

Wasted food is a growing problem in our modern society and an untapped opportunity.

Approximately *one-third* of all food produced for human consumption worldwide is wasted.

When we waste food we also waste:

- *money* -
- *water* -
- *energy* -
- *hard work* -

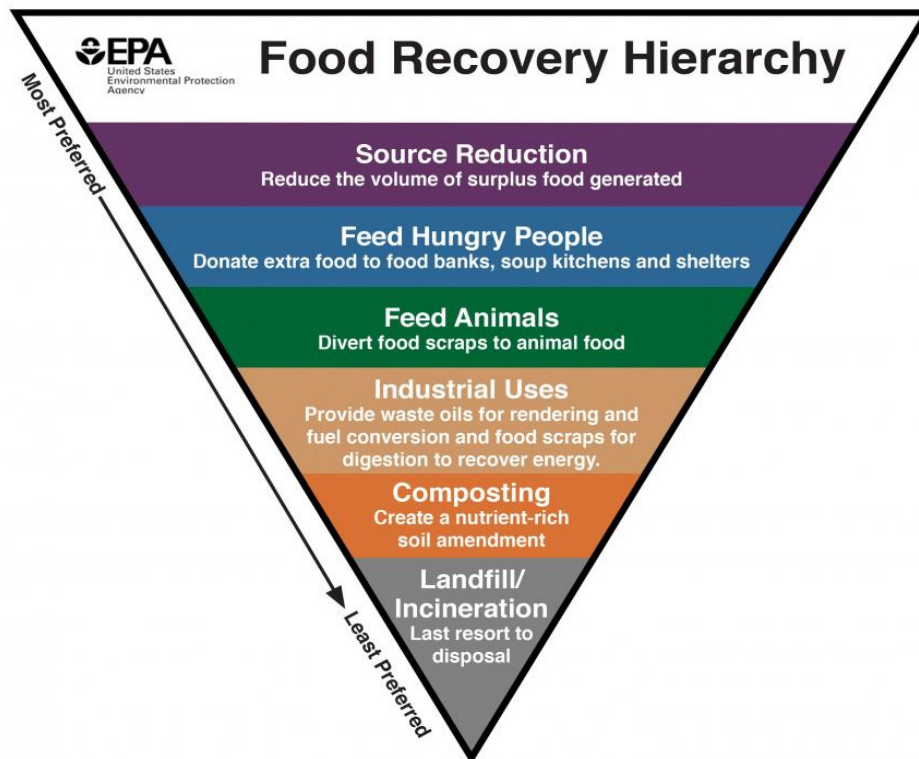
Wasted food is a major environmental issue.
The resources below can be used by teachers to educate students/families about the environmental effects of food waste and how food waste can be avoided.



EPA estimates in the United States, more food reached landfills and combustion facilities than any other single material in our everyday trash.

Reducing food waste will help reduce methane emissions coming from landfills, save energy, money, water and time.

By keeping food in our communities and out of our landfills, we can help address the 42 million Americans that live in food insecure households.



The Food Recovery Hierarchy shows actions you can take to prevent food waste.

The top levels of the hierarchy are the best ways to prevent and divert food waste because they create the most benefits for the environment.

To learn more about the tiers of the hierarchy, click on the image.



Food is too good to waste!

This fun grades 3-5 activity book is a great tool to help students learn to waste less food.



Guide to Conducting Student Food Waste Audits

A Resource for Schools



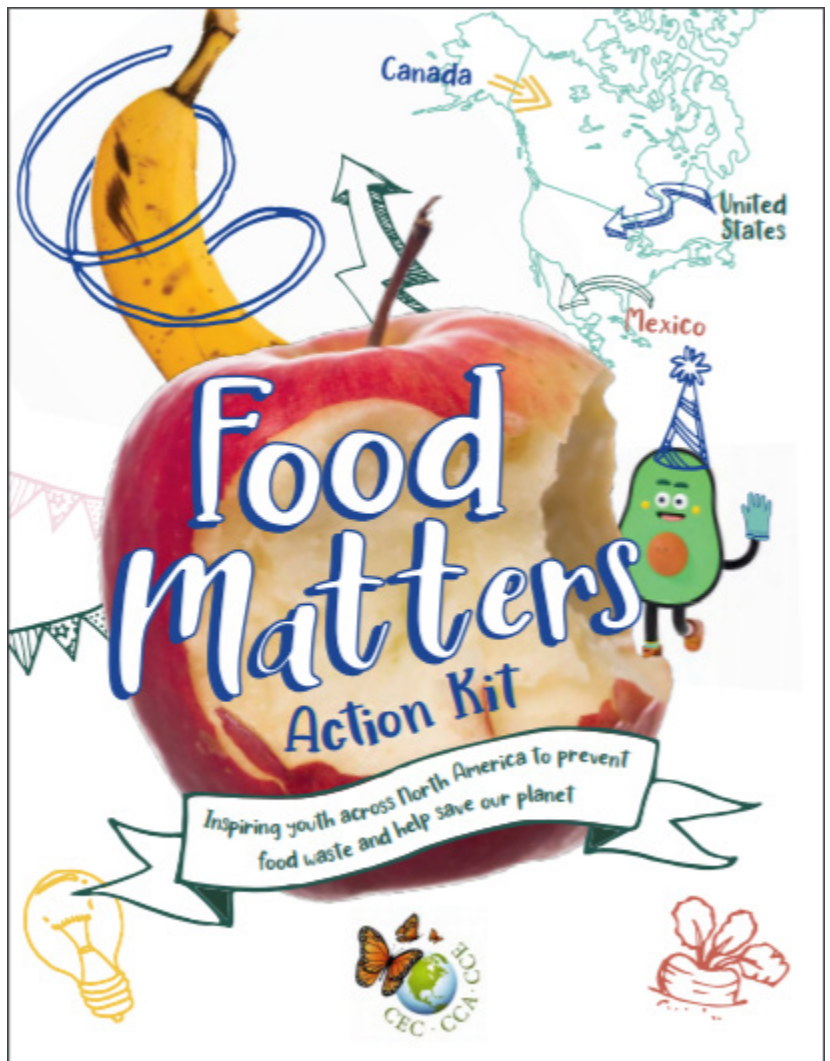
The Guide to Conducting Student Food Waste Audits

The guide provides information for schools on why and how to do a food waste audit, what to do with the data collected, and also offers food waste prevention ideas.

The Food Matters Action Kit

This kit is loaded with informative resources and hands-on, creative activities to inspire students to prevent food waste at home, at school and in their communities.

The activities are designed to encourage youth of all ages to start making a difference right now to prevent food waste.



Colorado Academic Standard Focus

- 4th & 5th Grade Reading, Writing, and Communication:
- Determine the meaning of words and phrases as they are used in a text, including figurative language such as metaphors and similes. (CCSS: RL.4.4)
 - Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text. (CCSS: RL.4.1)
 - By the end of year, read and comprehend informational texts, including history/social studies, science, and technical texts, in the grades 4-5 text complexity band proficiently, with scaffolding as needed at the high end of the range. (CCSS: RL.4.10)

4th & 5th Grade Mathematics:

- Multiply a whole number of up to four digits by a one-digit whole number, and multiply two two-digit numbers, using strategies based on place value and the properties of operations. (CCSS: 4.NBT.5)
- 4th & 5th Grade Life Science:
- Humans can have positive and negative impacts on an ecosystem.
- Nonliving components are cycled and recycled through ecosystems and need to be protected and conserved.
- Analyze and interpret data identifying ways Earth's surface is constantly changing through a variety of processes and forces such as plate tectonics, erosion, deposition, solar influences, climate, and human activity.

Student Homework

Five days this week, track how much food your family throws away. This can be food left over from meals, food from the refrigerator that spoiled, or extra food that wasn't eaten. OPTIONS: 1) draw pictures of food that was thrown away 2) take pictures of food thrown away 3) make a list of food thrown away. Results:

- Estimate how many pounds of food were thrown away. A bag of flour weighs about 5 pounds.
- List three ideas you have for what you and your family could do differently to prevent food going into the trash.
- Discuss ideas with your class.

Additional Resources

Food People Not Landfills video: 3 minute video from the U.S. EPA <https://youtu.be/EwHprnUSk4M>

Taste the Waste movie: <http://tastethewaste.com/info/film>

Tips on how to start a wormcomposter: <https://gohome.com/community/kids-corner/>

U.S. EPA - A Student's Guide to Global Climate Change: <https://www.epa.gov/climatechange/kids/index.html>

U.S. EPA Sustainable Management of Food: The EPA has a lot of great resources and toolkits to help reduce waste at school, in the community and at home. <https://www.epa.gov/sustainable-management-food>

www.growingourfuture.com - The Colorado Foundation for Agriculture is a 501(c)(3) non-profit educational corporation and works with industry partners to help meet our shared vision of promoting Colorado agricultural literacy. We provide Agriculture in the Classroom resources and programs to Colorado educators and students, many of which are FREE or at minimal cost. Visit our website for more information about our programs, browse our online digital library, or search the Curriculum Matrix.

Answers

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What percent of food grown is never eaten? Answer is C) 30%

List three food items that you've seen thrown away at school or home that were still edible. Answers can be anything including food not eaten on trays or lunchboxes, partially eaten snacks, extra unopened milk, extra unopened food, etc.

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2 lbs. of chicken x 518 gallons of water = 1,036 gallons

6 lbs. of butter x 665 gallons of water = 3,990 gallons

12 lbs. of peaches x 109 gallons of water = 1,308 gallons

20 lbs. of potatoes x 34 gallons of water = 680 gallons

2 lbs. of chocolate x 2,061 gallons of water = 4,122 gallons

Tips on starting and using a Share Table

What is a Share Table? The Share Table is a place where students can place unopened food and drinks that they choose not to eat or drink. This provides an opportunity for other students to take additional helpings of food or beverages from the Share Table at no cost to them.

How does a Share Table work? Students must drop off unwanted food and drink on the Share Table immediately after leaving the serving line. If a student is still hungry after finishing his or her meal, he or she may pick-up items from the Share Table.

What can be placed on the Share Table? Pre-packaged food, unopened wrapped food and beverages, or food items with a peel.

Examples include: 1) Unopened milk, cheese sticks, yogurt, and cut fruits and vegetables; 2) Unopened crackers, cereal bars, and chips; 3) Wrapped fresh fruits and vegetables; 4) Unopened whole fruits with an

The Taste It Don't Trash It Colorado Agriculture in the Classroom Reader

The Reader aims to change knowledge, attitudes, and practices of elementary students grades 4-6 related to food waste.

The materials discuss environmental impacts of food waste, why students should appreciate and value food and its production, and tips for saving food at home.



Taste It, Don't Trash It!

Do you ever think about what's in your trash? It's sometimes stinky and icky, and maybe one of the chores you have to do often is to take out the trash. There are ways to lighten that load. We CAN reduce our waste!

What percent of food that is grown is never eaten?

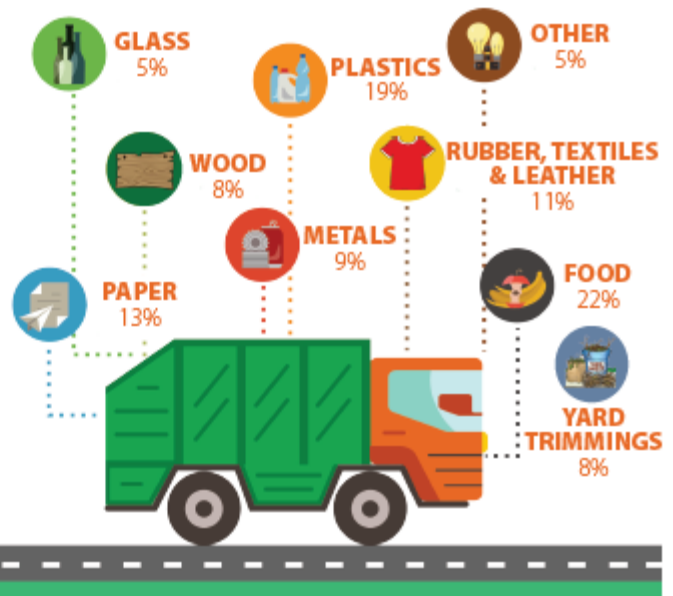
- A) 10% B) 25% C) 30% D) 50%

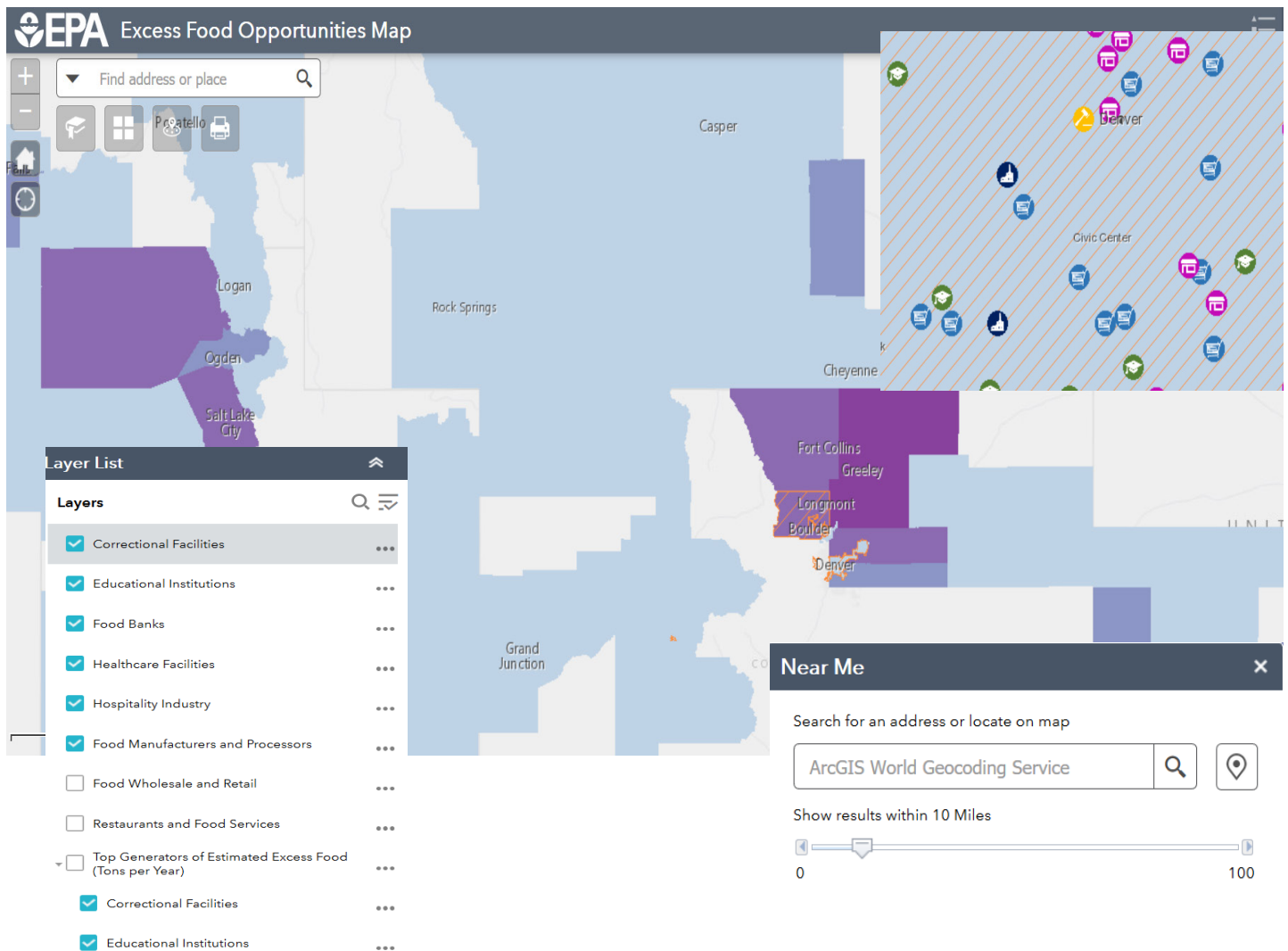
List three food items that you've seen thrown away at school or home that were still edible.

How much stuff do we throw away? The answer is A LOT. Experts estimate the average person around the world tosses 2.6 pounds of trash EVERY SINGLE DAY. In the United States alone, we throw away about 262 million tons of trash per year. The amount of garbage is growing. Experts say that by 2025, the world will produce nearly two billion tons of trash annually!

This graphic shows the different types of trash that are thrown away. Think about the types of materials in your garbage, and what might be recyclable or compostable.

Community Solid Waste in Landfills 2015 - After Recycling and Composting





The U.S. EPA Excess Food Opportunities Map

The map supports nationwide diversion of excess food from landfills. The interactive map identifies and displays facility-specific information about potential generators and recipients of excess food in the industrial, commercial and institutional sectors.

These include:

- correctional facilities
- educational institutions
- food banks
- healthcare facilities
- hospitality industry
- food manufacturing and processing facilities
- food wholesale and retail
- restaurants and food services

Sustainable Management of Food During COVID-19

The food supply chain has experienced disruptions as a result of COVID-19. The shift from eating in restaurants, cafeterias, and schools has caused a much greater demand for food in grocery stores. Many households are facing challenges in managing food at home and are looking for ways to reduce waste. Now more than ever, it is essential that we prevent food from being wasted and help get excess food distributed to those who need it.

What Individuals Can Do

- Learn how to properly plan meals, cook with ingredients you have on hand, and store and freeze food to make it last longer. This will not only potentially save you money and ensure that you make the most of your groceries, but also enable you to take fewer trips to the store.
- Learn how to properly store food with the [FoodKeeper app](#)
- Look in your refrigerator and cupboards first to avoid buying food you already have, make a list each week of what needs to be used up and plan upcoming meals around it.
- Keep a running list of meals and their ingredients that your household already enjoys. That way, you can easily choose, shop for and prepare meals.
- Freeze food such as bread, sliced fruit, or meat that you know you won't be able to eat in time.
- Have produce that's past its prime? It may still be fine for cooking. Think soups, casseroles, stir fries, sauces, baked goods, pancakes or smoothies.
- Find your local food bank and learn how you can support them, but make sure to follow your local guidelines on whether you should stay home.
- Learn how to [compost yard waste and food scraps in your backyard](#).
- Thank grocery store and restaurant staff, farmers, and grocery and food delivery workers—they are providing a vital service during this time!

For more information about Wasted Food
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Additional Resources:

<https://www.epa.gov/sustainable-management-food>

Twitter: @EPARegion8

Facebook: U.S. EPA Region 8

