

Pdf free The worm cafe mid scale vermicomposting of lunchroom wastes [PDF]

lunchroom decisions affect students daily and the waste from single use items will affect them for years if they become marine debris how can we reduce this waste by empowering students to think critically about their trash and use creativity to design solutions a collection of research on school meals including cafeteria food waste effects on academic performance and efforts to improve school lunch quality according to the natural resources defense council about 40 of food made in the u s is wasted resulting in a loss of 160 billion per year on college campuses the average student wastes about 142 pounds of food a year but 41 2 million people are considered food insecure an innovative assessment of food waste at a u s school by an international team of researchers suggests that american school cafeterias waste more food than those in other developed countries and the true costs extend well beyond just the weight of food not eaten how much waste does the average student carrying a packed lunch produce each school year approximately 67 pounds of waste that adds up to more than 18 000 pounds of waste produced by the average sized elementary school in one year the world wildlife fund estimates food waste alone in u s schools to reach 530 000 tons annually because every dollar gained by saving food both front of house in cafeterias and back of house in kitchens becomes a dollar budget strapped nutrition directors can use to feed healthy food to hungry children k 12 food waste takes on a unique poignancy k 12 schools have a special role in not only reducing recovering and recycling food waste on their premises but also in educating the next generation about the importance of food conservation and recovering wholesome excess food for donation to those less fortunate a primary reason to care about wasted food in school lunchrooms is nutritional in nature not surprisingly much of the waste comes from healthy items a harvard public health study 1 revealed 60 percent of fresh vegetables and 40 percent of fresh fruit are being thrown away the benefits environmental financial social and educational of reducing school lunchroom waste ideas for educating and engaging students in your school s path to zero waste where to find resources and tools for a zero waste lunchroom an evaluation of current lunchroom food waste and food rescue programs in a

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waste and marine debris at a system level the goal is to help your students discover they have the power to
make a difference in their school and community lunch out of landfills is working to reduce landfill designated
waste from school cafeterias by decontaminating recycling extracting organics and liquids from the trash and
recovering uneaten food to be used at share tables and taking food to local food banks as much as 85 of
cafeteria waste can be diverted from the waste stream the worm mid scale vermicomposting of lunchroom
wastes describes how a teacher and her students developed a system to compost lunchroom waste with worms
and save their school 6000 per year how they performed a waste audit garnered support from school personnel
this crossover trial provides evidence that a 20 minute seated lunch time is associated with increased fruit and
vegetable consumption and decreased waste during lunch in school age children these results support a 20
minute seated lunch policy which could improve diet quality and reduce food waste in children public schools
waste approximately 30 to 50 of edible food and thus provide opportunities to study the problem of food waste
and explore food rescue initiatives this case study evaluates lunch room waste sorting and food waste diversion
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