



# **FOOD ~~WASTE~~ RECOVERY**

**GINA JARMAN HILL, PHD, RD, LD  
DEPARTMENT OF NUTRITIONAL SCIENCES  
TEXAS CHRISTIAN UNIVERSITY**



**BACKGROUND**

# **THE FEDERAL BILL EMERSON GOOD SAMARITAN FOOD DONATION ACT**

- Signed into law on October 1, 1996 by President Bill Clinton
- Protects both food donors and food recovery
- Four requirements donors must abide by:
  - 1) Food must be donated to a nonprofit organization in good faith.
  - 2) Food must meet all federal, state, and local quality and labeling requirements.
  - 3) Nonprofit organization must distribute donated food to needy individuals.
  - 4) Recipient must not pay anything for donated food.

# TEXAS SENATE BILL 725

- Signed into law June 2017
- Allows specific items in schools to be “donated.” Kids can keep items from share table to eat at that time or take them out of the cafeteria to eat later.


A thick yellow wavy line with a white outline, resembling a stylized lightning bolt or a ribbon, curves along the left side of the image.

# **TCU FOOD RECOVERY NETWORK**

# FOOD RECOVERY NETWORK

- TCU students
- Partner organizations:
  - Union Gospel Mission
  - Northside Inter-Community Agency (NICA)



A decorative wavy line in yellow and white on the left side of the image.

# **NHM PILOT PROGRAM**

- North Hi Mount Elementary (NHM) in Fort Worth ISD
- TCU College of Science and Engineering Research Center (SERC) Grant
- Partnerships with:
  - TCU Nutritional Sciences Department, Josie Johnson, Liesel Sumpter, Nikki Finken, Tarrant County Food Policy Council, FWISD Energy & Waste Management, Cowboy Compost, FW Code Compliance, NHM Faculty/Staff/Administration and PTA, City of Fort Worth, TCU College of Science and Engineering, FWISD Child Nutrition Services



# HOW CAN WE HELP FIGHT WASTE AND BE EARTH HEROES AT NHM?



1. Reduce waste  
in cafeteria and  
classrooms
2. Share table
3. Compost
4. Recycle

# MEASURES

- Surveys
  - Children, faculty/staff, parents
- Cafeteria waste audit
- Dumpster audit
- Pre and post evaluations

# EDUCATIONAL COMPONENT

# THE DATING GAME

- A "**Best if Used By/Before**" indicates when a product will be of best flavor or quality. It is **not a purchase or safety date**.
- A "**Sell-By**" date tells the store how long to display the product for sale for inventory management. It is **not a safety date**.
- A "**Use-By**" date is the last date recommended for the use of the product while at peak quality. It is **not a safety date** except for when used on infant formula.



# Let's Start COMPOSTING

COMPOSTING is a process of combining green and brown organic matter to make healthy soil.

**30%** Food scraps and yard waste together make up 30% of what we throw away. These should be composted instead.

## How does composting work?



**GREEN** organic material comes from leftover food such as fruit and vegetable peels, coffee grounds, tea bags and grass clippings. Green organic material gives the soil nitrogen.



**BROWN** organic material comes from things like dried leaves, newspapers, paper napkins, shredded paper and cardboard. Brown organic material gives the soil carbon.



Over time, the **GREEN + BROWN** materials break down. Making compost keeps these things out of the landfill where they release methane, a dangerous greenhouse gas.



reduce  
reuse  
recycle  
stop food waste  
compost



# Let's Start REUSING

Choosing to reuse a REUSABLE item instead of something that will be thrown away will help reduce waste and will save energy and money.



The energy we waste using bottled water would be enough to power 190,000 homes. A single plastic bag can take 1,000 years to degrade, or break down.

## When can I choose something reusable?

- Bring your own water bottle from home and refill it instead of using a disposable plastic bottle of water.
- Bring your own cloth grocery bags to the store instead of using new plastic or paper bags each time.
- Pack lunches in lunch boxes and reuse instead of zip top (Ziploc™) or paper lunch bags.
- Save leftover food for another meal instead of throwing it away.
- Stop using plastic straws.
- Store leftovers in reusable glass jars.



# Let's Stop FOOD WASTE

When food is thrown away and not eaten, it is called FOOD WASTE.

**40%** Did you know that up to 40% of food produced in the United States is wasted?

## Here are some ways you can help fight food waste:

- "Shop" your fridge and pantry first before going to the store.
- Save your leftovers to eat at a different time or for a snack.
- Don't take more than you will eat.
- Place allowed foods on the share table at school.
- Give leftover food to a friend.





# WELCOME TO THE SHARE TABLE

Please place approved items on this table for fellow classmates to enjoy.



Approved items include whole, uncut fruits (whole apples, cuties, bananas, etc.) and unopened packaged items (chips, crackers, unrefrigerated juice boxes).



Items that are **NOT** allowed include refrigerated food and drinks (milk, cheese), unpackaged foods and cut-up fruit (apple slices, quartered oranges).

## HOW TO MAKE A BREAKFAST MEAL DEAL

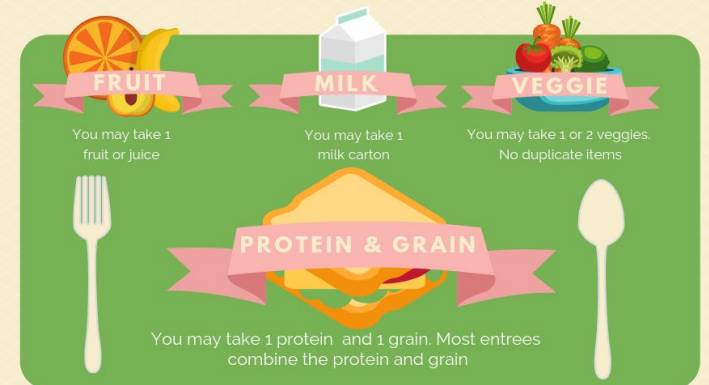
Please take 3 credits.



Extra servings of the same food item or more than 5 credits will be charged at a la carte prices. All items on the line are available for individual sale.

## HOW TO MAKE A LUNCH MEAL DEAL

Choose at least 3 food groups, but you may take from all 5 groups. One item must be a fruit or a veggie.



Additional menu items and all snack items are available for individual purchase..

# SHARE TABLE

- What can be shared?
  - Uncut, whole fruits
  - Packaged foods that are not opened
- What cannot be shared?
  - Foods from home
  - Foods that are partially eaten or opened
  - Foods that need to be refrigerated













# SO NOW WHAT?

NEXT STEPS

- Replicate program in other interested schools.
- Fort Worth Code Compliance composting
- Want to get involved in food recovery issues?
  - Start a share table at your local school.
  - Join the Tarrant County Food Policy Council's Food Recovery Working Group.
    - Next meeting Wednesday, July 14<sup>th</sup>, 2021 from 12:30-1:30 pm via Zoom
    - Email [g.jarman@tcu.edu](mailto:g.jarman@tcu.edu) for Zoom link
  - Pledge to reduce your food waste.
  - Talk to those in your circle of influence.