

REDUCE

Food Waste

Presented by: Alma Hopkins, RDN, LD



FOOD WASTE: A significant concern



- 30% - 40% of food in America is wasted data source: USDA and NRDC
- Each person tosses nearly 300 lbs of food every year

FOOD WASTE: A significant concern

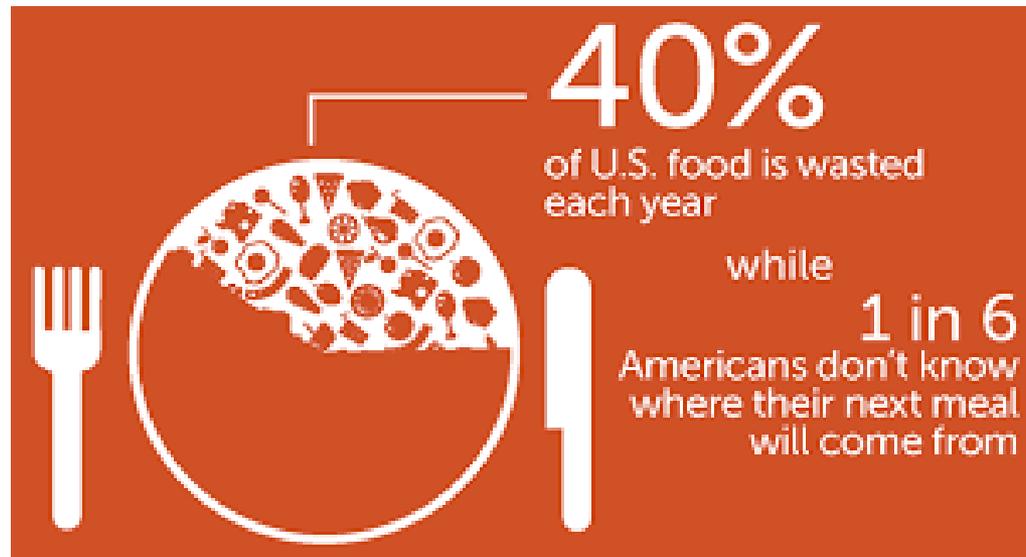


FOOD WASTE: Our Landfills

- Food is the single largest component
- Rotting food generates methane
- Landfills are the 3rd largest source of methane in the US.



FOOD WASTE: Facts & Figures



The Extraordinary Life and Times of Strawberry Save The Food | Ad Council



FOOD WASTE: Facts & Figures

- Resources that went into producing that wasted food include
 - Land
 - Labor
 - Water
 - Pesticides & fertilizers



3 out of 4 of us
believe we can do
something about it
&

Tracking food waste
can save
2-6% in food costs

FOOD WASTE: Unique Challenges in Schools

Poll Question #1

What makes it hard to predict how much food will be needed each day?

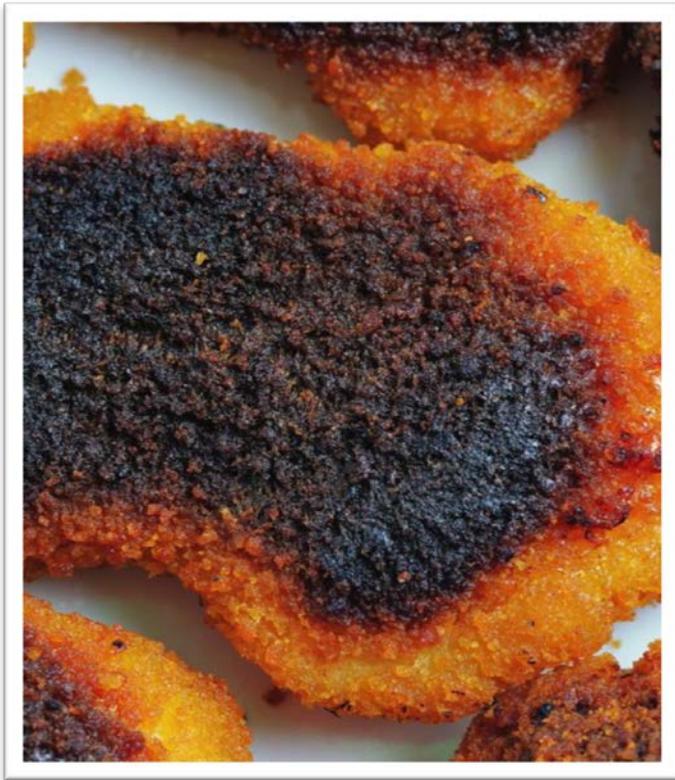


FOOD WASTE: Unique Challenges in Schools

What makes it hard to predict how much food will be needed each day?

- Unannounced field trips
- Unannounced Classroom Parties
- Weather
- Widespread Illness
- Lack of data showing participation #s by menu and day

FOOD WASTE: Unique Challenges in Schools



Poll Question #2

What factors lead to food waste from the kitchen?

FOOD WASTE: Unique Challenges in Schools

What factors lead to food waste from the kitchen?

- Untrained staff
- Not following recipe
- Not using production records
- Refrigeration/freezers not holding temp
- Hot, muggy storeroom

FOOD WASTE: Unique Challenges in Schools

Poll Question #3

What are the reasons kids dump food in the trash?



FOOD WASTE: Unique Challenges in Schools

What are the reasons kids dump food in the trash?

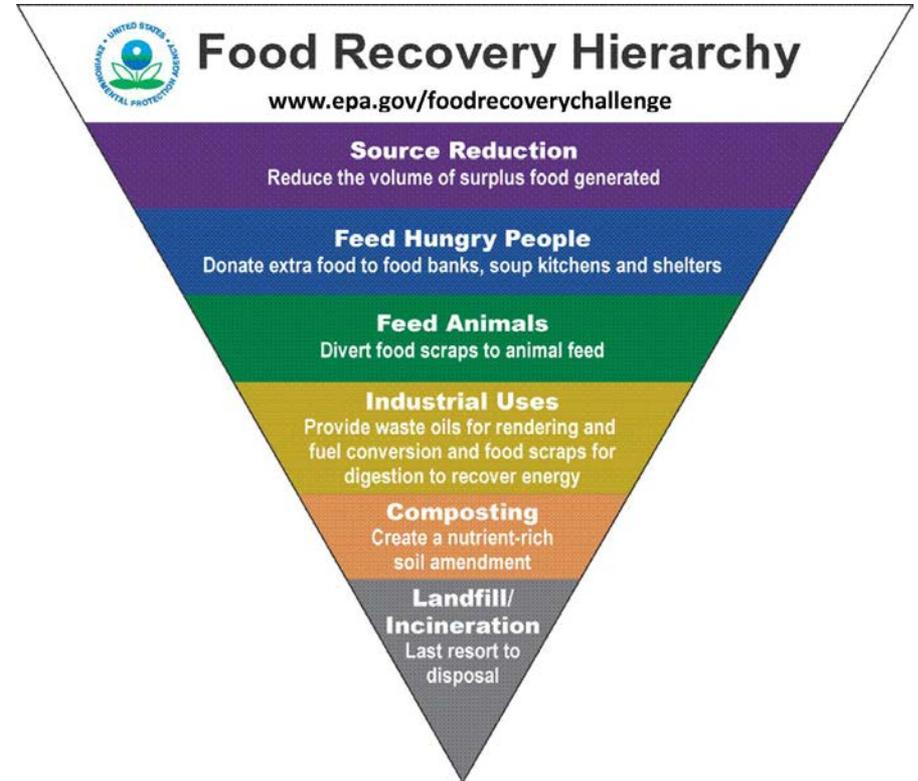
- Not enough time to eat
- Class dismissed late
- Class parties before meals
- Kids unfamiliar with food
- Too few meal periods

FOOD WASTE: Food Recovery Hierarchy

Reduce by mindful ordering, prepping and storage

Recover wholesome, uneaten food to share tables (example)

Recycle – composting, animal feed



www.epa.gov/foodrecoverychallenge

FOOD WASTE: Reduce – Menu Planning



- Cycle menus
 - Allow “chefs choice” days
 - Create recipes that use same basic ingredients
- How many ways can you menu diced chicken?*
- Plan for items to be served at next meals such as fruit

FOOD WASTE: Reduce – Menu Planning

- Self serve and self portion
 - (OVS and food bars/salad bars)



- Cutting fruits into bite size
 - Student Input
 - Taste tests
 - Surveys
 - Student Ambassadors or Councils

FOOD WASTE: Reduce – Purchase Imperfect Produce . . .

Types of Imperfection

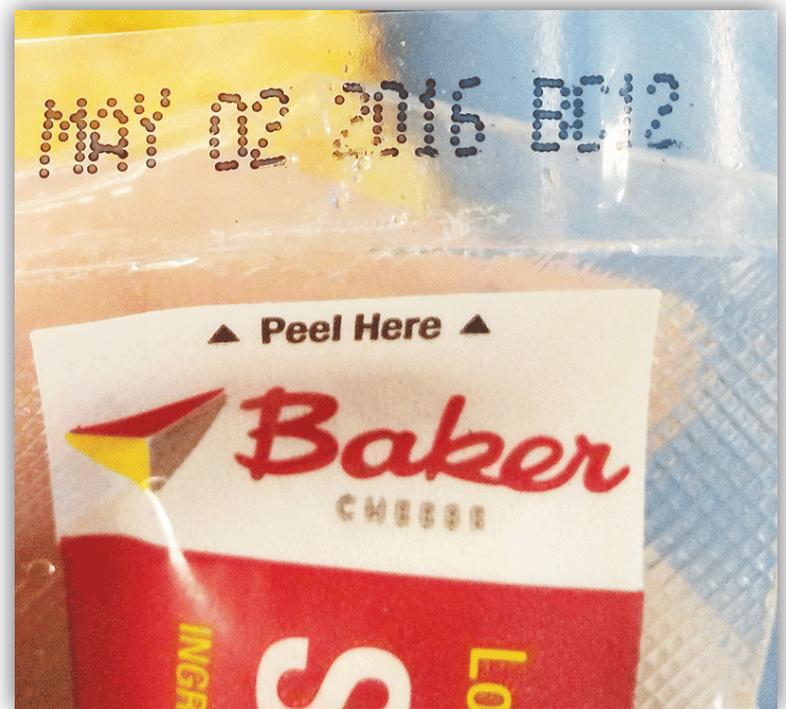
- Over/under-size
- Misshaped
- Texture
- Superficial scarring
- Uneven coloration on the surface



. . . save \$ and great for food bars

FOOD WASTE: Reduce – Purchasing

- Buy seconds or imperfect produce if cutting up & offer clear descriptions (superficial scarring, etc.)
- Order ripening fruit mid-week → menu it early in the following week
- “Use by Dates” and “Best by Dates” are guidelines, not law



FOOD WASTE: Reduce – Storage

Train staff

- Inspect all products for:
 - Temperature
 - Quality
 - Expiration or best use dates
- Move items to proper storage quickly
- Specify in bids
 - that deliveries arrive before or after meal service
 - what shelf life you expect (yogurts, bagged ready to serve salad greens/vegetables)



FOOD WASTE: Reduce – Preparation

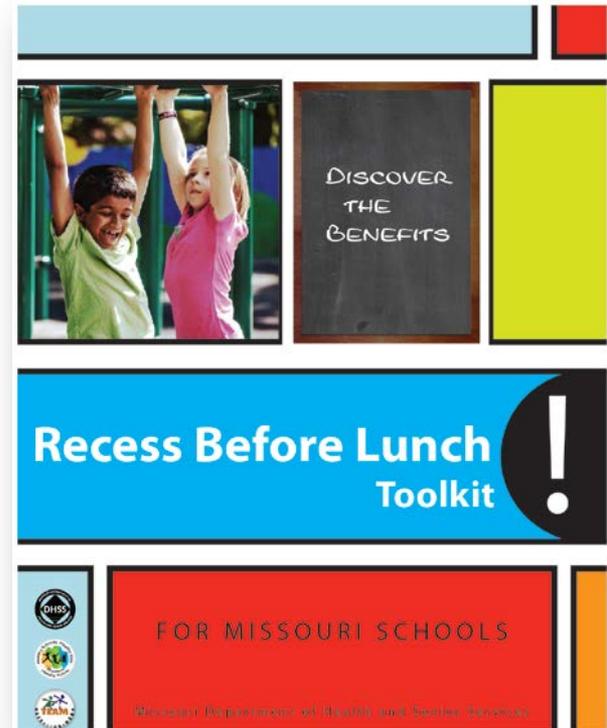


- Train staff →
- Knife skills
 - Use of equipment
 - Batch cooking
 - Provide accurate recipes
 - Use of shallow pans at end of service
 - Completed production records



FOOD WASTE: Reduce via Policies or Marketing

- Recess before Lunch
- . . . Mo's Toolkit available
- Extending lunch periods from 20 → 30 minutes
 - ↓ food waste by 30%



- Apply Smarter Lunchroom ideas (60 low cost and no cost ideas)

www.smarterlunchrooms.org

FOOD WASTE: Recover – Sharing Tables

USDA Memo: SP 41-2016, The Use of Share Tables in Child Nutrition Programs



Refrigerated Barrel
Turlock Unified School District, CA

- Pre-packaged foods: milk, cheese sticks, graham crackers/crackers, bowl pack cereals, condiment packets
- Original packaging, unopened
- Supervised by staff
- In Missouri→ food stays within school for student consumption
 - . . .later in the day at no cost
 - . . . can be claimed for reimbursement for the after school program

FOOD WASTE: Recover – Sharing Tables

- Prepare meeting with local food safety inspector
- Develop SOP
- Use labels, table tents to guide students
- Train staff and students



Guide to Conducting Student Food Waste Audits

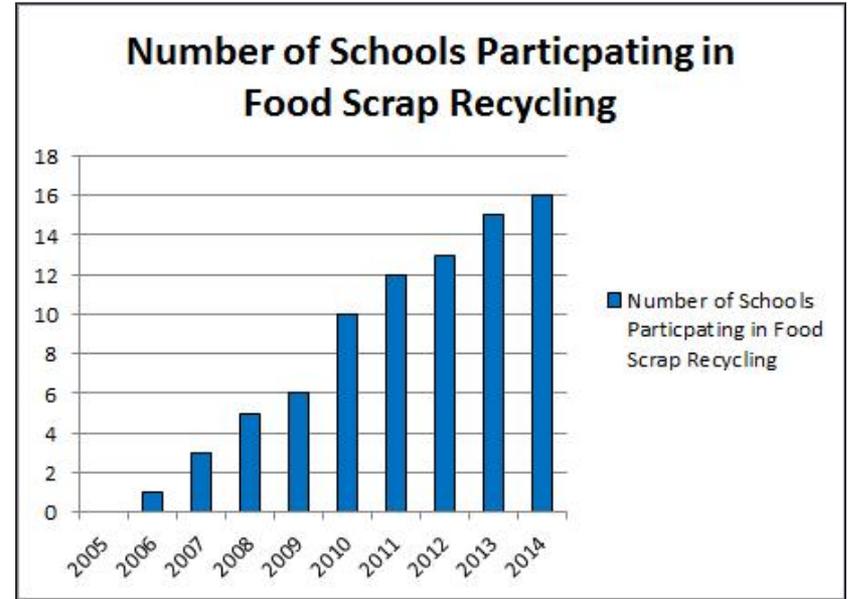
A Resource for Schools



FOOD WASTE: Recycle



Photo by Melissa Terry, University of Arkansas



Waste audits, provision of supplies, continuous training and partnership with community sanitary agency leads to increase in participation at Castro Valley Unified School District, CA

Composting with K 12 Schools



USDA Food and Nutrition Service



Subscribe

2.9K

Compost goes

- On site for use in school gardens

OR

- Off site to composting facility
- Nearly 80% of school food waste is recyclable or compostable . . .

What an opportunity!



FOOD WASTE: Recycle – Livestock Feed

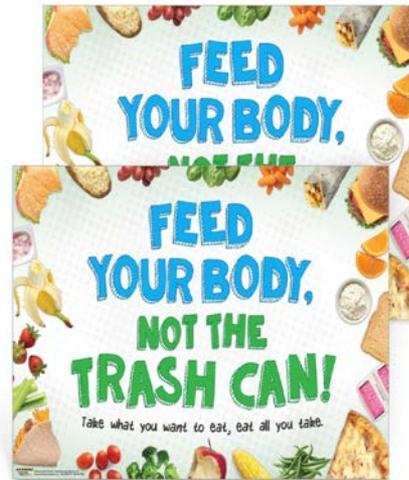
**Cafeteria Food Waste Recycling:
How to Turn Elephants into Pigs**



<https://www.youtube.com/watch?v=Qn9siiliDw4>

FOOD WASTE: Educating Staff & Students

LOVE
FOOD
hate waste



food
TOO GOOD
TO WASTE

FOOD WASTE: Educating Staff & Students

EAT
FIVE
A DAY

WEIRD FRUITS & VEGETABLES

eggplants
figs
pumpkins
squashes
zucchini
cucumbers
potatoes
broccoli



INGLORIOUS
fruits & vegetables

by **Intermarché**

Let's talk trash...

REDUCE FOOD WASTE

Most people don't realize just how much food they throw away. Leftovers, fresh produce past its prime, and bread past their enjoy date add up to an estimated 70 billion pounds of food wasted in the United States each year. Reducing the amount of food waste is not only good for the environment, but can help you save money.

HOW CAN YOU REDUCE YOUR FOOD WASTE?

Buy only what you need.	Eat what you buy.	Store foods properly.	Avoid the trash.
<ul style="list-style-type: none"> • Shop your fridge first. Think of what you already have at home before heading to the store. • Plan meals and make a list before shopping. • Be smart about sales. It's not a bargain if you can't eat the food before it expires. 	<ul style="list-style-type: none"> • Prioritize your meals. Cook the most meals, soups, or stews on your quick, so you can prepare and eat them sooner. • Keep your kitchen clean and organized so you can see what needs to be eaten. • Plan an "eat the leftovers" meal each week or reuse leftovers throughout the week to make soups, stir-fries, omelets, and dips. 	<ul style="list-style-type: none"> • Keep certain foods and vegetables in their own refrigerators to prevent food spoilage. Some produce like berries and apples release a gas that causes other fruits and vegetables to ripen and spoil more quickly. • Freeze meat properly in the correct part of the fridge, either the meat drawer or the freezer door. • Wash fresh produce just before you eat it. Wash and refrigerate any pre-cut produce or soft butter when opened. 	<ul style="list-style-type: none"> • Check product dates on food. Most items printed on packages have an expiry date determined by the manufacturer, not expiration dates. • Shop by the date that will expire first. Group the products for which you should buy the product before the date. • Use it Cook by or Use by the date is optional. • Register the date that only fresh meat products may still be sold when the government requires it. • Use your freezer. Store food in an airtight container or freezer bag. Label and date as you cook them to come back to it in time. • Check the garbage can. If the house food are consistently being thrown away, ask the kitchen help team. Add items to your shopping list or throw them away.

FOOD WASTE: Additional Resources

- <https://www.fns.usda.gov/school-meals/creative-solutions-ending-school-food-waste>
- **National Resource Defense Council (NRCD)**
<https://www.nrdc.org/issues/food>
- <http://savethefood.com>
- **SAVETHEFOOD Social Media Press Kit**
<http://socialmediakit.adcouncil.org/presskit/save-the-food/>
- **Hennepin County Composting**
<http://www.hennepin.us/business/recycling-hazardous-waste/school-recycling>



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