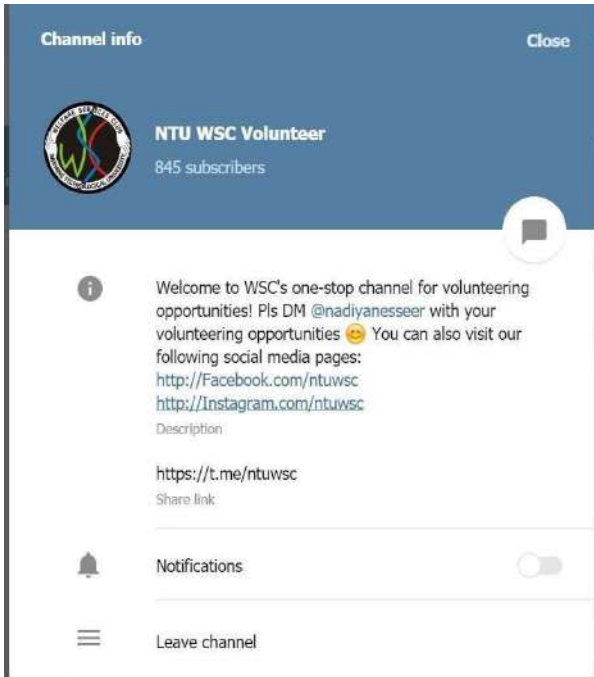
NTU WSC

# FOOD SAVERS

How to promote reduction of food waste in Singapore



Figure 1. NTU WSC Food Savers Timeline



**NTU WSC Volunteer**

1K edited 11:38:20 PM

**TEXTBOOKS & STORYBOOKS  
RECYCLING PROJECT 2019**

**Donation**  
**30 Nov (Sat) - 7 Dec (Sat)**  
 Drop off your used textbooks & storybooks for a GOOD cause!  
 Drop-off point:  
**Taman Jurong CC Office at Level 1**  
 Opening hours: Mon - Sun, 9am - 10pm

**Sales**  
**8 Dec (Sun) 9am - 2pm**  
 Venue: Taman Jurong CC Foyer Level 1  
 Pls use student ID to see books.  
 Please bring your 2019 booklist and your own bags.

**TEXTBOOKS & STORYBOOKS**  
 Primary | Secondary | JC/Pre | University | Storybook  
 \$1 \$2 \$4 \$10 5.50 - \$2



**Monday, 18 November**



**NTU WSC Volunteer**

998 2:03:02 AM



Mental well-being, not just physical well-being, is quickly becoming one of the essentials in workplace wellness programmes these days.

Join us for heartening sessions at HeadTalks! An initiative for mental well-being awareness, featuring talks from Resilience Collective RC, Club2Care and a panel discussion with Professor

Figure 2. NTU WSC Telegram Channel

## Event

### SG Food Rescue (3 March 2020)

Our first event was a collaboration with SG Food Rescue where volunteers headed over to Pasir Panjang Wholesale Centre, a local supplier and distributor of fruits and vegetables to the major supermarkets in Singapore.



*Figure 3. Pasir Panjang Wholesale Centre*

The main goal of the event was to rescue the unwanted food that food vendors determined as “ugly” and unsellable.

The event commenced with a briefing given by a member from SG Food Rescue. Details shared with the members included educating the volunteers on safety precautions that should be observed in the market and the purpose of the food collection activity.



*Figure 4. Briefing by SG Food Rescue*

Subsequently, volunteers were splitted into groups where they visited store by store and approached vendors for their unwanted fruits or vegetables. Through this, volunteers had a taste of “Food Rescuing”.



Figure 5. Food Rescue



After collecting the unwanted food items, volunteers were given the opportunity to bag home some of the items they rescued. By allowing volunteers to bag home some of the food, we hope that it can double the effect even back at home where volunteers can further educate their family and friends on the amount of food being wasted in Singapore and the ways we can help to reduce food wastage in Singapore.



*Figure 6. Food Rescue*

Next, volunteers assisted to load all the fruits and vegetables onto the truck. The food will then be distributed to residents residing some of the Toa Payoh HDB estates.



*Figure 7. Food Rescue*

Our distribution points were located near the void deck of the HDB estates. Residents were informed beforehand, prior to purchasing their weekly groceries. This prior announcement allows residents to regulate their expenses on groceries, which creates a reduction in food wastage. This also serves as an opportunity to allow the residents to understand that unsellable or unpretty food items does not equate to inedible food. Eventually, they still serve the same purpose and exact same benefits.

All of the fruits and vegetables were unloaded and laid out in the foyer as a common collection point for the residents who reside in the surrounding housing blocks. Before the collection commenced, the team of volunteers also conducted a round of quality check of the food items by sorting out the food items that were in bad and inedible conditions.



*Figure 8. Unloading and sorting out of food*

When the distribution began, we gave priority to the handicap residents in the queue. Apart from the distribution of food items, volunteers also started off by initiating conversations with the residents to build rapport with them.



*Figure 9. Distributing food and interacting with residence*



*Figure 10. Marking the end of the first event*

### Willing Hearts (21 March 2020)

For our next event, we collaborated with Willing Hearts, a soup kitchen that prepares, cooks, and distributes daily meals around Singapore. As an organisation fully run by volunteers, we decided to volunteer for an entire day to learn about their daily operations.

Volunteers were allocated into two different shifts – morning and afternoon. Volunteers of the morning shift were split up into two different teams – preparation and delivery. The day started at around 6am, where the delivery team worked alongside the preparation team to assist the cooks in the kitchen and the packing of the meals. Once completed, our delivery team are allocated to their designated areas for delivery.



*Figure 11. Delivering of the meals*

Whereas for the afternoon shift, all volunteers were part of the preparation team and helped to prepare the ingredients for the next day. Ingredients from the storage room were sorted and brought out to the respective kitchen stations to start preparing and cooking the meals.



*Figure 11. Preparation of the meals*

After we completed the entire day at Willing Hearts, we initially planned to facilitate a future collaboration between Willing Hearts and SG Food Rescue. While one deals with unwanted food and the other hopes to distribute food to the needy, we hoped to create a sustainable operation between the two organisations as this could help to reduce food wastage and at the same time serve the needs of both parties. However, as COVID-19 was eventually deemed as a pandemic and coupled with Singapore's circuit breaker measures, the future collaboration has come into a halt.

Despite the circuit breaker, I wanted to conduct a finale event amongst children. Therefore, an educational programme for underprivileged children from different social service organisations were created. Through the programme, the children could learn of the ways to reduce food wastage, including the more sustainable and long-term survivability of our Planet Earth. As one of the portfolios under NTU WSC were willing to be on board my project, the idea was able to come to light. The first project meeting was held via Zoom.



Figure 12. First Virtual Meeting

Kid's World 2020 (17-18 December & 21-22 December)

As the event was in the midst of the COVID-19 pandemic, we decided that to host the event at the centres that we have reached out to individually. This was to reduce the risk and spread of the disease while the number of participants present at each time was restricted as per the regulations by the Singapore Government. Since the event required a huge amount of funds and preparation, we decided to conduct a fund-raising event where we sold "Care" packs and snacks to raise funds. Eventually, we raised over a thousand dollars for our event.



*Figure 13. "Care Pack"*

The recruitment of volunteers for the event was done by utilising the school's well-established social media presence and NTU WSC's channels for publicity. The response was overwhelming, and many passionate volunteers were recruited with the mission to create a wonderful experience for our beneficiaries. Once the recruitment was completed, the volunteers were briefed about their roles and safety protocols were also emphasised.

As the official event began, the beneficiaries were greatly engaged by the activities sought and station games created. The games were able to invoke their interest in reducing food wastage, harnessing both teamwork and critical thinking.





*Figure 14. Kid's World 2020 (Introduction video and games)*

Alongside the station games, we also included an art and craft where the participants had the chance to create their own snow globe keychain, allowing them to express their creativity and strengthen their focus level.



*Figure 15. Kid's World 2020 (Craft)*

We also held a more experiential activity, where we collaborated with “Bollywood Adventures”, an organisation that conducts educational programmes and allows participants

to learn more about the different kind of plants and vegetables. This activity allowed the beneficiaries to be more aware of the large amount of effort and resources that has been invested in our daily food products.



*Figure 16. Kid's World 2020 (Bollywood)*

After Kid's World 2020 have concluded, person-in-charge of the various centres shared that the beneficiaries had an enjoyable time at our event and gained a deeper insight of food wastage and climate change.

## **Acknowledgments**

I have been honoured to be one of the recipients to be gifted with the Mr Tay Tee Peng Distinguished Undergraduate Student Award (DUSA), and at the same time for the opportunity for me to embark on a project that I have a passion in. Without the help of you, all of these projects would not have come to fruition. I am truly grateful for this opportunity given to me and would like to sincerely thank you once again!