

KIDS IN NUTRITION



FOOD WASTE REDUCTION SERIES



MESSAGE OF THE WEEK

Dear Parents,

Greetings! We are Kids In Nutrition (KIN), a nationwide university student-led movement dedicated to enhancing food equity, promoting sustainable systems, and improving long-term health outcomes for youth and families through food literacy and access. Over the next 6 weeks we'll be visiting your child's classroom to teach about reducing food waste.

Believe it or not, 30% of all food produced in the U.S. is wasted. Reducing food waste is one of the most impactful daily actions we can take to protect our environment. By learning how food is produced, why waste occurs, and how simple habits can make a difference, students will gain the tools to make thoughtful, sustainable choices at school and at home. This newsletter will share each week's key points, activities, challenges, and recipe so you can stay connected to your child's learning.

Lesson 1: Food Flow from Farm to Fork — Students will trace the journey our food takes from farms to our plates. They'll learn about the people, processes, and resources behind food production, explore how and why food waste happens along the way, and think critically about why reducing food waste is important for the conservation of global resources.

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

Warmly,
Kids In Nutrition (KIN)



WHY DID THE RAISIN
GO OUT WITH THE
PEANUT IN THE TRAIL MIX?
BECAUSE IT COULDN'T
FIND A DATE!





KIDS IN NUTRITION

Food Waste Reduction Series Overview

5th-grade

LESSON 1: FOOD FLOW FROM FARM TO FORK

Objectives

- Appreciate how food goes from the plant or animal to our plates
- Identify how food is produced, the resources used, and how to reduce food waste
- Describe why reducing food waste is important for the environment and the conservation of global resources



LESSON 2: PLANTING PLANT PARTS

Objectives

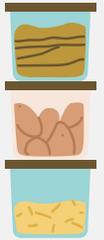
- Identify the parts of the plant and how they can be used in cooking or repurposed
- Eat or plant vegetable scraps instead of discarding them



LESSON 3: FOOD SAVING SALSA

Objectives

- Experiment with and mix up flavors and textures so that they can learn to prepare things the way they like them and expand the variety of foods they eat
- Create their own salsa recipe from leftover items in the refrigerator
- Practice using leftover ingredients in new ways



LESSON 4: LEFTOVER MAKEOVER

Objectives

- Explain the benefits of eating leftover foods
- List common dishes made from leftover foods
- Create a recipe from leftover foods



LESSON 5: DO I THROW IT OUT

Objectives

- Identify ways to reduce food waste when they go out to eat
- Learn how to redirect food and packaging away from the landfill
- Give examples of materials that can be composted, reused, and recycled
- Identify unique ways to reuse food packaging



LESSON 6: JEOPARDY REVIEW

Objectives

- Work as a team to solve problems
- Demonstrate knowledge from previous lessons



LESSON 1: FOOD FLOW FROM FARM TO FORK

Food Waste Reduction Series



KIN



LESSON 1: KEY POINTS



01 - Food and Wasted Resources

When we waste food, we are not just wasting food for sustenance; we are also wasting the resources that go into growing and producing our food and getting it to our tables.



02- How Did it Get There?

There are many steps and resources that go into growing, manufacturing, packaging, transporting, selling, and preparing food.



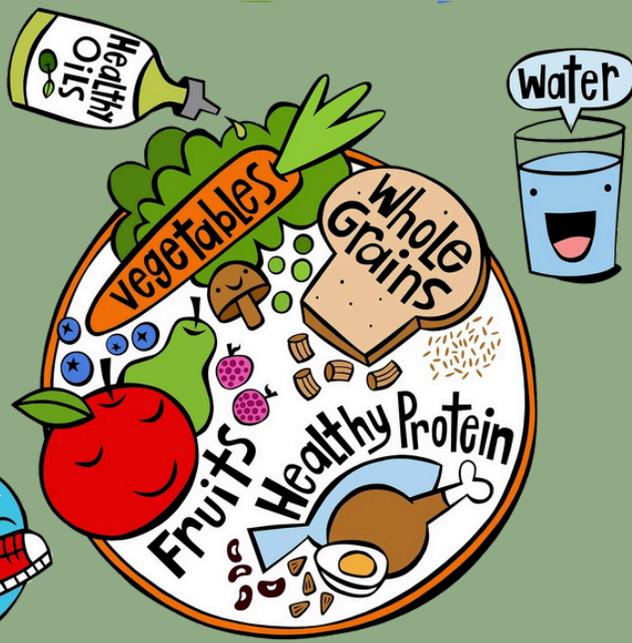
03-Where's the Waste?

Food waste reduction can happen at every stage of the food system – from farms and food manufacturers to businesses, restaurants, schools, and homes. Surprisingly, most food waste occurs in our own kitchens, with about 42% of all U.S. food waste happening at the household level.

WEEKLY CHALLENGE

LESSON 1

Take smaller portions when serving yourself food. Remember that you can always take more later if you are still hungry!

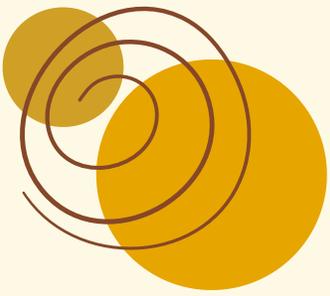


REMINDERS



- 1) Encourage your student to log their activities in their weekly challenge tracker!
- 2) Remind your student to BYOC (Bring Your Re-usable Own Container) for next week's KIN Recipe.





SPICED TRAIL MIX

PREP TIME: 10 MINUTES

SERVINGS: 6

INGREDIENTS:

- 1/2 CUPS POPCORN
- 1/4 CUPS SUNFLOWER OR PUMPKIN SEEDS
- 1/4 CUPS DRIED FRUIT
- 1/4 CUPS SHREDDED COCONUT (UNSWEETENED)
- 1/4 CUPS ROASTED CHICKPEAS
- 2 TBSP DARK CHOCOLATE CHIPS
- PAPRIKA AND/OR CINNAMON
- SALT TO TATE

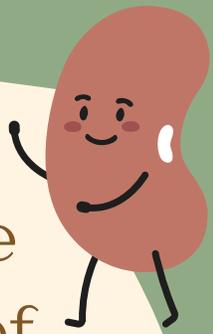
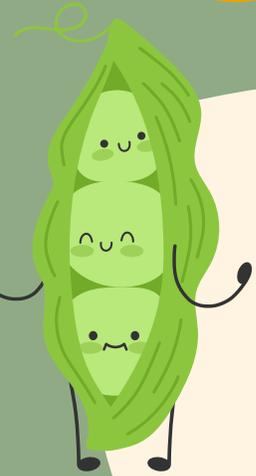


INSTRUCTIONS:

1. TOSS ALL INGREDIENTS IN A BOWL AND MIX WELL.
2. CHEF'S TIP: TO BRING OUT THE SWEET FLAVOR OF THE INGREDIENTS, USE CINNAMON. FOR SAVORY, USE PAPRIKA AND A PINCH OF SALT. IF YOU HAVE AN ALLERGY OR ARE MISSING AN ITEM, JUST LEAVE IT OUT OR REPLACE IT. GET CREATIVE!



NUTRITION SPOTLIGHT: BEANS & LEGUMES



Beans and other legumes—like the chickpeas in our trail mix—are full of protein and fiber that give kids steady, long-lasting energy to stay fueled and focused.

They're also a climate-friendly choice, using minimal resources to grow and helping enrich the soil as they add nitrogen back into it.



THANK YOU &
SEE YOU
NEXT WEEK!

