Make Haste with Waste

Elizabeth Douglass and Susan Patton
Food Recovery Hierarchy

Source Reduction
Reduce the volume of surplus food generated

Feed Hungry People
Donate extra food to food banks, soup kitchens and shelters

Feed Animals
Divert food scraps to animal food

Industrial Uses
Provide waste oils for rendering and fuel conversion and food scraps for digestion to recover energy.

Composting
Create a nutrient-rich soil amendment

Landfill/Incineration
Last resort to disposal

Most Preferred

Least Preferred
Goals

Make sure students consume what they take

Involve good menu planning by school nutrition staff

Involve students in decision-making

Include teachers to educate students on impacts of wasted food
Strategies

- Offer vs Serve
- Share Tables
- Reasonable Time to Eat
- Student Waste Audits
- Marketing your Meals
- Farm to School
Offer versus Serve

Allows students to decline certain components

Provides choice and reduced waste

Mandatory in high school; optional middle and elementary
Create Share Tables

Designated stations where children may return whole and/or unopened food or beverage items

Items are then available to other children
Purpose of Share Tables

Plan, prepare, and order food with goal of...

Providing one meal per child at meal service to prevent waste

Limit leftovers by menu planning and production practices
Use of Share Tables

Students can take additional helping of food or beverage

Food or beverage items may be served and claimed for reimbursement during another meal service
Use of Share Tables

Food or beverage may be donated to a non-profit organization

Examples include community food bank, homeless shelter or other non-profit charitable organization
Food Safety in Share Tables

Food and Nutrition Services of USDA allows use of share tables and recycling

Allows milk and other components to be retrieved for re-service

Should only be used to prevent food waste
Food Safety in Share Tables

Check with your local health department to see what is permitted

under local and State health and food safety codes
Establish What Can Be Shared

- Unopened pre-packaged items - baby carrots or sliced apples stored in cooling pin
- Whole pieces of fruit - apples or bananas
- Unopened milk, if immediately stored in cooling bin maintained at 41 degrees Fahrenheit
What May NOT be Shared

Unpackaged items - salad bowl without a lid

Packaged items that can be opened and resealed

Open items - opened bag of carrots or sliced apples

Perishable foods when temp control is not in place
Share Table Best Tips For Items Requiring Cooling

1. Maintain proper temps and logs (41 degrees F or colder) – may use ice bin or cooler
2. Make note of expiration dates; do not intermix recycled foods with items yet to be served
3. Decide how many times a food item can be reused (recommended once)
Supervise Share Tables

- Invite students to participate as share table helpers
- Teach about importance of food safety and recycling
Promote Share Table to Students and Families

Ask for input from parents and guardians – are they okay with share tables?

Display signage outlining rules and encouraging recycling
Here’s a Problem. What Do YOU Think?

Meals offered in NSLP and SBP are intended to be consumed in designated foodservice area during established meal service period.

Problem – with limited lunch periods and increased amounts of fruits and vegetables, some students may save items for consumption at later time.
Saving Food Items

No federal prohibition of this practice

FNS encourages as means of reducing potential food waste

Encourage consumption of healthy school meals

Follow previous guidelines
Eating Outside Area

Does not imply school meals may be given to children to take home

Continue to allow students a reasonable amount of time
Reasonable Time to Eat

21 percent of students report not having enough time to eat

Are lines too long or time too short?

Harvard School of Public Health
Reasonable Time to Eat

Extend lunch from 20 to 30 minutes

- 13 percent less entrée waste
- 12 percent less vegetable waste
- 10 percent less milk waste

Harvard School of Public Health
We love whole apples but.....
….. Try some sliced fruits

Slicing apples resulted in a 73 percent increase in the number of students who ate more than half their apple.
Recess Before Lunch

- Can reduce food waste by 40 percent
- Students ate 54 percent more fruits and vegetables
- Less food waste when lunch periods start at noon or later

Brigham Young University, 2014
Student Waste Audits

- Involve students in understanding scope of problem
- How much food or beverage items do they waste
- What type of foods are being wasted most?
- Why are students not eating?
Interview students seek answers that can fix the problem

Not just - I didn’t like it

Why didn’t you like it?

Too cold, too mushy, funny color, fruit not ripe, milk not cold
Show Students Their Data

212 UNFINISHED ITEMS

- apple
- bread
- burger
- chicken nuggets
- chicken sandwich
- cookies
- fries
- juice
- mash potatoes
- milk
- nachos
- orange
- pineapple
- pizza
- rice
- salad
- stir fry
- carrots
- cheese sticks
- sandwich
- hot dog
- miscellaneous
Teacher Engagement

- Help with mathematics of plate waste audit
- Do a class project – learn about food
- Field trips to waste management facilities
- Purpose of share tables and donating food
Marketing Your Meals

- Give food items creative name
- Salad bars
- Grab and Go Meals
- Involving Students and Families
Give Food Items
Creative Names

X-RAY VISION
Salad Bars

Use serving size utensils that help kids take reasonable portions.
Grab and Go Meals

- Move through line faster
- Increases breakfast participation
Involving Students and Families

Promoting Healthy Habits
Pleasant Dining Atmosphere
Food Truck Fun
Fresh Fruit and Veggie Snack
Student Participation in Meal Planning
Healthy Cuisine Culinary Lab
Train and Engage Staff
Involve Parents

Have a try day at home

Take action at school – volunteer to help younger children open milk cartons, yogurt, other packages
After School Family Events
Friends Sharing a Meal
School Gardens
School Garden Q & A!

Can the school food service use funds from the nonprofit school food service account to purchase seeds for a school garden?

• Yes, with the understanding that the garden is used within the context of the program, i.e. selling the food or providing food in the classroom as part of an educational lesson.

Can the school food service use funds from the nonprofit school food service account to purchase items for the school garden such as fertilizer, watering cans, rakes, etc.?

• Yes, if items are used for the purpose of starting and maintaining the garden.
Cooking with Garden Produce
Resources

- Team Nutrition Popular Events Idea Booklet
- USDA Guide to Conducting Student Food Waste Audits
- Help Prevent Wasted Food
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#MyOhioClassroom

Celebrate educators!

#OhioLovesTeachers