

PRATICAL GUIDE TO ORGANIZE A

DISCO SOUP

AFTER ALL, WHAT IS THE DISCO SOUP?



The Disco Soup is an action against food waste in which volunteers are invited to collect, wash, clean, cut and cook the Xepa (leftover foods - usually referring to the leftover foods from the farmer's market) or any food that would go to waste for not conforming to the commercial aesthetic standards. All preparations are distributed for free but voluntary donations are always welcome.

Moreover, it is a gastronomic, artistic and musical event that brings together young people, students, children, elderly, cooks and all the supporters of the battle against food waste. It is also a transformation tool that brings together diverse knowledge for education and awareness of the Brazilian community.



HOW DID IT ALL START?

The first edition was held in January 2012 by members of the Youth Network of Slow Food Germany in Berlin. Hundreds of people, equipped with vegetable peelers, knives and cutting boards, gathered inside one of the largest markets of the city to the sound of DJs. They cleaned, washed, cut and prepared tons of fresh and healthy vegetables that would otherwise go to waste by not fitting in with the market standards. The food was then turned into giant soup pots that were served free of charge to the public the next day in one of the city's squares.

The event was a success and therefore, was repeated several times all over the world. In January 2013 the initiative came to Brazil and currently serves as a base and tool for education, information and awareness against food waste.



ATTENTION, DISCO SOUP...

- IS NOT ONLY WELFARE
- IS NOT ONLY PARTY
- IS NOT ONLY COOKING
- DOES NOT SERVE PRIVATE EVENTS
- IT IS NOT A CONFRATERNITY OF CHEFS, NUTRITIONISTS, COOKS, ACADEMICS, ETC...
- IT IS NOT JUST A FREE MEAL

**DISCO SOUP IS EDUCATION
AGAINST FOOD WASTE!**



HOW TO ORGANIZE A DISCO SOUP?

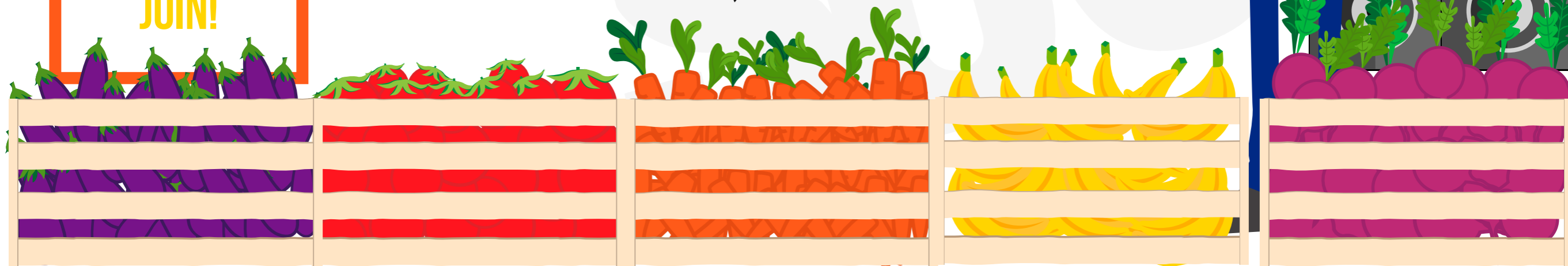
Disco Soup can happen in many different shapes and sizes: it can be inside your building with your family and friends, as well as a big event in a busy public space. The important thing is that the message is passed on and people have fun.

THERE ARE SOME BASIC PRINCIPLES THAT SHOULD ALWAYS BE FOLLOWED:

1. THE EVENT MUST BE FREE AND OPEN TO ALL.

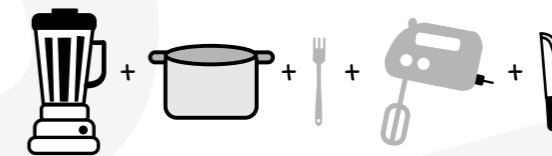
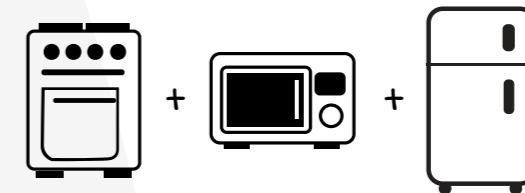
3. HAS TO FEATURE A FESTIVE, MUSICAL AND/OR ARTISTIC ATMOSPHERE.

2. AT LEAST 80% OF THE FOOD SERVED MUST COME FROM FOOD THAT WAS GOING TO WASTE.



WHAT IS NEEDED TO GET STARTED?

- VEHICLE FOR COLLECTION AND TRANSPORTATION OF THE SOUP
- A STRUCTURE FOR BASIC COOKING OR KITCHEN CLOSE TO THE EVENT SITE (CAN BE A HOUSE, RESTAURANT, ETC.)
- EQUIPMENT AND BASIC KITCHENWARE (YOU CAN ASK EACH VOLUNTEER TO BRING A BASIC KIT OR SOME UTENSILS/ EQUIPMENT...)
 - SUPPORT STRUCTURES (TABLES, BENCHES, ETC.)
- DECORATION (BE CREATIVE AND MAKE SOMETHING VERY BEAUTIFUL WITHIN THE CONSCIOUS CONSUMER PROPOSAL)
- AUDIOVISUAL EQUIPMENT: TO DOCUMENT ALL STAGES OF THE EVENT AND RECORD EVERYTHING THROUGH FILMING AND PHOTOGRAPHY. TALK AND INTERACT WITH THE PARTICIPANTS.
- GRAPHIC MATERIAL (POSTERS, BANNERS, PROJECTOR, ETC.) SPREAD AROUND THE SITE, EXPLAINING WHAT THE EVENT IS ALL ABOUT.



DISCO SOUP STEP BY STEP

1. PLANNING THE EVENT

Discuss the size of the event and how many meals you want to serve.



You can search for sponsors, but always be careful in ensuring the company has a pertinent image and can be associated to the event.

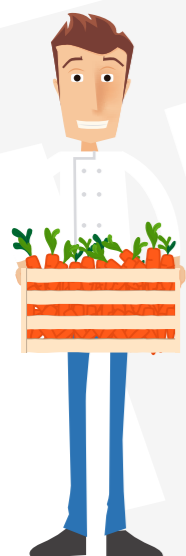
**DISCO
XEPA**



DISCO SOUP STEP BY STEP

2. GATHERING VOLUNTEERS

To mobilize volunteers, ask: conviviums, friends, family, neighbors and social networks. For convenience, try to arrange the volunteers for specific tasks of the event:



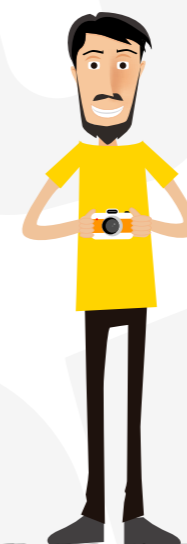
A) VOLUNTEER(S) FOR COLLECTING AND CLEANING



B) VOLUNTEER(S) FOR THE MENU PLANNING, PRE-PREPARATION AND FOOD PREPARATION



C) VOLUNTEER(S) FOR THE ARTISTIC PROGRAMMING (LOOK FOR LOCAL ARTISTS IN YOUR NEIGHBORHOOD AND/OR FAMILY.)



D) VOLUNTEER(S) FOR THE AUDIOVISUAL PART (PHOTOGRAPHERS, CAMERAMEN, VISUAL ARTISTS, OR ANYONE WHO LIKES TO FILM AND TAKE PHOTOS - EVEN FROM THEIR CELLPHONES)



D) VOLUNTEER(S) TO ASSIST IN MAKING BANNERS, PAMPHLETS, BROCHURES AND GENERAL COMMUNICATION OF THE EVENT (EVENT ON FACEBOOK, EMAILS DISCLOSURE, STENCILING, PHOTOSHOP, ETC.)

DISCO SOUP STEP BY STEP

3. RESEARCH AND MAPPING

The mapping of the region where the Disco Soup will be performed is important to obtain some useful data and becomes a tool for a more effective way to communicate the issues of food waste. So ask yourself and others:

RESEARCH:

1. WHERE IS THE WASTE COMING FROM?
2. WHAT ARE ITS CHARACTERISTICS?
3. WHAT IS BEING DISCARDED IN THE MARKETS?
4. AND IN LOCAL FOOD TRADES?
5. AND IN THE AGRICULTURAL FARMS?
6. HOW CAN WE REVERSE IT?

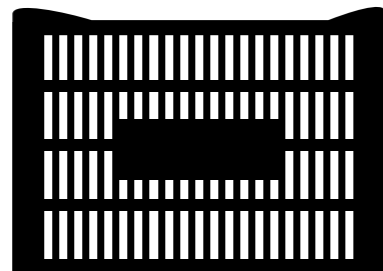
Collect data and statistics on food waste in the cities, in your country and the world. It is very interesting to share this information during the event!

DISCO SOUP STEP BY STEP

4. COLLECTING AND SANITIZING THE XEPA

It is very important to visit the establishment or the market sellers a few days before the event to talk to them, explain the action (if possible hand out pamphlets) and invite them to participate on the day of the event. It is also worth questioning which is the best day and time to collect the food, to avoid disturbing their work and routine.

On the day of collection, take some boxes or bags to facilitate the collection and for health and safety reasons, wear rubber or disposable gloves. Use common sense; do not collect food that is directly on the ground, badly damaged or that has mold.



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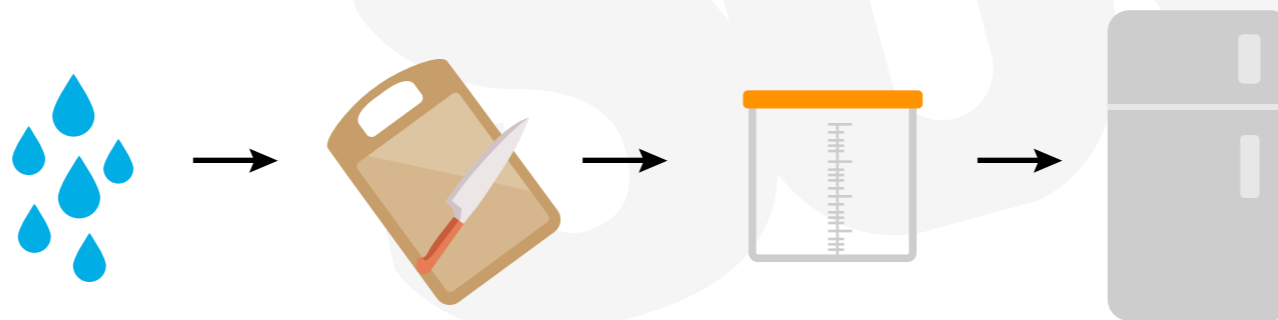


DISCO SOUP STEP BY STEP

Sometimes, even if the food is still good for consumption, it may arrive in a very delicate state, over-mature or containing small bruises, therefore reserve some time for the cleaning processes.



Use clean water and sodium hypochlorite or chlorine to the correct dilution indicated by the manufacturer. Vinegar and lemon do not work in eliminating all germs that might be present. Wash, cut, chop, dry and store whatever is necessary under refrigeration!



DISCO SOUP STEP BY STEP

5. MENU PLANNING AND PREPARATION OF DISHES

USE CREATIVITY AND ESCAPE FROM THE SOUP!

See what was collected and think with the group of volunteers about what can be prepared using the soup as much as possible, including the peels, skins, seeds, stems and branches.



The outcome might range from juices to pizzas, fruit salads, jams, jellies, baked fruits and fruit creams. The food can be served in ice cream cones.

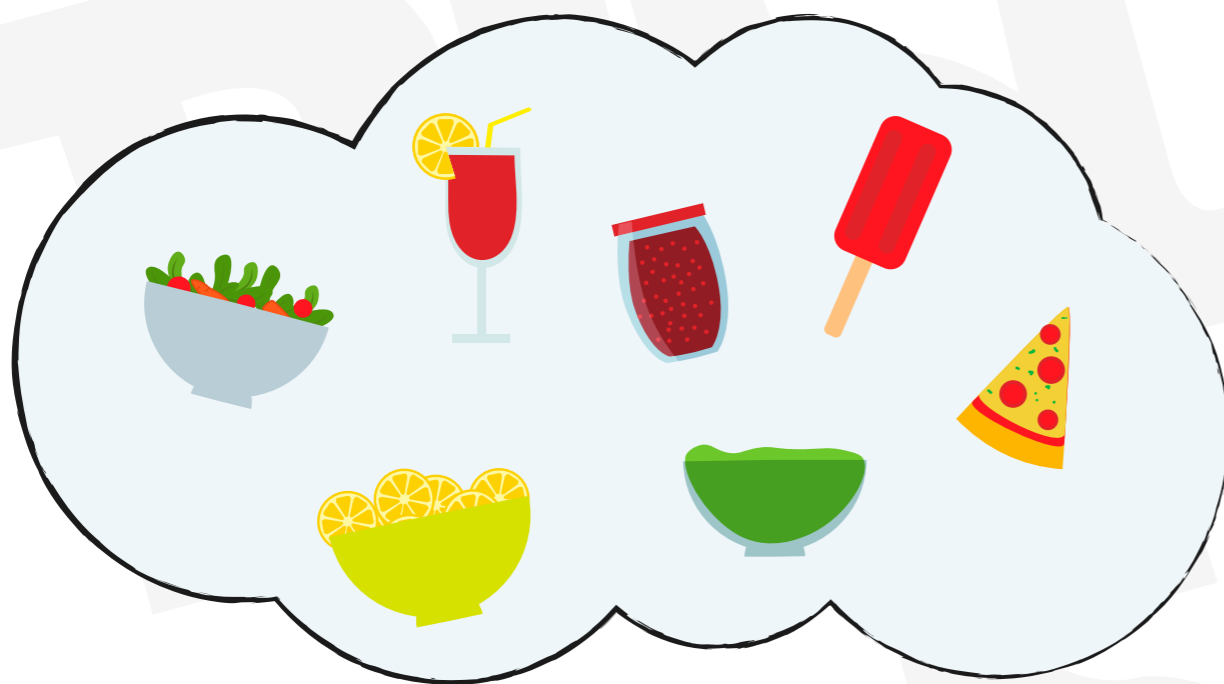


The savory foods will be produced according to the group's intentions and what has been made available at the location of the event.

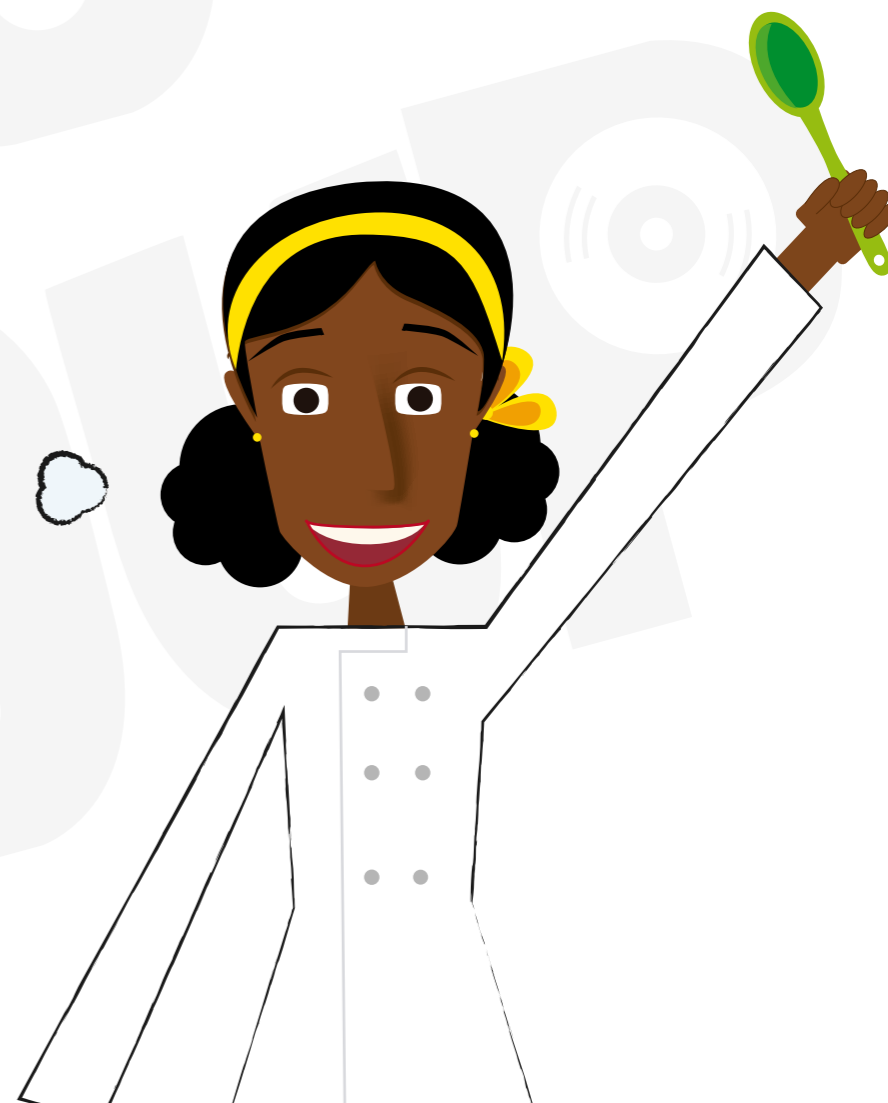
DISCO SOUP STEP BY STEP

5. MENU PLANNING AND PREPARATION OF DISHES

Always have staff who can cook and are willing to teach others. Invite other people such as Nutritionists and gastronomes to surprise the participants with the creative alchemy of the group. Broths, dumplings, mashed potatoes, salads, pastas...



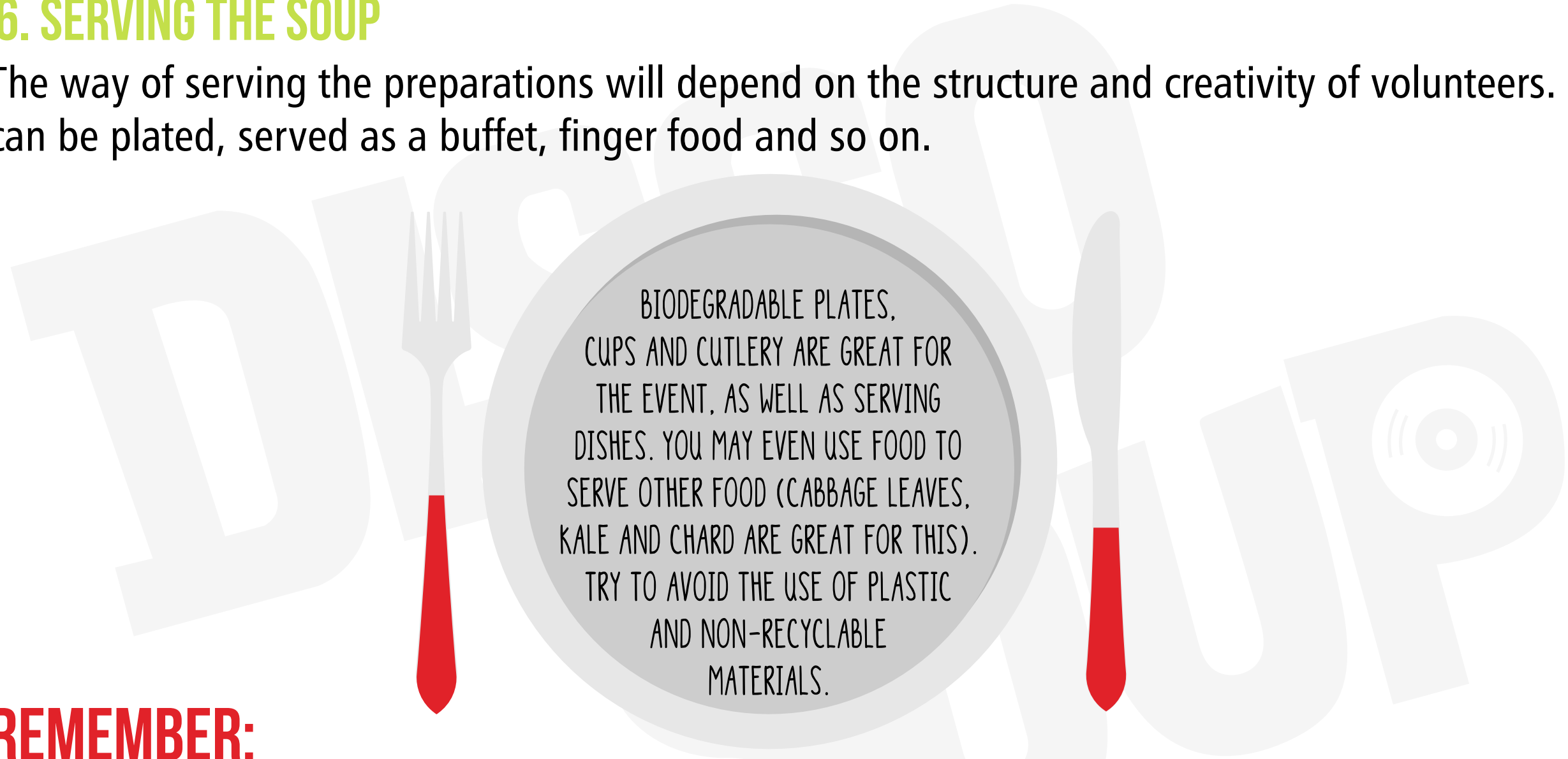
REMEMBER THAT THE APPEARANCE OF THE
DISH GIVES VALUE TO THE INGREDIENTS!



DISCO SOUP STEP BY STEP

6. SERVING THE SOUP

The way of serving the preparations will depend on the structure and creativity of volunteers. It can be plated, served as a buffet, finger food and so on.



BIODEGRADABLE PLATES, CUPS AND CUTLERY ARE GREAT FOR THE EVENT, AS WELL AS SERVING DISHES. YOU MAY EVEN USE FOOD TO SERVE OTHER FOOD (CABBAGE LEAVES, KALE AND CHARD ARE GREAT FOR THIS). TRY TO AVOID THE USE OF PLASTIC AND NON-RECYCLABLE MATERIALS.

REMEMBER:

Remember that we are talking about an event all about conscious consumption, so make sure to use tools that generate the least amount of waste possible.

DISCO SOUP STEP BY STEP

6. SERVING THE SOUP

The opening banquet is the apex of the event! Take this time to talk to the people about the experience and what has been learned from previous experiences. It is also a moment to be thankful for the food and bring importance to the fact that those foods would be in the trash if it weren't for the effort of the volunteers.

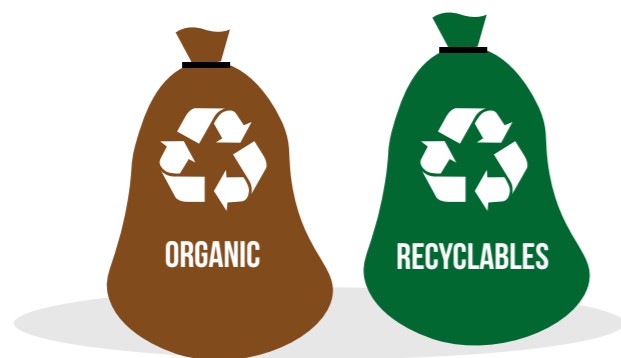


DISCO SOUP STEP BY STEP

7. ASSEMBLY AND DISASSEMBLY STRUCTURE

We have a responsibility to:

- Separate organic waste and recyclables
- Make agreements with the owners of the place or the city's prefecture regarding the cleaning of the space before going ahead with the event.
- Check how things have been organized and protect all valuable material, etc.
- Comply with the schedules of arrival and closing, according to an initial agreement.
- Leave the place as clean as possible, beautiful and organized, just like it was when you arrived!



DISCO SOUP STEP BY STEP

8. INTERACT WITH THE PLATFORM - SLOW FOOD YOUTH NETWORK

To know about the activities, share ideas and experiences.
We please ask you to share the action on social media:

- Post and share what you got from the event, on the **FACEBOOK PAGES**
- Use the hashtag **#DISCOSOUP** and **#WDSO**
- Join and interact with our **FACEBOOK GROUPS**

MORE THAN JUST PROMOTING THE EVENT, IT IS A WAY OF SHARING EXPERIENCES
AND ACTS AS A COLLABORATION OF IDEAS AND INFORMATION.

DISCO SOUP



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NEED HELP?



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