

# WASTED FOOD PREVENTION BEST PRACTICES

## CONDUCT REGULAR TRAY AUDITS

To identify problem areas specific to your school

- Track your progress to mark improvements

## PROVIDE A SHARE TABLE\*

To enable unopened food to be redistributed to students or donated

- Label with images and rules
- Incorporate into regular sorting education
- Establish a policy within your school on how to redistribute share table items and share with your health inspector

*\*Approved by the USDA and MN Dept. of Health*



## OFFER APPROPRIATELY SIZED SERVINGS

To support students to take what they know they can eat

- Allow students to request half sized entrée portion sizes
- Standardize morning meal reporting sheets and remind students of their selection
- Slice apples or other hard to eat items for younger students



## EDUCATE STUDENTS ON MEAL REQUIREMENTS

To streamline the lunch line and save more time for eating

- Assist students to make choices to minimize their wasted food while fulfilling requirements faster

## PROVIDE ACCESS TO WATER

To provide a beverage alternative to milk and increase hydration

- Fulfill a National School Lunch Program requirement to make water available where lunch meals are served
- Promote reusable cups and water bottles over recyclable cartons



## SCHEDULE RECESS OR EXERCISE BEFORE LUNCH

To increase student appetite

- Can reduce plate waste by as much as 30%

## IMPROVE STUDENT TIME MANAGEMENT

To boost overall consumption

- Dim lights and request quiet time at end of lunch
- Alert students of time left in lunch period
- Extend lunch periods to 30 minutes

## OFFER A FLAVOR STATION

To allow older students to customize meals

- Follow low sodium requirements

