

TIPS TO REDUCE FOOD WASTE

back to school

EDITION



School is back in session! Now is a great time to think about reducing food waste when packing school lunches or having a meal in the cafeteria. **Here are some tips for parents and students:**

Parents or Teens Packing a Lunch Bag or Box



Parents - have kids help you prepare their lunch or give them 2-3 options to choose from to get them more interested in their food.



Pay attention to uneaten food that comes back home in the lunch box each day so that you know what to avoid packing in future lunches.



Check your fridge to see what you have and what needs to be used when preparing school lunches (and before heading to the grocery store). Use ingredients or favorite dinner leftovers that may be going bad in a few days. Find more ways to reduce food waste in the kitchen [here](#).

Kids in the Cafeteria



Pay attention to how hungry you are. Keep food out of the trash can by taking only what you will eat.



Ask a school administrator about setting up a “share table” where students can leave unopened (allergen free) items from their lunch or grab an extra item.



Share an unopened snack with a friend if you think you may not be able to finish it. Be mindful of sharing foods that contain **allergens**.



Take foods or snacks you didn't finish back home to eat at a later time.

College Students



Be mindful of how hungry you are when purchasing a meal or eating in the cafeteria. If the food is served buffet-style, what can you reasonably eat? If choosing food a la carte, what will you do with the leftovers?



Learn about the negative **impact of food waste**. Share what you learn with family and friends and take action to reduce food waste at school, at home, and at work.



Check out organizations such as the **Food Recovery Network** (FRN) - does your school have a chapter? FRN volunteers reduce overall cafeteria waste and donate extra cafeteria food to communities experiencing hunger.

