

Project-ID:	<an internal WUR ID is given here for our own organisational purposes>
Title:	How can we increase sustainability of controlled dietary intervention trials by reducing plastic waste?
Assignment:	<p>We are looking for a group of students to give advice on possibilities to reduce plastic waste during food trials at the Division of Human Nutrition of Agrotechnology and Food Sciences group. We would like the group to study the trial procedures and logistics and search for options to decrease environmental impact related to use of large quantities of plastic disposables. We would like to get clear advice on what measures can be taken to make the trials more sustainable. Apart from sustainability, students should take into consideration hygiene, convenience, price, suppliers and any other factors that they identify as important.</p> <p>Can we reduce amount of disposables? If yes, how? What are alternative, more sustainable packaging options for foods? What are costs and benefits of using those alternatives instead of plastic disposables? Those are questions we would like to be answered at the end of the project.</p>
Background information:	<p>Since many years, controlled dietary intervention trials have been performed at the Division of Human Nutrition of Wageningen University. The purpose of a controlled dietary intervention trial is to study the effect of one dietary component or nutrient on an intermediate marker of disease or health outcome.</p> <p>The trials can involve up to 100 people and can last for a view days period of up to 4 months. During trial period, participants receive a food package that meet their daily energy requirements (including bread, rice, potatoes, vegetables, meat, dairy products, fruits, etc.). From Monday to Friday participants receive a hot meal at our division and a package, including a bread meal for the evening, breakfast and snacks to take home. On Fridays the participants received all meals and snacks for the weekend.</p> <p>For hygiene reasons, foods are packed in plastic disposables, which results in big amounts of plastic during each trial. The challenge is how to reduce amount of plastic wasted during the trials and perhaps replace it with sustainable alternatives.</p>
Commissioner:	Els Siebelink, Division of Human Nutrition, Department of Agrotechnology and Food Sciences
Experts:	
Literature:	
Confidential:	
Specially of interest for students with a background in:	
Remarks:	