

Kids In Nutrition

Food Waste Reduction Series



MESSAGE OF THE WEEK:



Dear Parents,

Greetings! Kids In Nutrition (KIN) is back for another week to teach your child about reducing food waste.

Reducing food waste when eating out—by taking leftovers home and avoiding unnecessary packaging—helps prevent the loss of the food and all the water, land, and energy used to produce it. And for the scraps we do create, composting keeps organic material out of landfills, where it would otherwise release methane, a powerful greenhouse gas. Together, these habits can meaningfully lessen the environmental impact of our food system.

Lesson 5: Do I Throw it Out — Students will learn how to decrease waste when eating out at restaurants, learn how to redirect food and packaging away from the landfill, identify unique ways to reuse food packaging, and learn which materials can be composted, reused, and recycled.

We hope you and your child enjoy the KIN program as much as we do! Thank you, and we will see you next week for our final lesson!





LESSON 5: DO I THROW IT OUT?

KIN



LESSON 5: KEY POINTS



01 - Eating Take Out

Eating out at restaurants produces significant food waste. This can be easily reduced by actions such as ordering smaller portions, sharing a meal, giving leftovers to a friend and/or someone in need, and using a re-usable containers instead of asking for a single use to-go container.

02- Material Decompositions

Different materials have varying decomposition times:

- Food: 2 months - 6 months (in backyard)/ 25 years (in landfill)
- Glass: 1 million years
- Cardboard (cardboard is made out of paper): 3 months
- Single-Use Plastic Water Bottle: 450 years
- Styrofoam: Never!



03- Composting

Composting is a natural process of recycling organic matter, like food scraps and yard waste, into a nutrient-rich substance called compost. Microorganisms like bacteria and fungi help break down the material into a soil-like fertilizer. This is a great way to recycle food while preventing methane production in the landfill.



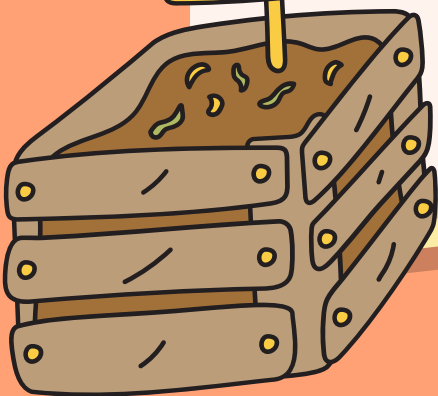
WEEKLY CHALLENGE

LESSON 5

Option 1: Start your own compost! Start a compost pile or bin outside or bring it to a compost facility every couple of weeks. You can also research your city's green bin collection services or local compost drop off locations.

Option 2: Try a food-saving app! download an app that helps fight food waste. Some good ones are Too Good To Go, Fridge Night, Flashfood, or Olio.

COMPOST



REMINDER:

1) Encourage your child to log what they did in their weekly challenge tracker

HUMMUS AND VEGGIE WRAPS!

Prep: 5 minutes:

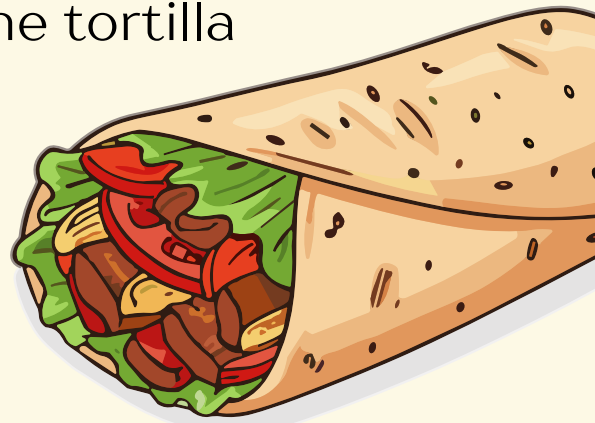
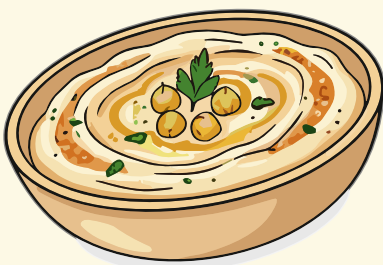
Servings: 4

Ingredients:

- Whole wheat tortillas
- Green bell peppers
- Tomatoes
- Lettuce or sprouts
- Hummus (see recipe or make your own)
- Any other ingredients found in your fridge!
 - Ex. Bell peppers, onions, olives

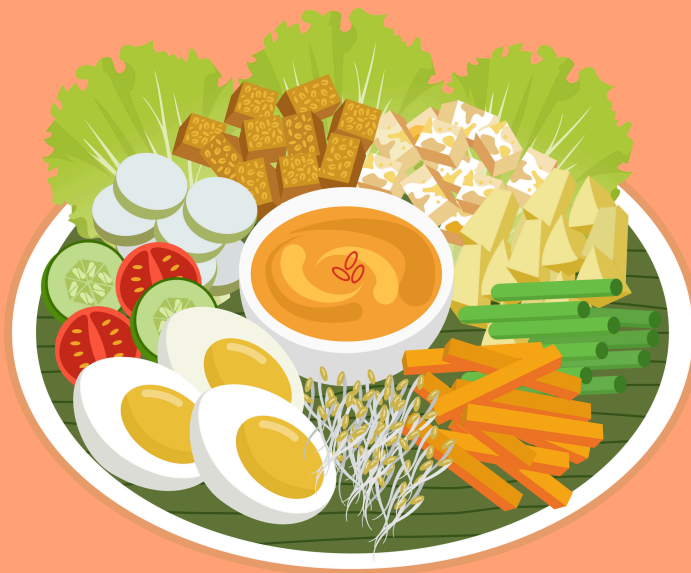
Instructions:

1. Spread hummus on the tortilla
2. Place all veggies on the tortilla
3. Roll up the tortilla
4. Enjoy!



NUTRITION SPOTLIGHT

BALANCED MEALS DON'T HAVE TO
REQUIRE BUYING NEW INGREDIENTS!
INSTEAD, YOU CAN GET CRAFTY BY
USING A VARIETY OF PRODUCE IN YOUR
FRIDGE TO CREATE FUN, NUTRITIOUS,
AND UNIQUE MEALS!



THANK YOU &
SEE YOU
NEXT WEEK!

