

From Food “Waste” to Food Security

June 24, 2022

Presenters

- **Melanie McDermott**, PhD, Senior Researcher, Sustainable Jersey, mcdermom@tcnj.edu
- **Sara Elnakib**, PhD, MPH, RDN, Department Chair/Associate Professor, Department of Family & Community Health Sciences, Rutgers Cooperative Extension, elnakisa@njaes.rutgers.edu
- **Jennifer Shukaitis**, MPH, Assistant Professor/Educator, Department of Family and Community Health Sciences, Rutgers Cooperative Extension, shukaitis@njaes.rutgers.edu
- **Kelly Stone**, Teacher, George L. Catrambone Elementary School, Long Branch Public Schools, kstone@longbranch.k12.nj.us
- **Peggy Foley**, Parish Outreach Ministry, Saint James Food Pantry, Woodbridge; ckb703@aol.com

Agenda

- Introductions and Opening - **Melanie McDermott, Sustainable Jersey**
- Food insecurity, food recovery, food waste reduction and sustainability - **Sara Elnakib, Rutgers Cooperative Extension**
- The role of schools in food recovery and waste reduction - **Jennifer Shukaitis, Rutgers Cooperative Extension**
- Addressing food waste & food insecurity in a Long Branch school - **Kelly Stone, Long Branch Public Schools**
- Municipal-school collaboration to recover excess food in Woodbridge - **Peggy Foley, Saint James Food Pantry**
- Closing and Q&A - **Melanie**

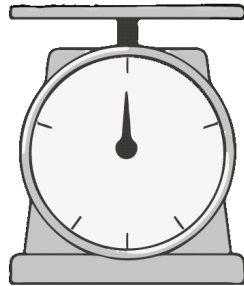


Food Waste: Why It Matters

Sara Elnakib, PhD, MPH, RDN,
Department Chair/Associate Professor
Department of Family & Community Health Sciences
Rutgers Cooperative Extension

Background on Food Waste

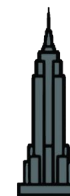
In the US we waste
30%-40%
of our food system.



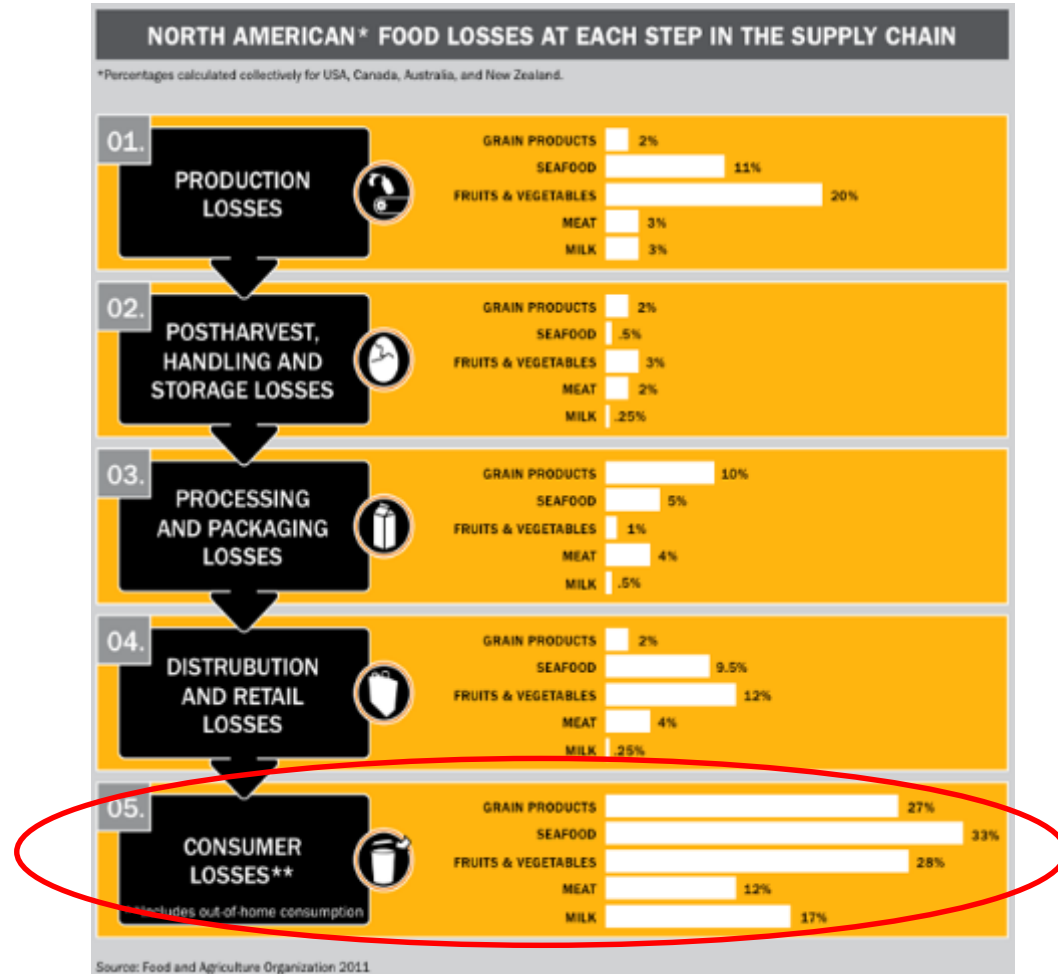
On average, each
person wastes more
than
**20 pounds of food per
month**

**80
billion
pounds
each year**

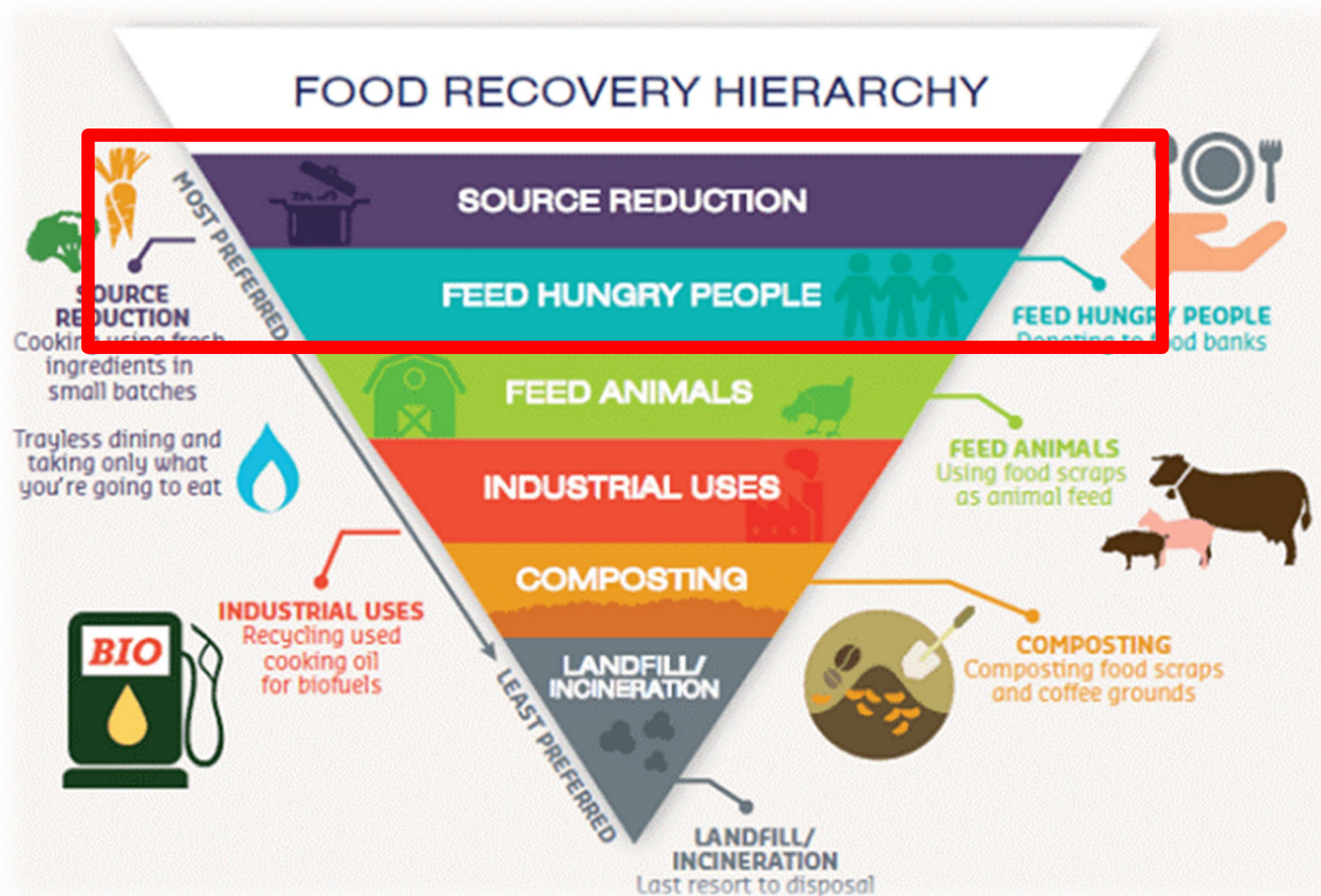
Enough to
fill the
Empire
State
Building
1,000 times.



Where Does Food Loss & Food Waste Happen?



How to Reduce Food Waste?



High Food Security

Households had no problems, or anxiety about, consistently accessing adequate food

Marginal Food Security

Households had problems or anxiety at times about accessing adequate food, but the quality, variety, and quantity of their food were not substantially reduced

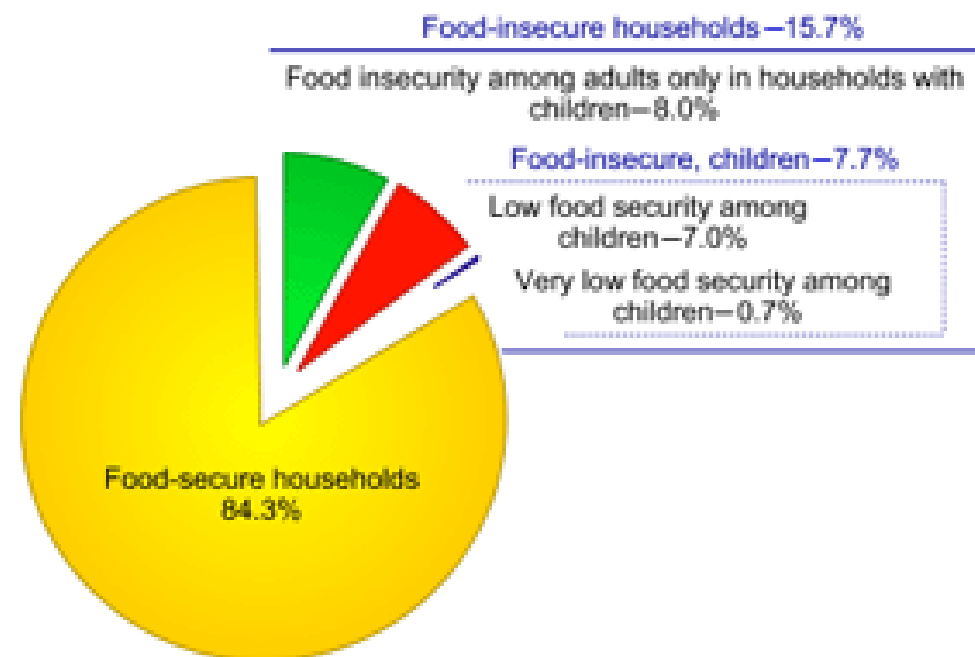
Low Food Security

Households reduced the quality, variety, and desirability of their diets, but the quantity of food intake and normal eating patterns were not substantially disrupted

Very Low Food Security

At times during the year, eating patterns of one or more household members were disrupted and food intake reduced because the household lacked money or other resources for food.

U.S. households with children by food security status of adults and children, 2017



Note: In most instances, when children are food insecure, the adults in the household are also food insecure.

Source: USDA, Economic Research Service, using data from the December 2017 Current Population Survey Food Security Supplement.

Why it Matters for People.

- Over 38 million, or 12% of all Americans *live in poverty* and 15 million of those were children.
 - That's approximately \$25,750/year for a family of four
- About 10.5 % or 13.7 million U.S. households were *food insecure* at some time during 2019.
 - 35.2 million people face food insecurity.
 - 10.7 million children face food insecurity.
 - 5.2 million seniors face food insecurity.
- Due to COVID-19, 1 in 4 *children* in the United States could face hunger this year.



National & State Food Waste Reduction Goals



On September 16, 2015, the first-ever national food loss and waste goal in the United States was launched, calling for a 50% reduction by 2030.

USDA Food Loss and Waste Retrieved on May 13, 2020
<https://www.usda.gov/foodlossandwaste>



In August 2017, the first Food Waste legislation in New Jersey was passed. Bill S3027 establishes that NJ will reduce its Municipal Solid Food Waste by 50% come 2030

New Jersey Department of Environmental Protection <https://www.nj.gov/dep/dshw/food-waste/>

Food Waste Legislation

- Laws protect those who donate food in good faith
- Federal and State laws exist to protect and encourage food donations
 - Good Samaritan Act
 - New Jersey food waste legislation



Health Inspectors: A Key Partner in Addressing Food Insecurity

- Serve as educators for food establishments
- Can help or hinder food donations (we need their help!)
- FCHS trains health inspectors
 - Laws
 - Communication between municipality, food establishments, food pantries/soup kitchens





FOCUS ON: SCHOOL FOOD WASTE

Jennifer Shukaitis
Assistant Professor/Educator
Dept. of Family & Community Health Sciences
Rutgers Cooperative Extension

Focus on School Food Waste



The State of New Jersey School Food Waste Guidelines



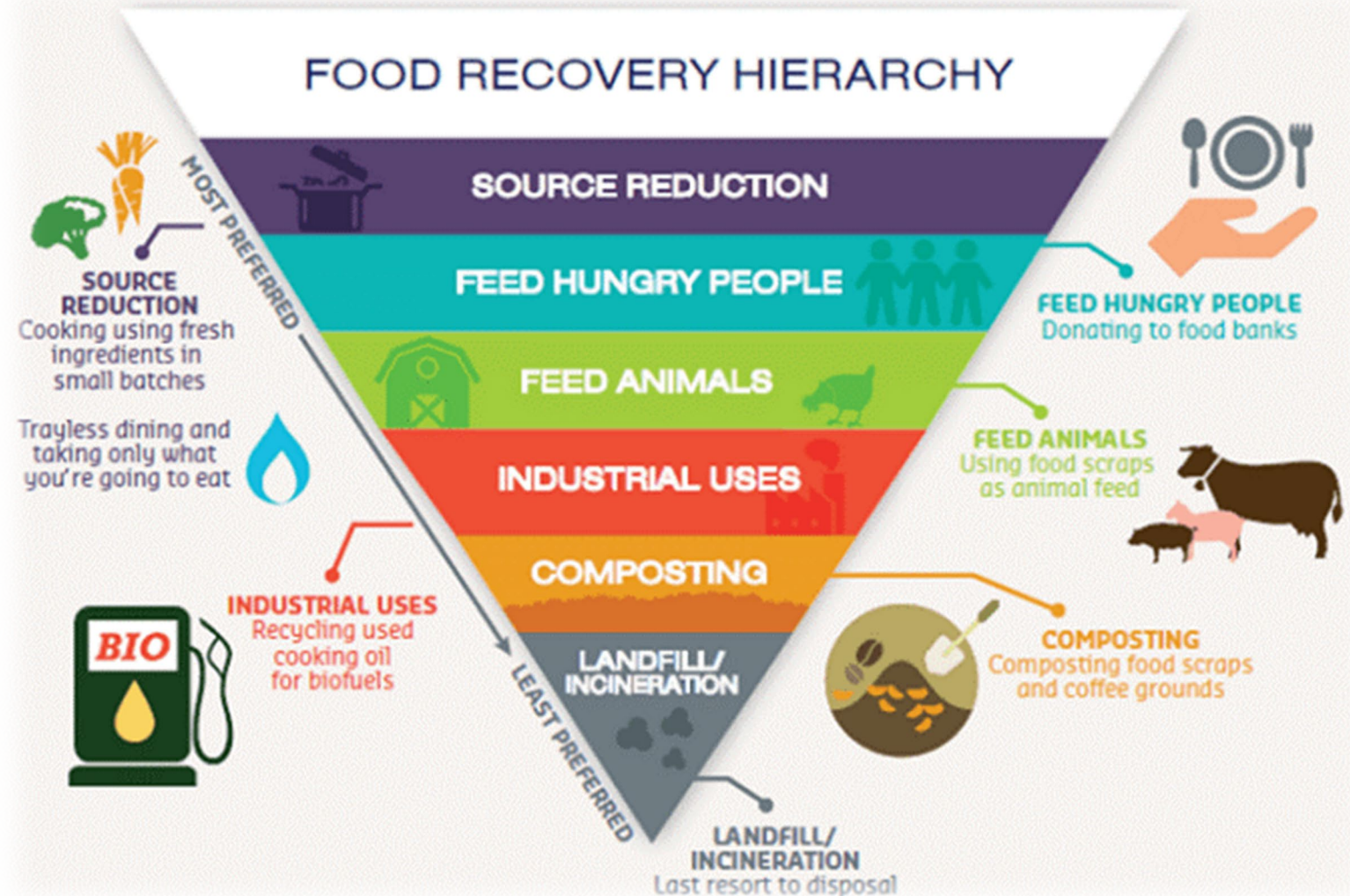
K-12 Schools Edition

November 2019

New Jersey Department of Environmental Protection
New Jersey Department of Agriculture
New Jersey Department of Education
New Jersey Department of Health
New Jersey Office of the Secretary of Higher Education



How to Reduce Food Waste?



One solution: Share Tables



- Designated place in cafeteria where students place uneaten food
- Share Table food may be used to address the second most desirable way to reduce food waste (feed hungry people)

Using Share Table Food: In School

- This is the PRIORITY!
- Grab-n-Go Snacks
 - Students can grab food as they leave the cafeteria
 - Stigma-free
- Re-use in school meals
 - Potential to save money for school district
- After school
 - Sports
 - Clubs
 - After care programs



Using Share Table Food: In Greater School Community



- Backpack program
 - Coordinate with school social worker, family liaison, etc.
 - Food goes home on Fridays
- Parent pick-up or to-go packages sent home
 - Set up pick-up area for dismissal time

Using Share Table Food: Donations

- Donate to local food pantries and/or soup kitchens
- Requires transportation and other support
- Relationship is key to successful collaboration



Share Table Success Story: NBPS & Elijah's Promise

- Elijah's Promise: Soup Kitchen & Social Service non-profit
 - Operates a culinary school
- Redshaw Elementary School & Elementary Livingston School:
 - Located across the street
 - Operate share tables
- Donations of veggies, fruits, milk
 - MILK is one of the most wasted items
- Milk went to great use!



Notes from former BOE Member

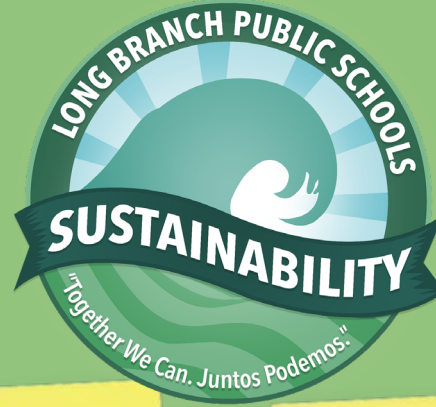
- Priority: addressing food insecurity within the school community
- Keep BOE informed & engaged: You want their support!
 - May require BOE action, i.e. passing a resolution (food safety protocol, etc.)
- Great project for students & entire school community



Long Branch Public Schools

"Together We Can, Juntos Nós Podemos, Juntos Podemos"

George L. Catrambone Elementary school
Long Branch Public Schools
Long Branch, NJ



Reducing
Waste

Enhance
School Meals
and Nutrition

Examples of
Food Practices

Gardens
Feeding our
Students



Long Branch Public Schools

"Together We Can, Juntos Nós Podemos, Juntos Podemos"

George L. Catrambone school
Long Branch, NJ

Reducing Waste

- Students offerings / selection
- Spices for veggies to encourage eating selections
- Options for milk white vs chocolate at lunch
 - More opportunities for recycling
 - Unwrapped whole fruits
 - Milk empty stations
 - Share tables



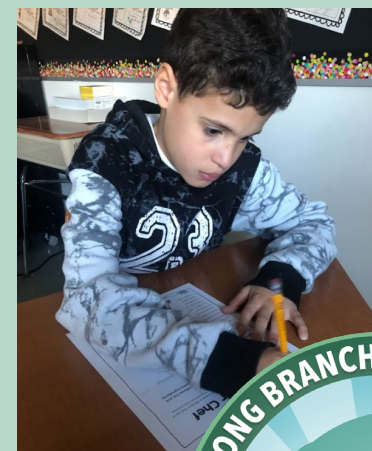


Long Branch Public Schools

"Together We Can, Juntos Nós Podemos, Juntos Podemos"

George L. Catrambone school
Long Branch, NJ

Educational Activities



George L. Catrambone School
Understanding Food Waste 2021-2022

	1st-2nd Grade	3rd-5th Grade
Objectives	Students will be able to: 1. Identify food waste. 2. Understand the importance of recycling food waste. 3. Know the correct way to dispose of food waste.	Students will be able to: 1. Identify food waste. 2. Understand the importance of recycling food waste. 3. Know the correct way to dispose of food waste.
February Lesson Idea	What is Food Waste Lesson on Composting https://www.earthday.org/food-waste/	What is Food Waste Lesson on Composting https://www.earthday.org/food-waste/
March Lesson Idea	Food is NOT Trash https://www.earthday.org/food-waste/	Food is NOT Trash https://www.earthday.org/food-waste/
April Lesson Idea	What is Food Waste Lesson on Composting https://www.earthday.org/food-waste/	What is Food Waste Lesson on Composting https://www.earthday.org/food-waste/
May Lesson Idea	What is Food Waste Lesson on Composting https://www.earthday.org/food-waste/	What is Food Waste Lesson on Composting https://www.earthday.org/food-waste/





Long Branch Public Schools

"Together We Can, Juntos Nós Podemos, Juntos Podemos"

George L. Catrambone school
Long Branch, NJ



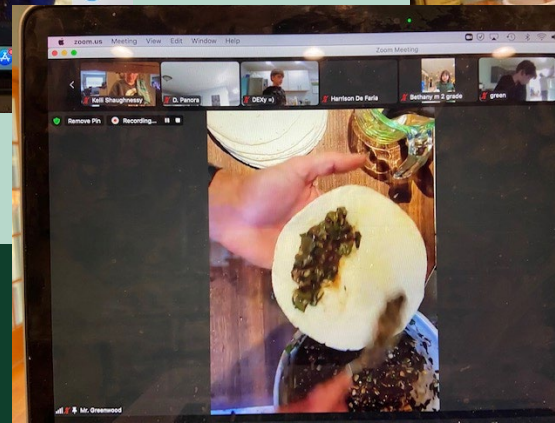
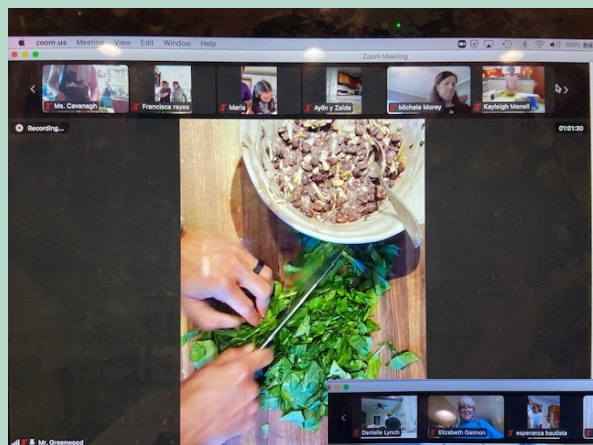


Long Branch Public Schools

"Together We Can, Juntos Nós Podemos, Juntos Podemos"

George L. Catrambone school
Long Branch, NJ

Zoom Family Meals





Long Branch Public Schools

"Together We Can, Juntos Nós Podemos, Juntos Podemos"

George L. Catrambone school Long Branch, NJ



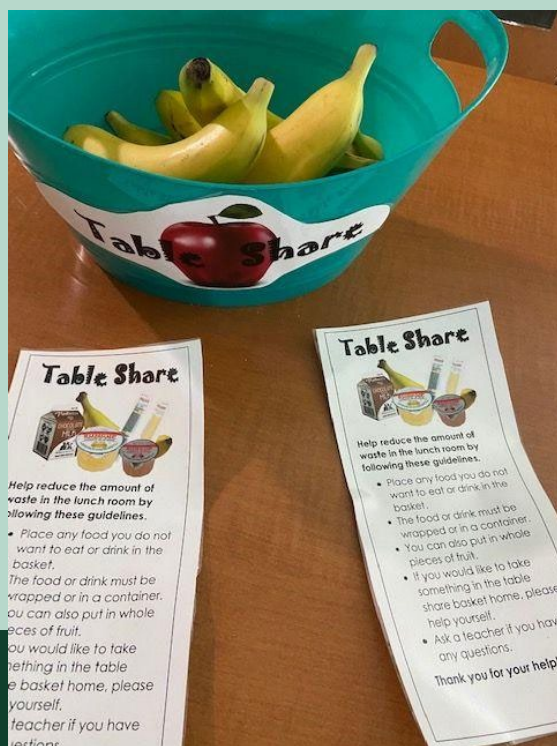


Long Branch Public Schools

"Together We Can, Juntos Nós Podemos, Juntos Podemos"

George L. Catrambone school
Long Branch, NJ

Practices in Place





Long Branch Public Schools

"Together We Can, Juntos Nós Podemos, Juntos Podemos"

George L. Catrambone school
Long Branch, NJ

Gardens





Long Branch Public Schools

"Together We Can, Juntos Nós Podemos, Juntos Podemos"

George L. Catrambone school
Long Branch, NJ

Gardens Produce





Municipal-Schools Collaboration

Food

Waste + Pantry =
Food Security

Woodbridge Township

- We Feed – Woodbridge
 - Founded in 1992
 - Works in conjunction with Woodbridge Dept of Health & Human Services
 - Support network for 11 independently run, volunteer staffed food pantries
 - Ongoing food supply chain through food drives, partnerships with local businesses & many civic organizations

Woodbridge School District

- Collaborative relationship between the district, their food service provider Pomptonian, We Feed & the food pantries
- Excess school breakfasts & lunches are given to the local food pantries & distributed to families in need, as well as Seniors, throughout the township

St. James Food Pantry

- Founded 45 years ago
- Volunteer staffed & donation-based
- Working relationships with guidance counselors & school staff to provide food to families identified as food insecure
- Partnerships with Replenish (McFoods), Wegmans, WaWa, Shoprite to reallocate food

Food Security/Waste Actions

- **Sustainable Jersey – municipal certification program**
 - [Promoting Safe Food Donation for Food Security](#)
 - [Community Food Pantry/Bank & Soup Kitchen](#)
 - [Expanded Supplemental Food Programs](#)
 - [Making Farmers Markets Accessible](#)
 - [Food Waste \(comprehensive food waste recycling program\)](#)
- **Sustainable Jersey for Schools**
 - [Breakfast After the Bell](#)
 - [Food Waste Management](#)

Sustainable Jersey Summit Sponsors and Partners

Corporate Sponsors

Platinum



PSEG



**New Jersey
Natural Gas**

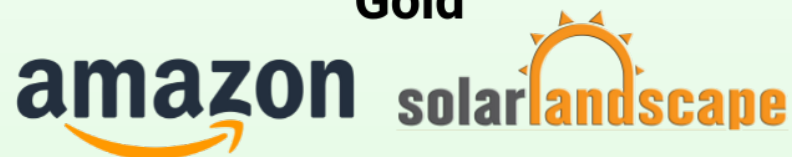


**SOUTH JERSEY
GAS**



**ELIZABETHTOWN
GAS**

Gold



solarlandscape

Silver

NJM Insurance
Group



**Atlantic
Health System**

FirstEnergy
Foundation



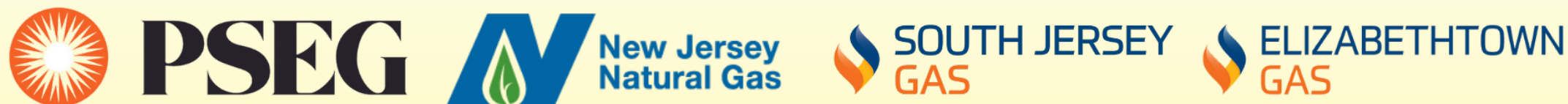
**NEW JERSEY
AMERICAN WATER**

BAYSHORE
Family of Companies

Sustainable Jersey for Schools Summit Sponsors and Partners

Corporate Sponsors

Platinum



Gold



Presenters

- **Melanie McDermott**, PhD, Senior Researcher, Sustainable Jersey, mcdermom@tcnj.edu
- **Sara Elnakib**, PhD, MPH, RDN, Department Chair/Associate Professor, Department of Family & Community Health Sciences, Rutgers Cooperative Extension, elnakisa@njaes.rutgers.edu
- **Jennifer Shukaitis**, MPH, Assistant Professor/Educator, Department of Family and Community Health Sciences, Rutgers Cooperative Extension, shukaitis@njaes.rutgers.edu
- **Kelly Stone**, Teacher, George L. Catrambone Elementary School, Long Branch Public Schools, kstone@longbranch.k12.nj.us
- **Peggy Foley**, Parish Outreach Ministry, Saint James Food Pantry, Woodbridge; ckb703@aol.com

Thank You

Session slides will be available on sustainablejersey.com by 6/30.

SUSTAINABILITY SUMMIT

