

**Food Rescue
MAINE**

Maine Food – Too Good to Waste



**Grades
K-5**

In-Class Curriculum

Maine Food- Too Good to Waste



Students will learn about what food waste is and why it is a problem.



Students will learn how to apply solutions to this problem: Take Less, Share More, and Recycle Always!

To learn more, visit: <https://umaine.edu/foodrescuemaine/>



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What is Food Waste?

Students will learn about food waste and why it is a problem, as well as the solution to this problem- "Take Less! Share More! and Recycle Always!" This is a global look at the background information.

Lesson 1:

Watch WWF Slideshow




Activity:




*Write About Waste
Worksheet*



Objectives:

 Provide examples of the costs of food waste, what percentage of food is wasted in the US, and why food waste ending up in landfills is a problem.

 Properly explain the call to action: "Take Less! Share More! Recycle Always!"



Why Should I Care?

Students will watch the short video, "Life of a Strawberry" to get a glimpse of what food waste looks like. After watching the video, have a brief guided discussion about what the students learned.

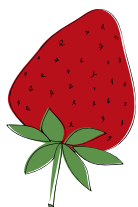
Lesson 1: Watch *Life of a Strawberry* Short Clip



Activity:



1. In Class Discussion
2. *Who does food recycling benefit?* Worksheet



Objectives:

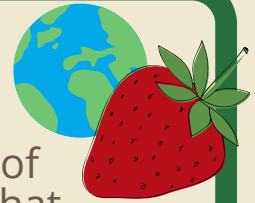
-  Be able to explain how food waste negatively impacts people, the planet, and profit.
-  Explain how the call to action, "Take Less! Share More! Recycle Always!" could have changed the outcome of the video.



Why Should I Care?

Life of a Strawberry In-Class Discussion

Questions:



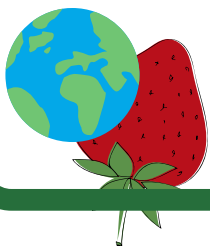
1. At the end of the short, we learned that 40% of food in America is wasted. What do you think that you could do with 40% more food?

2. In the slideshow that we watched in the first lesson, we learned that we can stop wasting food by doing three things: Take Less! Share More! Recycle Always! How could the people in this film use the strawberries differently with these three ideas?

3. Does your family often forget about food in the back of the fridge? How do you think this story would have changed if the family simply put the strawberries in the front of the fridge so that they could be easily seen?

4. The strawberries had to travel miles on trucks and through supermarkets to reach their destination. What effect does this wasted transportation have on the environment?

5. What are some ways that wasting food negatively impacts your family? Your school? Your community?



How Can YOU be a Part of the Solution?

This will be a larger unit broken up into four lessons, which will teach the students how they can combat food waste themselves- while following the "Take Less! Share More! Recycle Always!" sequence.



Lesson 1:

How Much Food do
YOU Waste?

Lesson 2:

Take Less!

Lesson 3:


Share More!

Lesson 4:

Recycle Always!



Objectives:

 Students should be given the tools to learn what they can do to be part of preventing food waste.



Lesson 1: How Much Food do YOU Waste?

Students will perform a waste audit to measure the classroom's food waste. Pairing this lesson with an analysis of how much the school cafeteria wastes (using the tracking tool) may be a helpful tool.

Activity:

Blue Tarp Waste Audit Lesson Plan

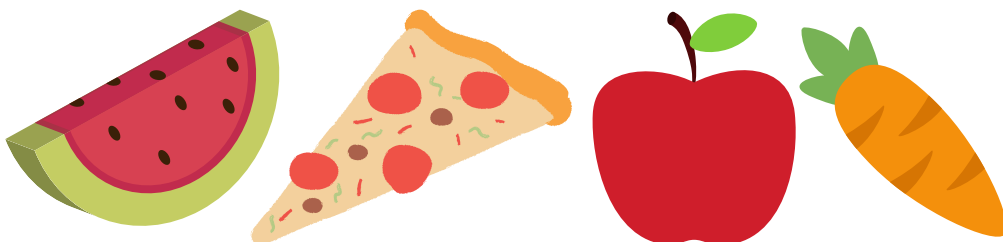
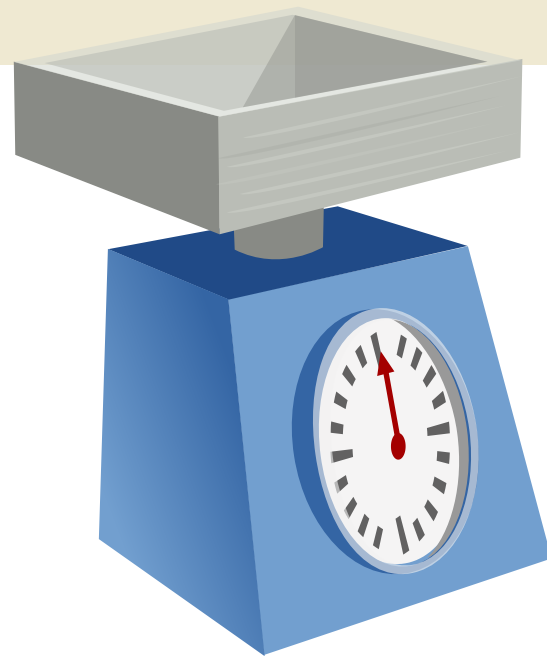
BLUE TARP WASTE AUDIT

MATERIALS NEEDED

1. Tarp - we recommend using at least 5' x 7'
2. Previous day's waste (keep all bags separate and labeled by class, time of day, etc)
3. Gloves (non-latex) and/or tongs for sorting through trash items
4. Pre-weighed bins/bags for compost, recycling, and actual trash (bonus: collect unopened/uneaten food separately from compost to highlight need for food rescue strategies in the classroom)

ACTIVITY SEQUENCE

To tackle our problem with waste in the classroom, we need to do a better job understanding where it all comes from. The next time you fill a trash bag, don't place it out for disposal just yet! Complete an "audit" of your waste before you throw it away. Use the *Blue Tarp Waste Audit* tool to measure and track the

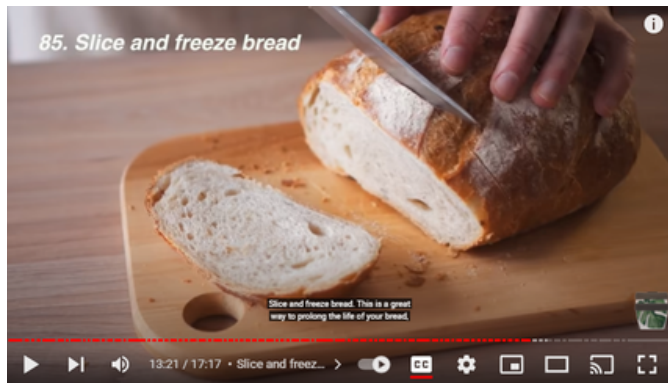


Lesson 2: Take Less!

In this lesson, the students will learn about the first and most important step of the food recovery hierarchy- reducing the amount of food that we waste.

Watch:

Watch 100 Ways to Reduce Food Waste



Activity:

Seed Bomb Lesson Plan



Lesson 3: Share More!

Students will learn about what to do when they have surplus food- if it is still good for humans to eat, they can share it with people. If the food is not fresh enough to share with people, they can share some of it with animals.

Feeding People

*Food Share Tables
Video*

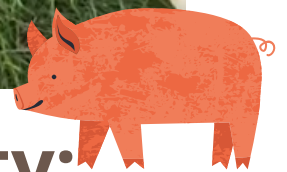


Activity:

*Plan a Recipe
Using Food Waste
Worksheet*

Feeding Animals

*Feeding Animals with
Food Waste Video*



Activity:

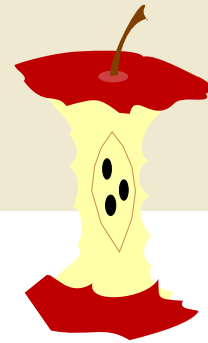
*1. Feeding Farm Animals
Worksheet and/or
2. Feeding House Pets
Worksheet*

Lesson 4: Recycle Always!

Students will learn the difference between industrial-level food recycling(Agricycle) and composting. This lesson is a bit lengthy, so feel free to shorten it or break it up into two parts to best fit your needs.

Lesson:

Complete *Food
Recycling Vs. Compost*
Lesson Plan

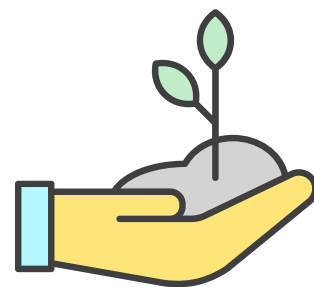
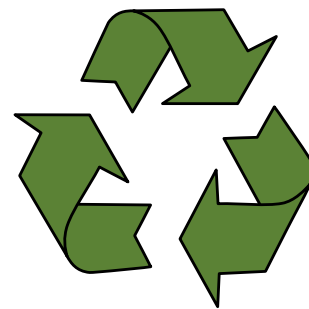


Activity:

1. *Waste Race* Lesson Plan
2. *Take-Home Compost*
Lesson Plan

Bonus 1: *Does it Compost*
Worksheet

Bonus 2: Field Trip to
We Compost It!



Competition and Next Steps



Have a poster competition to review everything that the students have learned. Develop next steps to combat food waste at school. As a class, make a pledge to put on display to remind them of their commitment.

Activity: Poster Competition



Ask students to design a poster that represents why they care about food waste. The posters should include a statistic from the Unit 1 WWF slideshow, and the phrase, "Take Less! Share More! Recycle Always!" The class will vote on the best three posters. Make an effort to display the winners.

Objectives:

-  To determine student's level of interest and understanding in program.
-  To create a measurable "next steps" pledge to continue to decrease food waste in the future.

