



Sustainable grocery shop and / or supermarket

(Resource ID: 262)

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This teaching resource is allocated to following University:

AUT - Agricultural University of Tirana

Institution:

AUT

<http://www.sustainicum.at/en/modules/view/262.Sustainable-grocery-shop-and-or-supermarket>



Group work



5 to 10 students



**Up to 3 lecture
units**



English, Shqip

Students learn how a sustainable shop is managed considering as a case study the sustainable management of a grocery shop or a supermarket. The focus of the course is on eco-friendly products and services offered from the grocery store. This offers the possibility to get familiar with sustainable living ideas and real tips on how to make sustainable choices every day, as food is purchased daily. They can be involved in consultancy of groceries and also with policy makers in the development of projects, regulations and certification of this kind of shops.

Grocery shops are places frequented daily by consumers. Eco-friendly or non-friendly choices are made each time a product or the way it is served is chosen. Considering the lack of sensitization in Albania on sustainability

issues, the daily contact with an eco-friendly shop can be a very proficient way of increasing the awareness of the role of the individual in changes/effects on a local and global scale. These shops will not only support sustainable production, but also will function as a dissemination point for sustainability principles and information.

The course will be divided in three main parts:

1- **Awareness of the situation** – Students are acquainted with consequences of choices made by grocery store/supermarket managers and of those made by consumers. In this part students become familiar with the effects that the use of specific products or practices has, considering the whole 'life' of the item (ex. plastic bags, local organic products etc.). This part will have a special focus on the bags used for groceries (big problem in Albania) and the impact of local food systems.

2- **Possible solutions** – Students are presented with possible solutions and innovative ideas in organising a sustainable grocery shop and the role that it may play in the community that frequents it.

Students will be involved in surveys of the perception that consumers and grocery store managers have about sustainable principles and solutions. This will reveal the actual awareness of stakeholders, changes/ideas about the shop they are ready to accept and those that present more difficulties.

Students will interact with different stakeholders in order to exchange experiences and propose new creative ideas.

This part is mainly focused on the presentation of innovative ideas (for Albania) in the management of the grocery shop.

3- **Case studies** – Students will collaborate with stakeholders in finding possible solutions and implementing them in specific grocery shops. They will identify local organic producers, bioplastic bag furnishers, investigate the possibility of having an info corner inside the market about eco-friendly products and choices etc. Possibly, for each product group, the chance of offering eco-friendly alternatives will be considered.

Teaching Tools & Methods



Excursion Mini-project Written material

Integration of Social Stakeholders

-Grocery store/Supermarket managers are invited to seminars to present concrete opportunities and difficulties in implementing the ideas given during the course. They benefit from learning material and from the discussion with students that can offer new, innovative ideas.

- Policymakers can participate in seminars to develop/improve regulations concerning the trading in groceries stores which can be classified as eco-friendly by adding new restrictions, better illustrations of information and surely, promotion of sustainable solutions. They benefit from everybody in the class with all of them being consumers and also from grocery store managers that offer their opinions from the entrepreneur's point of view.

- Ecologic associations can participate by giving worthy ideas from their experience.

-Common people (especially homemakers) are invited to give their own ideas of how they perceive the shopping in grocery store and also to learn how smart shopping (in terms of sustainability) is made.

Strength

- Trans-disciplinary approach
- Active learning for students
- Students think about responsibility in local and global context
- Mutual learning of student and stakeholders
- Network building

Weakness

- As long as there is a lack of sensitization from consumers (Albania case), grocery store managers might not be interested in sustainable solutions as they require effort and in some cases higher costs (in terms of money).
- The third part of the course is difficult due to lack of information on local producers (partial informal market in Albania) and lack of disposability of shop managers in changing their way of organisation without having a guarantee of economic gain.

Learning Outcomes

- Part 1: To get sensitized with the effects of every day choices made in a grocery store in terms of sustainability.
- Part 2: Getting acquainted with solutions on the management of a sustainable grocery shop.
- Part 3: Understanding the implementation process of developing a sustainable shop.

Relevance for Sustainability

- Acquaintance with sustainable principles
- Personal responsibility
- Sustainable shop management
- Dissemination of sustainable ideas
- Local system strengthening

Related Teaching Resources

No specific previous knowledge / related resources required

Preparation Efforts

Medium

Preparation Efforts Description

-Preparation for the lecturer: 6 to 10 hours divided in two days. First days to get acquainted with the tips on the sustainable management of the grocery shop and second day dedicated to related topics (consumer psychology, plastic bags, local systems, actual situation in the country)

Access

Free

Assessment

Assessment will be based on the case study presented by the student. Each student (or max 2) will be assigned as a case study, the presentation of solutions for a specific grocery store. The concrete proposals on changes in the grocery store and innovative/creative ideas will be the basis for the evaluation of their understanding of the course.

Credit/Certification Description

Sources and Links

http://agrilife.jrc.ec.europa.eu/documents/SFSChainFinaleditedreport_001.pdf https://www.foeeurope.org/sites/default/files/publications/from-farm-to-folk_1.pdf

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