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# Minimizing Waste – Always in Good Taste



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meet  
**ME**  
in St. Louis

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# Affiliation or Financial Disclosure

- Phyllis Hodges
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  - Consultant Tennille Consulting Business

# Objectives

- Investigate ways we can minimize waste
- Review opportunities to maximize our resources
- Learn at least one new tip for minimizing waste
- Share our experiences on minimizing waste in our workspace

# What is waste?



# Definition of Waste

- Verb – use or expend carelessly, or of no purpose
- Adjective – eliminated or discarded, no longer has a useful purpose
- Noun – an act or instance of using something carelessly
- Noun – the unusable byproducts of something

# Areas where we create Waste

- Food production and service
- Use of non-food resources
- Time/Energy

# Ways we create waste

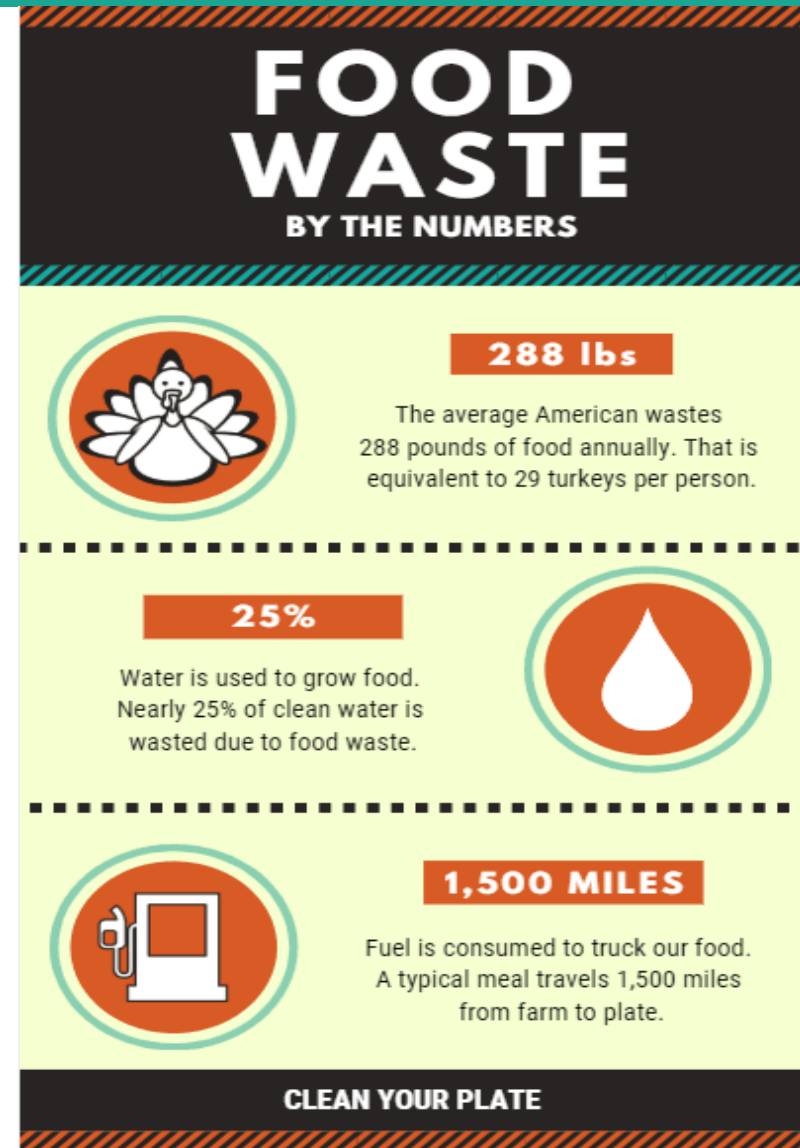
- Over serving
- Not implementing Offer Vs. Serve (OVS) properly
- Disposables vs. Re-usable ware and utensils
- Poor work scheduling
- Poor time management
- Wasting energy (ours and the district's)
- Wasting financial resources (all of the above)

# Activity – Waste or No Waste

- Review the checklist you were given when you arrived. Place a checkmark in the appropriate column.



# Statistics on Waste



# Food Waste in Schools

**USDA**  
United States Department of Agriculture

## REDUCING FOOD WASTE

WHAT SCHOOLS CAN DO TODAY



USDA's Economic Research Service estimates  
**31%** of the overall food supply at the retail and consumer level **went uneaten** in the U.S. in 2010



Research shows **PLATE WASTE NOW** = **PLATE WASTE BEFORE** updated nutrition standards.



Scheduling recess before lunch can **reduce plate waste by AS MUCH AS 30%**



Extending lunch periods from **20 TO 30** minutes reduced plate waste by nearly one-third

**SMARTER LUNCHROOM STRATEGIES**, such as how foods are named and where they are placed in the cafeteria, can facilitate healthy choices and increase fruit and vegetable consumption by **UP TO 70%**



**SCHOOLS ACROSS THE COUNTRY ARE STEPPING UP TO THE CHALLENGE WITH INNOVATIVE NEW STRATEGIES, SUCH AS:**

- Allowing students to keep a lunch or breakfast food item for consumption later in the school day
- Using techniques listed on the **Smarter Lunchrooms Self-Assessment Score Card** to help reduce food waste
- Setting up a table for kids to place items they are not going to consume (packaged or pre-portioned items)
- Letting kids self-serve
- Composting food waste for school gardens
- Collaborating with local farmers on composting or food-scrap projects
- Collecting excess wholesome food after mealtimes to donate to charitable organizations
- Sign up for the **U.S. Food Waste Challenge** to share your story on how you are reducing, recovering, or recycling food waste

# Food Waste in Schools

- Research shows:
  - that plate waste continues to be a concern.
  - that scheduling recess before lunch can reduce plate waste by as much as 30%.
  - that extending lunch periods from 20 to 30 minutes reduced plate waste by nearly one-third.
  - that behavioral economics strategies can facilitate healthy choices and increase fruit and vegetable consumption.
  - Source: USDA infographic

# Combating Food Waste in Schools (BOH)

- Eliminating over production
  - Good menu planning
  - Using the production record as the tool it was designed for
    - Forecasting
    - Review for servings selected and left overs
  - Taking meal counts from classrooms
  - Batch cooking
  - Cycle menus
  - Standardized recipes

# Combating Food Waste in Schools (BOH)

- Eliminating over serving
  - Implementing Offer vs. Serve PROPERLY
  - Smaller trays
  - Paper boats instead of trays
  - Correct serving utensils
  - Training
  - Utilizing portion cost as a teaching tool

# Combating Food Waste in Schools (FOH)

- Eliminating happy trash cans
  - Implementing offer vs. serve properly
  - Share bins
  - Education campaigns
    - Teachers
    - Students
    - Community
  - Choices
  - Correct serving utensils
  - Use self-serve for fresh fruits and vegetables
  - Utilizing portion cost as a teaching tool
  - Food Waste audits

# Combating Food Waste in Schools (FOH)

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# Share bins

- Allowable under USDA regulations
- Consult your state agency
- Consult your local health department
- Share experiences





# Choices

- Giving students choices encourages them to take items they will eat.



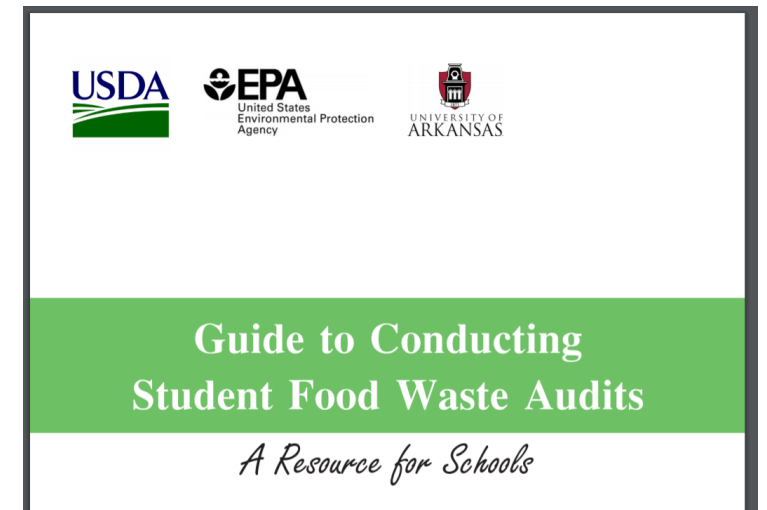
# Correct serving utensils

- Do you need to serve 1 cup?
- Or ½ cup?



# Food Waste Audits

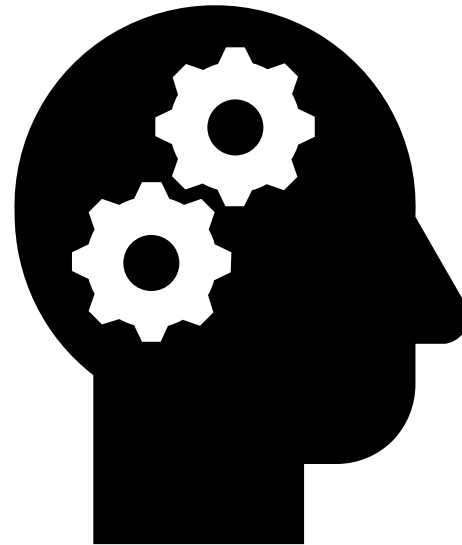
- Guide to Conducting Student Food Waste Audits – A Resource for Schools
  - Great resource
  - Can be modified for your needs
  - Provide excellent cafeteria/classroom connection.



# School Nutrition Operations Report

- Based on a survey of 1550 school districts nationwide
  - Nearly two thirds (64.1%) of districts encourage students to share unwanted/unopened food items with their peers through cafeteria **share tables**
  - 18.3% collect uneaten food to **donate to charitable organizations**
  - 18.1% are **composting** food waste

# Other Ideas for combating food waste?



# Nonfood Waste in Schools

- What percentage of your trash is nonfood items (disposables)?
- 2015 study showed that we could save \$11.4 Billion dollars if more paper, aluminum, glass and plastics were recycled?
- Do you know of any recycling programs?
- Do you feel you should be informed?
- What difference does it make?

# Case Study – Chanhassen High School

- 1600 students
- Producing more than 350 pounds of cafeteria trash each day
- Minnesota GreenCorp
- Partnered with Principal and students
- Reduce milk carton waste, organic waste and switch to reusable silverware

# Case Study – Chanhassen High School

- Before:
  - 355 lbs. cafeteria trash daily
  - 1420 lbs. cafeteria trash weekly
- After:
  - 31.7 lbs. cafeteria trash daily
  - 158 lbs. cafeteria trash weekly
  - Average daily diversion from landfill – 300 lbs.
- Resulted in smaller dumpster, fewer trash pick-ups and lower costs



# Combating Nonfood Waste

- Switch back to reusables
- Education campaign
- Switch from a larger plastic box container to a deli bag for appropriate items
- Using paper trays instead of foam

# Time Bandits (wasters)

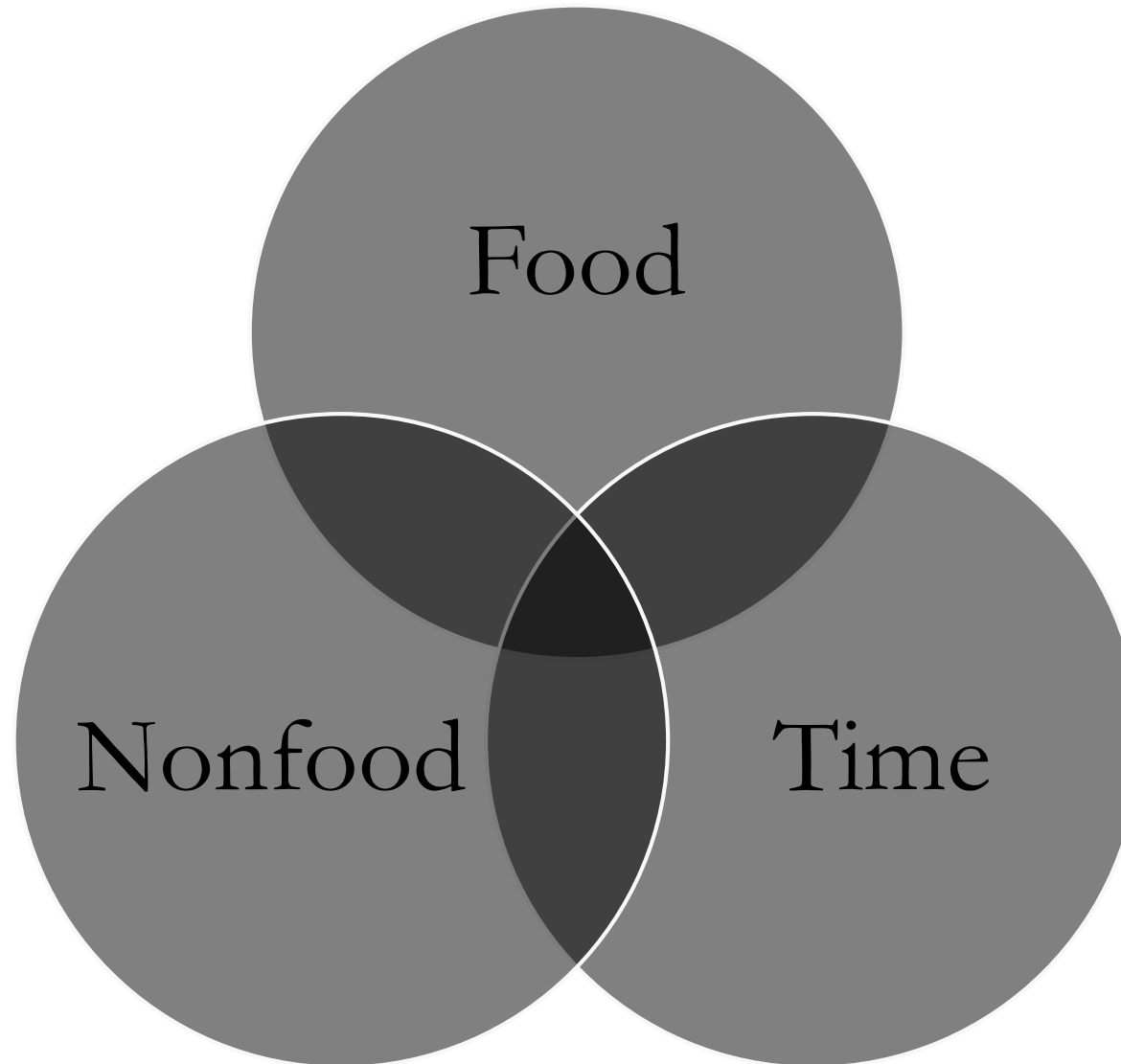
- Inefficient production schedules
- Inefficient work flow
- Set work schedules that cannot be adjusted
- Failure to utilize cycle menus and standardized recipes effectively
- Inefficient equipment or using the wrong equipment for the job
- Lack of proper training

# Combating Time Waste

- Seek out resources and training opportunities – ICN has great time management and KPI training courses
- Organize your recipe so you can grab everything you need from the stockroom at one time.
- Mise en Place – everything in its place
- Invest in proper equipment
- Create realistic work schedules
- Create efficient production schedules

# Combating Time Waste

- Examine work flow and paths for efficiencies
- Set ball park time frames for steps in preparation
- Enlist the help of your staff – small steps toward efficiencies pay off in big dividends
- If there is resistance to changes for efficiency – ask the staff what they would do to solve the problem
- Collaboration is the key to making any change
- Utilize cycle menus and standardized recipes



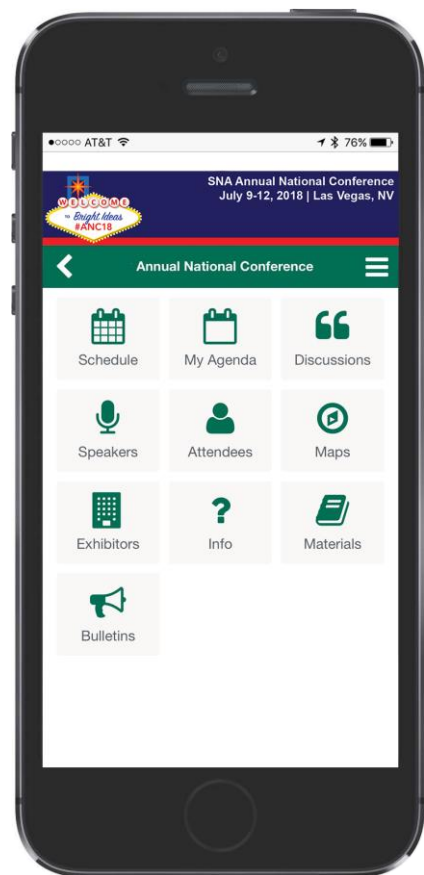
# Pulling it Together

- The size of your operation determines your opportunities
- Your district policies may impact your choices
- Combatting waste in any area will pay big dividends for your financial bottom line
- Combatting waste also improves the perception of your program
- Waste reduction is an opportunity that will continue to grow in our industry.
- Utilize your resources and make a difference!

# Practical Advice

- From a friend of mine –
  - Modify menus at the end of the year or periodically to utilize any inventory that is accumulating in the warehouse or freezer.
    - Sub-sandwiches on summer menus due to large stock of packaging material
    - Tuna salad subs on summer menus due to accumulated tuna in warehouse
  - Utilize the food-buying guide to determine how much to purchase so you do not over-order. (Example – what size apple do you need to buy)
  - If you are catering, create scratch based menus for your catering operation. More efficient, economical and better perception. (Increase \$)
  - Power the central kitchen with Natural Gas Co-generators. They don't sell the extra power but they get a discount from the electric company.

# Evaluate This Session



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Thank You!