



**Wasted Food  
Prevention &  
Resources**

# Why Focus on Wasted Food?



**Wasted food costs 10% of the total U.S. energy budget**



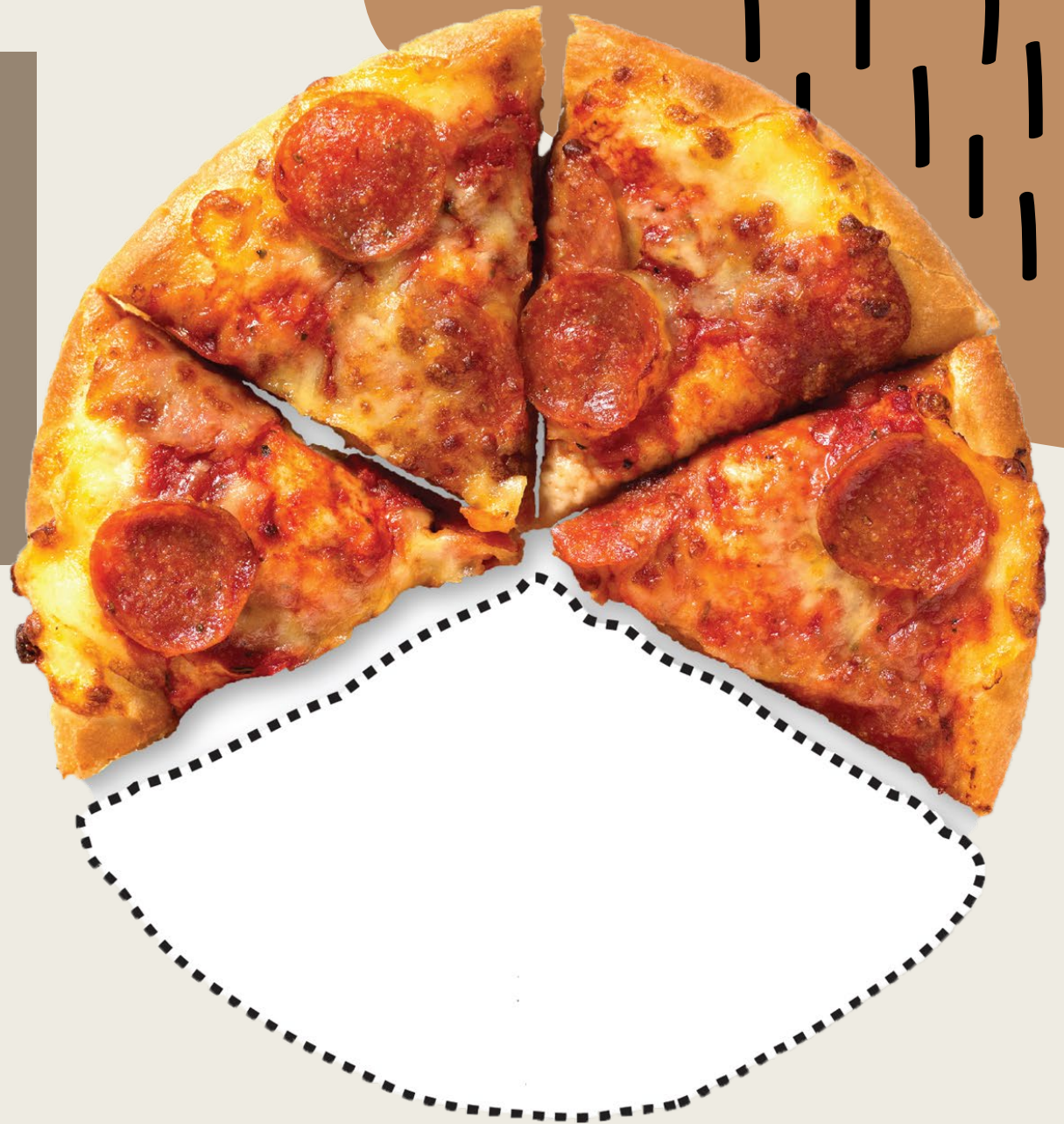
**25% of all freshwater supplies go to make food that is not eaten**



# 40%

of all food  
produced in the U.S.  
is wasted each year.

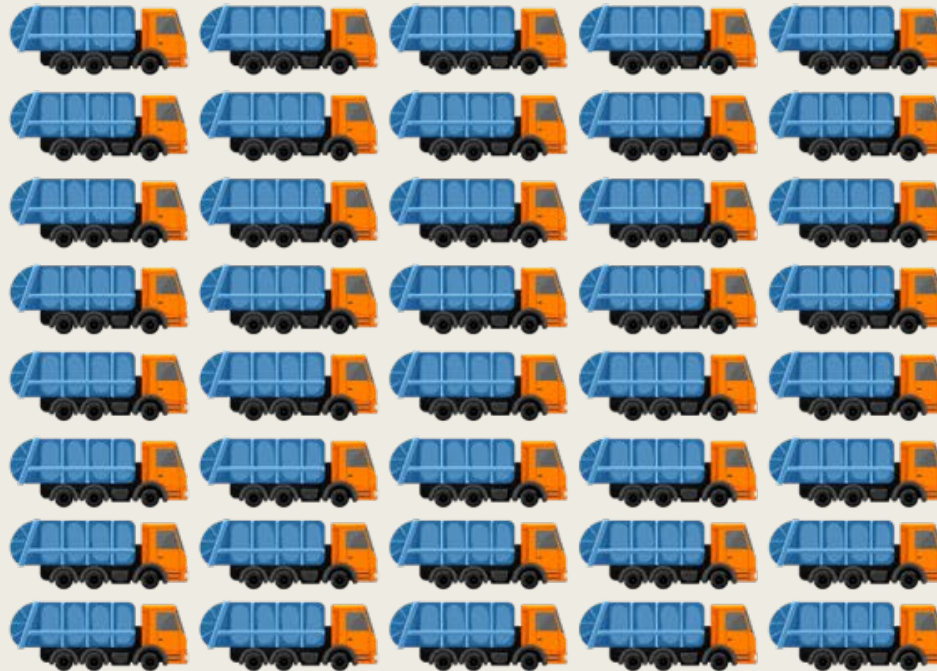
**That is  
63 million  
tons of food.**



# What does 63 million tons of wasted food actually look like?



**40 TONS EVERY 20 SECONDS**



**76%**

of food waste goes into landfills



# Fight Food Waste, Fight Hunger

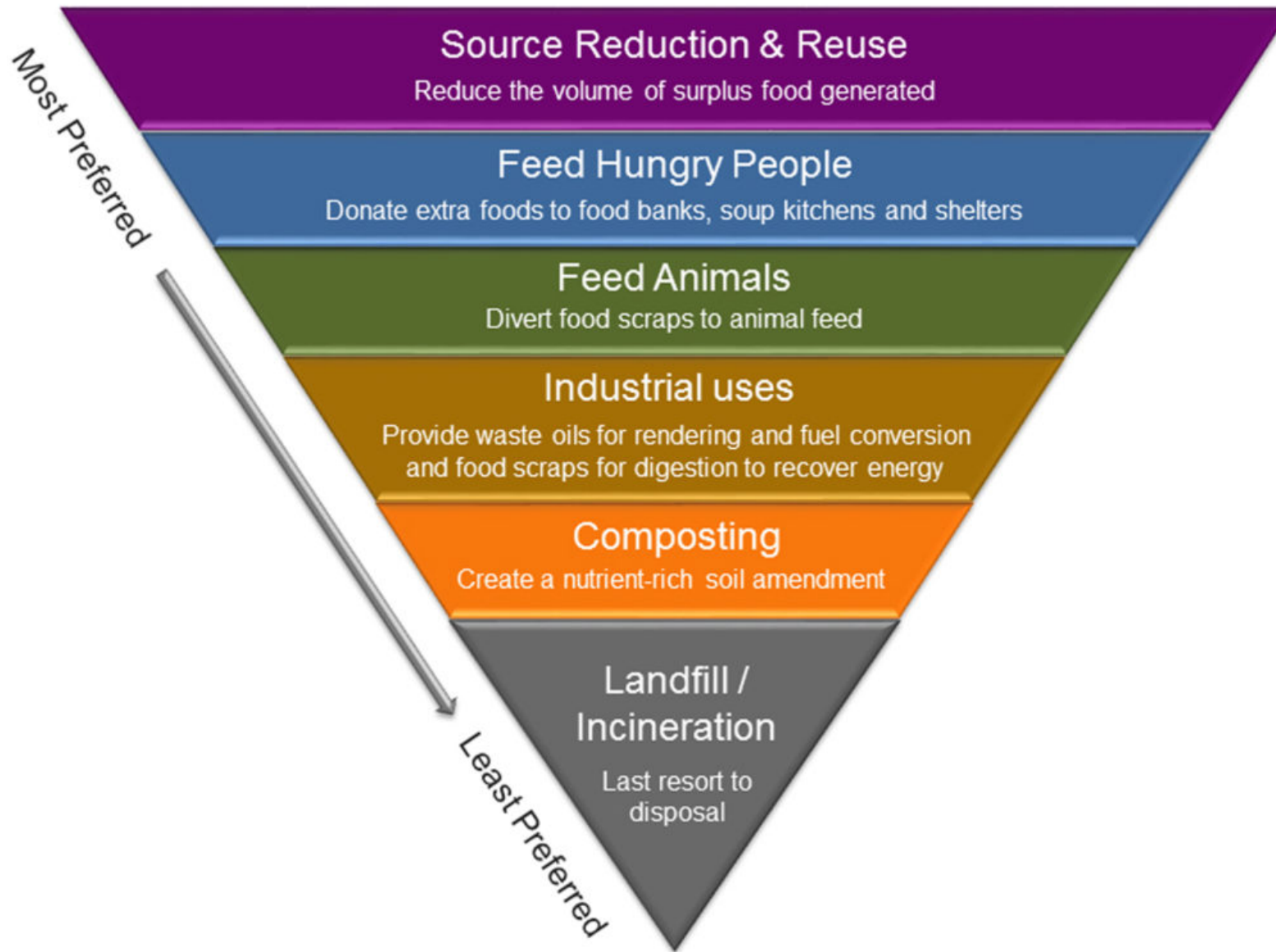
**1/7**  
food insecure

more than  
**11** million  
children

Projection:  
**18** million  
children this year



# Food Recovery Hierarchy





**Wasted Food  
Prevention  
Best Practices**





# Conduct Regular Tray Audits

- Identify how much, what type and why food is being wasted
- Track your progress to mark improvements

# Food Share Table

Enable unopened and uneaten food to be redistributed to students or donated



# Offer Appropriately Sized Servings

Support students to take what they know they can eat by:

- ✓ Allowing students to request half size entrée portion sizes
- ✓ Standardizing morning meal reporting sheets and remind students of their selection
- ✓ Slicing apples and other hard to eat items for younger students





## **Educate Students on Meal Requirements**

Streamline the lunch line and  
save more time for eating

# Provide Access to Water

- Increases hydration
- Provides beverage alternative to milk
- Fulfills a [National School Lunch Program requirement](#)




# Schedule Recess or Exercise Before Lunch



Scheduling recess before lunch  
can **reduce plate waste** by

**AS  
MUCH  
AS** **30%**

A photograph of a school hallway. The wall is covered in dark, textured panels. A digital clock mounted on the wall displays "00:06:00" in blue LED lights. A white speaker is mounted on the wall above the clock. The ceiling is a grid of acoustic tiles with recessed lighting. A large white circular graphic is overlaid on the right side of the image, containing text and a list of bullet points.

# Use "Time to Eat" Reminders

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

# Flavor Station

Allow older students to customize meals





# “One Last Sip” Campaign

- Bring awareness to how much milk gets wasted
- Involves students in measurement and goal setting to reduce wasted milk



# Prevent Food Waste in Schools Webpage

[www.dakotacounty.us](http://www.dakotacounty.us), search *prevent food waste in schools*

- Best practices
- School tray audit guides and video
- Food share table signs
- Educational resources

## WASTED FOOD PREVENTION BEST PRACTICES

### CONDUCT REGULAR TRAY AUDITS

- Identify problem areas specific to your school
- Track your progress to mark improvements

### FOOD SHARE TABLE\*

- Offer unopened food to be redistributed to students or donated
- Post signs with images and rules
- Incorporate into regular sorting education
- Develop a policy within your school on how to redistribute share
- Communicate and share with your health inspector
- Contact the USDA and MN Dept. of Health



### APPROPRIATELY SIZED SERVINGS

- Encourage students to take what they know they can eat
- Request half sized entrée portion sizes
- Distribute and complete serving mutual reporting sheets and remind students
- Offer smaller portions of other hard to eat items for younger students

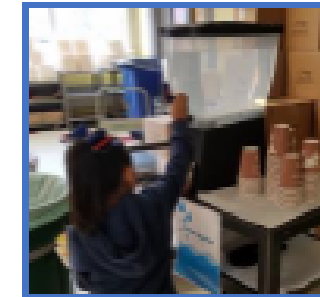


### MINIMIZE LUNCH MEAL REQUIREMENTS

- Streamline and save more time for eating
- Offer choices to minimize their wasted food
- Make requirements faster

### OFFER WATER

- Offer water as an alternative to milk and increase hydration
- Meet the School Lunch Program requirement to make water available where lunch meals are served
- Offer reusable cups and water bottles over recyclable cartons



### AVOID SLEEPING OR EXERCISE BEFORE LUNCH

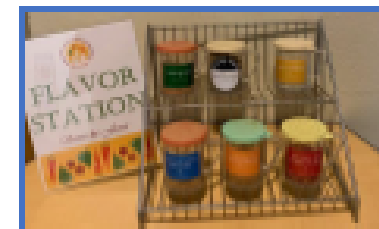
- Encourage student appetite
- Reduce plate waste by as much as 30%

### IMPROVE STUDENT TIME MANAGEMENT

- Increase 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





# Questions?

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