



Why Waste Food?

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How much food do we waste every day?



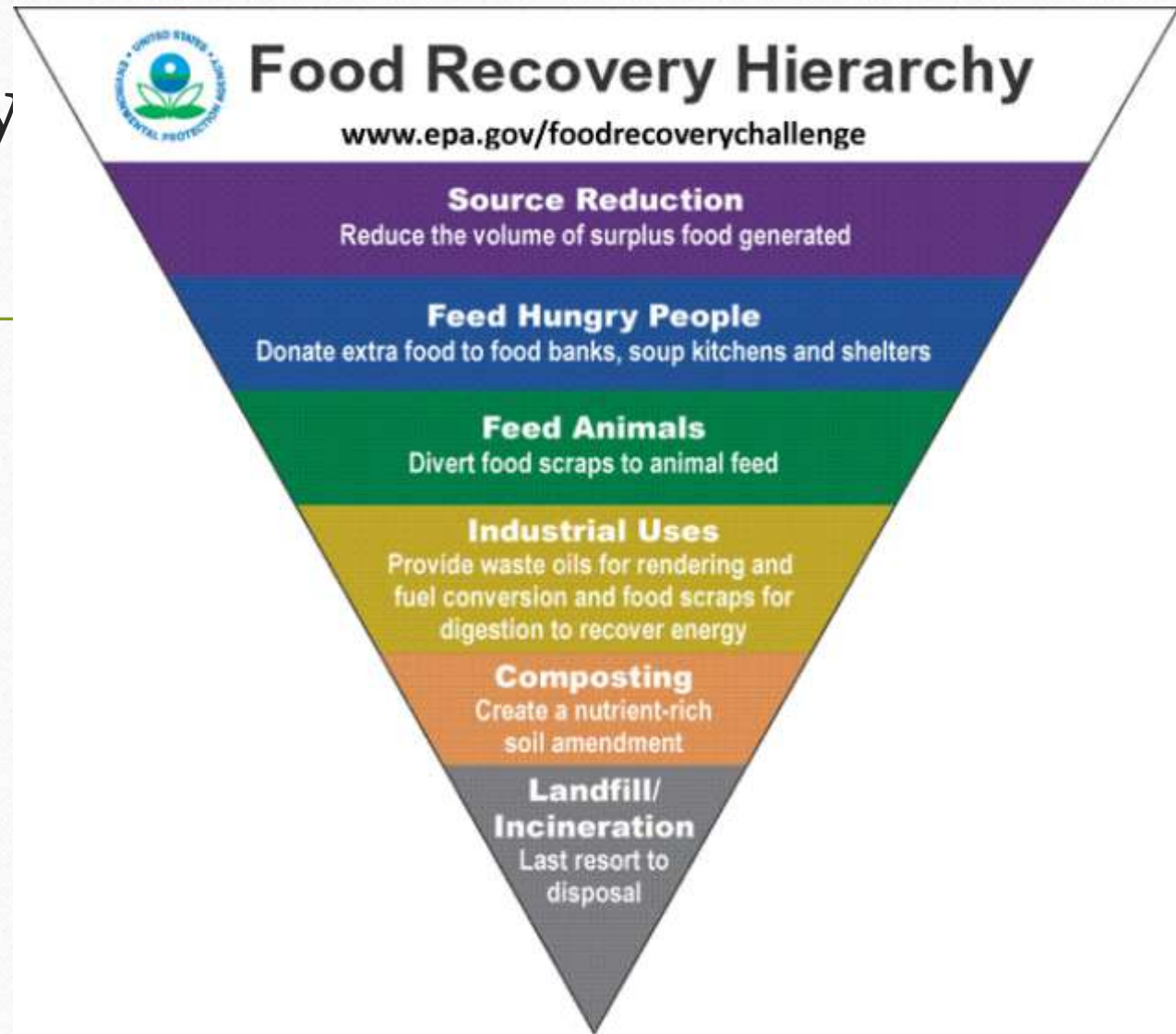
Food waste is the top item thrown away by Americans accounting for 21% (35.2 million tons) of the nation's waste. (EPA 2013)

About 40% of all the food grown and processed nationwide is never eaten.

Average family of four throws away \$1,500 of food each year.

Food Recovery Hierarchy

Prioritizes actions to prevent and divert wasted food.



The lesson: Why Waste Food?

- **Engage**
 - Show *Food Waste – A Story of Excess* on YouTube
- **Guided Practice**
 - Prompt questions
 - Activity – ask students to record their estimated daily food waste at school
 - Show *Making Food Waste History* on YouTube
- **Closure**
 - Reflection questions



Extension Activities: Weigh the Waste in the school cafeteria



Benefits to reducing food waste

- Save money
- Conserve energy and resources
- Support the community through donations
- Feed to world



Steps to waste less food

1. Plan Ahead
2. Store correctly
3. Cook only what you need
4. Recycle (compost) what you can't eat

Waste less
Save more



Based on the Making Food Waste History video

Contact Me!

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