


DISCO SOUPE

Beta TOOL KIT





THE BETA TOOL KIT

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Hello! We've assembled here what we've learned by trial and error to make it easier for you and allow you to take advantage of DISCO at its best 😊

Some headings are now almost complete, others need a little more work... So let's build the association together! When you have comments and ideas to share, post them in the comments section or send us an email at discosoupe@gmail.com.

Click directly on the section you're interested in!

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How to get in touch with us/How to make the community grow/
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Discarded and/or unsold fruit and vegetables, how it works/
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CREATING YOUR OWN DISCO GROUP

1. Creating your own Disco Soup

To set up a Disco Soup in your town, contact us via our [facebook page](#) or by e-mail at discosoupe@gmail.com, and send us your contact info.

There are two possibilities:

If a community already exists close by, we'll put you in contact with it. Then it'll be up to you to take action!

If this isn't the case, you become a Disco Explorer, and get to spread the groove in your own home town :)

2. How to become a Disco Explorer

To become a Disco Explorer, someone from the community will set up a phone meeting (or in person!) with you to exchange as much info as possible and to sound each other out. The purpose of this informal call is to get to know you better and to pass on the keys for understanding the movement: who we are, our values, what a Disco Soup consists of, the type of event you could organize, our organization, tools, etc.

Being a collaborative community, things happen “organically”, and possessing a few basic elements to heighten comprehension will be useful to all!

And then, there you are, the **ball has started to roll!** You become a member of our community, the Disco Soup Crew; you'll have access to our tools (brochures, presentations, etc.) and the person you had on the phone will be there to answer all your questions: **she/he will be your reference person, whose experience you can lean on.**

CREATING YOUR OWN DISCO GROUP

3. Expanding your community

It's up to you now to bring in people to participate in the project! We will spread the word about your desire to find volunteers and forward to you everyone living close by you who has contacted us: people motivated to join the movement, proposals for participating in an upcoming event, media contacts, etc.

As soon as there are five or six of you, you could meet together, for instance for a **Disco Tea or Cocktail** to get acquainted and brainstorm!

You'll figure out the best way to communicate with each other, most likely by e-mail in the beginning, followed, why not, by a private "My town's Disco Soup" facebook group.

Here again it's important to keep your reference person informed, not so that she/he actively participates, but to help spread the news, point to solutions that might be added to the toolkit, etc.

4. And that's all there is to it, everything's set to organize a Disco Soup! You're good to go, but remember...

You're a group of several motivated persons, you've got lots of ideas, you're ready to organize your first event! The remainder of this wiki is a step-by-step guide to help you with your first Disco Soup :)

But before proceeding with the next step, don't forget to:

- **communicate to us the dates and practical details of your event**, as well as the visuals created for the occasion so that we can put them on our networks (facebook page, website)!

- share with us your photos and lessons learned, your advice and any documents that you have used (visuals on wasting food, brochures explaining partnerships...).

Because **Disco Soup is a collaborative community, it is essential to exchange experiences and nourish the community with your feedback...** It's the foundation on which our values have been based!

REJECTS & DISCARDS: where to find and how to use them

1. Discarded and unsold fruit and vegetables: how it works

This concerns fruit and vegetables: that are poorly calibrated according to current qualitative categories; that have been damaged during transportation; that have not been harvested due to a lack of help in the field during major harvesting periods; that do not correspond to the demands of specific clients, such as restaurants and hotels. It is also a carrot that's not pretty, which doesn't mean it isn't good!

This does not concern fruits and vegetables: that have already been collected by persons in need or that are covered with penicillin, which is not fit for consumption.

Where to find them: on a corner of your plate, in the back of your fridge, at the fruit and vegetable sellers at the end of the day, in the refuse bins of your favorite supermarkets, on the shelves of superstores, in the refuse bins of your favorite organic food stores, in refrigerated trucks, at the end of open air markets ...

But especially, and to collect the quantities needed for a Disco Soup, at main/national distributors (like Rungis in France and wholesalers) and at the place of production/truck farms.

Where you won't find them: at consumer associations that organize the bulk delivery by a local producer of organic fruit and vegetables on set dates (AMAPs in France), or other associations that bypass distributors (direct from producer to consumer), called "Ruches" in France. The purpose of these organizations is 100% no waste ... But they are great friends to invite to Disco Soups!

An idea of quantities: as an average, count 200g of soup/fruit salad/vegetables per person.

This may not be completely filling, so don't hesitate to add potatoes or other "hearty" ingredients to your preparations.

So, roughly speaking: 50kg of fruits & vegetables = 250 servings, 100kg = 500 servings, 200kg = 1000 servings.

Or and why not, 1.2 tons for 5 000 - 10 000 persons, like the German Schnippel Disko!

REJECTS & DISCARDS: where to find and how to use them

2. The discards' discards: plan on composting

An essential goal of our Disco Soups is to limit the waste of food. So we try to eliminate waste entirely during our events. What could be better than keeping the peelings, cores, etc. for composting?

Before the event: find an entity or person to take these compost ingredients and organize their transfer to it/him/her at the end of the Disco Soup.

For example: work integration gardens, shared gardens, municipal gardens, individuals possessing vegetable gardens or flowering terraces.....

Tip: the easiest solution of course is to find a place/person located close to the Disco Soup event.

During the event: the main throwaways of a Disco Soup are plastic gloves, plastic dishes and of course compost ingredients.

Here are a few **tips** to encourage participants to sort and to limit waste as much as possible:

_ place basins/waste pails on the tables with a big "COMPOST" sign beside them and place garbage bags at the ends of the tables with a "NO COMPOST" sign beside them.

_ Disco Soup crew members communicate sorting information during the event, but this is sometimes hard to accomplish because during the preparing and cooking, in which many people get involved, the compost is not generally a priority...but we've got to try!

_ Remove the compost containers when you start serving and replace them with others. There may be a few gloves lost in the compost, but at least there won't be any plastic plates/bowls and silverware.

After the event: don't forget to take the compost elements to the garden/park/other with whom/with which you organized the transfer:)

REJECTS & DISCARDS: where to find and how to use them

3. “Seasoning” partnerships

To lend a memorable flavor to your discards, an unforgettable finesse to your rejects, an organoleptic nobility to recycling, seek out the finest and the most eccentric organic food specialty shops closest to you!

Parisian partnerships:

> Biocoop’s “Back to Earth” brand for all kinds of vegetable oils, condiments and vinegars

> Guayapi, the fair trade enterprise for the most exotic Amazonian and Sri Lankan spices, oils and tree saps, with which we are delighted.

Dare to innovate: macadamia nut oil, colorful plants with strange names in powdered form from never-before- heard-of lands.... Strike the palates with wonderful new sensations!

Remain consistent: choose fair trade and/or organic products of good quality as much as possible.

4. Recipes

Once you’ve hunted down the ingredients, you can start imagining recipes!

Soups: some vegetables, like carrots, take longer to cook than others. Cook them first, then add the others when the carrots have started to soften in the pot.

Salads: dare to mix up sweet and savory foods: add one or two types of fruit, for example (fig + pear, apple + strawberry), to a vegetable salad = yum!

Something to keep in mind: the carrot is your friend! It can be used as both a sweet and savory ingredient.

PLANNING THE DISCO SOUP

1. An independent Disco Soup versus partnership with another event

Joining another event creates lots of advantages: support in terms of safety/security, more people attending, additional communications, provision of equipment perhaps...

This of course implies respecting a few rules:

- Respecting start and end times: a specific organization may request that the Disco Soup be completed in a 2-hour time span, for example.
- Accounting for other stands: sometimes the Disco Soup is accused of “disturbing the market” of other food stands.
- Making sure that the music of other participants doesn't interfere with your music.

We highly recommend that you test your first attempt in a relatively closed and controlled environment before inserting it into a major event! This allows for obtaining a first run with the various aspects of a Disco Soup and for identifying any mishaps :)

2. Divide up the roles, call in your friends

For a good Disco Soup, set up a **small team of at least four persons** who are all Disco enthusiasts! One person should be responsible for general organization to synchronize everyone's work. Make sure that information is effectively communicated and establish dialogue with key partners, such as those in charge of the place or hosting the other event.

Then you can distribute tasks in relation to the specialties of each participant, or think it through together: place, communications, supplies, equipment, music...

PLANNING THE DISCO SOUP

3. Collecting kitchen equipment

To involve participants and make your Disco Soup even more collaborative, you could ask those involved to bring their very best peeler!

Then it's up to you to provide all the other equipment needed:

- Cutting boards
- Knives
- Salad bowls-basins
- Large cooking pots
- Portable cooking stove + gas cylinder ..!

Of note: organizing a Disco Salad is less demanding in terms of equipment and safety. Only giant salad bowls are needed...

... whereas a soup requires big cooking pots (of the canteen type) and a gas-fired portable stove (to be handled with the greatest precaution)!

Before becoming super-equipped yourselves, for your first Disco Soup you could:

> Count on your friends and family to loan you utensils and equipment, remembering to return them when it's over!

> Contact itinerant kitchen associations explaining what you're doing so that they will hopefully agree to loan you their equipment on an occasional basis.

> Ask restaurants that you know in your neighborhood if they can help you with an event or even better, give you any equipment they don't want or no longer use.

PLANNING THE DISCO SOUP

4. Communicating about the event

To spread the word about your Disco Soup, mobilize your networks:

> Create your event on facebook and share it!

> Send us a little note and we will put it on our facebook page and forward it to our association friends:

[Greencook](#), [Feeding The 5K](#), [Zéro Gâchis](#), [Slow Food](#), [MakeSense](#), [OuiShare](#)...

> Prepare good visuals, which could be used on line as a poster!

Don't forget to **promote your partners** (seasonings, institutions, supplies) and the musicians, if they want – it's thanks to them that the Disco magic works :)

If you don't have a super graphic artist on hand for the moment, open the fridge and make your own composition with the fruit and vegetables you find: here's an example of a visual prepared using lettuce, an olive, a radish and cherry tomatoes, all patiently waiting for their hour of glory in the fridge ;)



PLANNING THE DISCO SOUP

4. Don't forget:

> **photos and videos:** there are as many good memories as there are Disco Soups. To keep them intact and thank participants after the event, find someone who likes to slip in and about, who knows how to catch the right moment, who knows how to make people smile, who's not afraid of carrots and who can take good photos. Even videos!

But remember to refer to them in the credits when you give the photos or videos to the press.

> **safety and hygiene:** a little cut can happen quickly! Always have ready what is needed to disinfect and protect cuts and scrapes and to treat light burns.

Also furnish latex gloves, putting them out on the tables in plain view on D-day : it's the most basic of hygiene measures – even if some peelers may be reticent, all disco soupers must peel and cut wearing gloves!

5. How much time is needed ahead of time?

Planning your first Disco Soup may take a good month and a half, but once the contacts have solidified, it's possible to organize a Disco Soup in two to three weeks' time for a small event.

And the work of organizing may be lightened when your Disco Soup is part of another event (festival, associative event, open-air market...) whose organizers may possibly furnish you with equipment (kitchen equipment, sound system, tables, etc.)

A few examples of a Disco Soup preparation timetable :

- > Request any administrative authorizations required: 3 to 4 months in advance
- > Find available disco musicians: 1 month in advance
- > Inform your seasoning partners: 2 weeks in advance
- > Create the facebook event: 2 weeks in advance

THE DISCO SOUP IN ACTION

A Disco Soup is a little like when you cook for your dinner parties, only bigger. It's always better when a good work plan has been set up, when suitable utensils are on hand, when your "guests" are comfortably installed and having a pleasant time waiting for the meal and then eating it!

To take advantage of the event and avoid being overwhelmed by it, check out the event place before D-day and think through and plan the event sequences.

In every work area, the Disco Soup must be present, either via its members or by means of visuals so as to avoid any confusion with illicit redistribution or a soup kitchen.

1. Arrival at the place of the event/installation

First of all, appropriate the Disco Soup space; if you are part of a bigger event, pitch in and help the organizers get installed, and make your space an area that people can easily identify.

Installing spaces and stands:

> Essential areas: (1) peeling and cutting (2) cooking and seasoning (3) soup/salad distribution

> Possibly: bowl/plate distribution, tables for partners (Biocoop flyers...)

> DISCO: this depends on whether or not the band/brass band/DJ and the music are "furnished" by the event in which the Disco Soup is participating

> Decorate the distribution and partner's tables to make them inviting; make them attractive!

And also:

> Wash all the fruit and vegetables!

> Assign roles to Disco Soupers: Person in charge of Recipe 1, Person responsible for Recipe 2, Head of Distribution...

THE DISCO SOUP IN ACTION

2. Cutting area: recommendations and equipment

The cutting area must be clearly in view to draw the attention of passersby and give them the itch to participate. But it must also be structured.

Organize peeling and cutting of the discards in relation to the recipes you've thought about: one zone for fruit salads, another for the guacamole, an area for the Belgian endive or lettuce salad, another for the soup...

Some vegetables take longer to cook or must be marinated; they should consequently be cut first.

Each recipe area is managed by a member of the organization who ensures that:

- > The volunteers are wearing gloves
- > The volunteers know what, how and in what order they are to cut (for instance, cutting what goes into the soup before cutting dessert ingredients!)
- > Full bowls/basins are sent to the cooking area and come back empty to be filled again.

The recipe manager can also lead discussions with the cutters on wasting food and answer any questions about the Disco Soup.

We also ask passersby if they want to come and peel with us. Here's a little pitch: "Hi, would you like to peel with us? Everyone can join; just pick up a peeler! We need, for example, on such and such a table, someone to help us cut tomatoes" – with a smile of course!

Requirements: For 100 kg of discards/20 persons:

- > 6 m² of cutting table space
- > 2 or 3 big salad bowls/basins per table
- > A box of latex gloves per table

Clean the tables or cover them with a plastic tablecloth (paper doesn't last long with the juice produced by the fruit and vegetables).

If you want to hang on to your peelers and cutting boards, attach them to the table legs with string.

Set out garbage bags, compost basins and/or crates beneath the tables.

THE DISCO SOUP IN ACTION



Vegetables well-arranged on tables before the beginning of a Disco Soup. All that is needed are the cutting boards, the compost basin, tablecloths and gloves 😊

Equipped with knife and gloves, effectively installed in front of a giant plastic basin that will be used afterwards for serving the salad, this Disco Souper has it down pat!



THE DISCO SOUP IN ACTION

3. Cooking area: recommendations and equipment

The cooking area must be there from the start; it must be ready during cutting and remain in place during distribution.

It must be both easily **accessible** for the round-trips of full and empty salad bowls and basins, and made **secure** because it is here that all your super condiments and portable gas stoves, blenders and other equipment are located.

In contrast to the cutting area, install this area so that it is inaccessible to persons who are not part of the team of volunteers.

It is also here that the dishes take form and will draw the interest of everyone. Take care to ensure that the cooking area doesn't become an impromptu distribution zone :)

Gigantic salad bowls and cooking pots are needed for mixing ingredients, along with super strong spoons and ladles.

And last but not least, make sure ahead of time that you have what you need to operate the equipment: gas for the portable stove and electricity for the mixer/blender!

For the soups:

- > Put water in the cooking pot before adding the vegetables (too heavy to carry to the source of water otherwise)
- > 1 or 2 persons to keep watch over the cooking
- > Start cooking vegetables that take time to cook as soon as possible
- > Don't forget to add seasoning: a soup without salt and pepper isn't good! And with spices it's even better :)
- > To shorten the cooking time: the smaller the vegetables are cut the quicker they cook. A lid allows for shortening heating time; a mixer also helps the cooking go faster.

For the salads:

- > 1 or 2 persons responsible for seasoning
- > Don't hesitate to mix with your hands (gloved of course!) directly in the salad bowl, it's much faster! Especially for the guacamole :)
- > If you make fruit juice with a blender, use smaller salad bowls and blend directly in the distribution zone.

THE DISCO SOUP IN ACTION



Portable gas-fired stove in the open air managed by the Disco team, whose colorful clothes naturally make them easy to recognize. Take note of the size of the cooking pots and utensils!

Tossing the salad by hand with gloves is faster. A little sticky, but appetizing nonetheless!



The seasoning corner with the alchemist engaged in expressing the mastery of his art! 😊



THE DISCO SOUP IN ACTION

4. Distribution zone: recommendations and equipment

The distribution zone can overlap with the cutting area when there's not much left to cut.

Take care here because this area can quickly become a free for all:

- > Indicate where the line is and its direction of flow
- > Create a second line for the return of used plates/bowls/silverware
- > Show people where they can gather to eat

In all circumstances, keep smiling, even when confronted with people who become impatient, because they're hungry! :)

Keep control of the dishes being served: don't let people serve themselves. This is the ideal moment to talk about what we're doing, without which some people won't have understood that we're using discarded fruit and vegetables. They would just have eaten for free, missing our goal to raise awareness of the problem of food waste.

This also allows for serving reasonable quantities properly; people have a tendency to serve themselves too much or just any which way (directly onto their plates with unwashed hands!)

Lastly, the orderly conduct of distribution allows for the possibility of helping the cause by making a monetary contribution; a basket is provided for those who want to participate financially.

We've also seen people arrive with their tupperware to take food home with them: there's no question of refusing. Even if the public attending a Disco Soup is generally a heterogeneous group (young people, old people, families), we discovered very quickly that we draw people who are in need. And so much the better if we can feed them at least this one time!

THE DISCO SOUP IN ACTION



A solution for mobile distribution: soup in plastic glasses – the soup doesn't overflow as much and can be served in crates!



THE DISCO SOUP IN ACTION

5. The Disco in music!

Music should be playing all the time! Music attracts people, encourages the workers, in short it gives a festive note to the event!

If a band is going to play, give preference to reliability: it's better to have a group of only two just starting out than a super band of 12 who arrive 2 hours late...

Inform the musicians that a Disco Soup is not a concert: people won't be quiet and focused on the music.

Make sure that they can play sheltered from inclement weather and that they have all the equipment they need: amplifier, loudspeakers, microphones... And furnish a small radio/CD player (and CDs) for when they are not playing, for before and after.

Whatever the band and the music selected, make clear what your expectations are in terms of ambience :)

6. On-the-spot communications

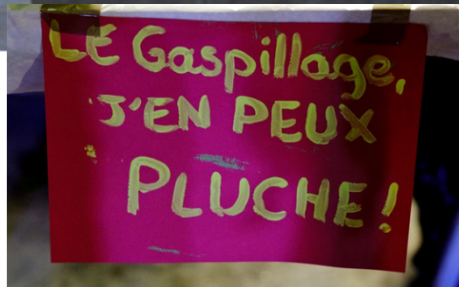
Communications during the Disco Soup should be such that anyone approaching the Disco Soup space understands four things:

- 1. That everyone can participate or organize a Disco Soup event**
- 2. That it's an action combating waste**
- 3. That it's fun**
- 4. That it's called a Disco Soup, and that there's a website and facebook page**

Make sure that you, members of the organization, are easily identifiable: let yourselves go in the clothes you're wearing, add funky glasses, wigs atop your heads, or simply don chef's hats and aprons !

And there's also... your voice to welcome people and explain to them what the Disco Soup is all about. It's for this reason that it's important to have someone who's not already busy managing a table, cooking or distributing who can speak to people waiting in line or to the undecided who look from afar with a wary eye!

THE DISCO SOUP IN ACTION



*Slogans that play on words and
decorating with recovered materials*

*A participative fresco with
vegetable/fruit peelings –
peel'art! 😊*



An explanatory poster

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99. Miscellaneous info :)

Clean-up time: it's a little obvious, but after the Disco Soup fun comes the time to put things away! Don't forget to keep the crates for the compost ingredients!

Keep the contact: throughout the entire event, don't forget to tell people to check out our facebook page and the Disco Soup website. Also maintain contact with those who would be interested in participating and in helping out for the next Disco Soup. It's the best way to find new recruits. Exchange your e-mail addresses so that you can contact them again. Don't miss this good opportunity!

Handle the unexpected... with a smile :)

The heading says it all! Despite all the efforts made to carefully plan a Disco Soup, there always seems to be something unexpected that happens. So don't panic, a successful Disco Soup is just like the discarded vegetables it saves: imperfect but always delicious ;)

999. To learn more about food waste

We highly recommend Tristram Stuart's excellent TED TALK:

http://www.ted.com/talks/tristram_stuart_the_global_food_waste_scandal.html

