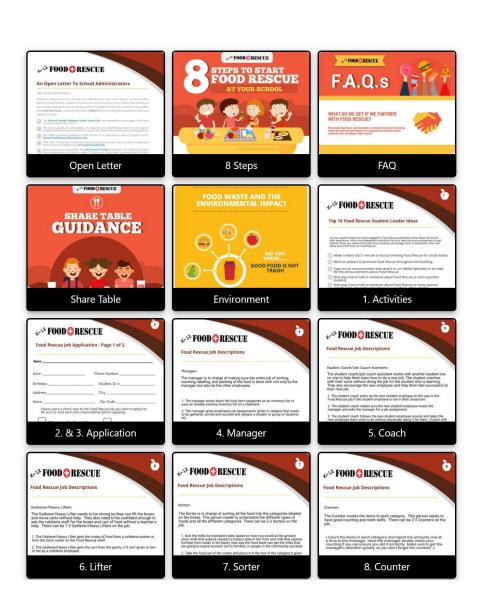


#FoodlsNotTrash Tool Kit





Since 2007, Food Rescue has been one of the leading voices addressing the food waste crisis in the US and the world. Our K-12 Food Rescue Program provides solutions for student leaders to rescue the estimated 1 billion unwanted, unpeeled, and wrapped food items wasted annually form the trays of students during school breakfast and lunch programs.

Our #FoodIsNotTrash Tool Kit is designed to provide a step by step process to begin rescuing food in schools, as well as a curriculum that includes job descriptions that promote student "ownership" of the K-12 Food Rescue "business". The business experience promotes student leadership, stewardship of the environment, hunger relief solutions, and citizenship.

Join the #FoodIsNotTrash movement today.

John Williamson

Food Rescue President

jw@foodrescue.net

Tel: 317-694-4006



An Open Letter To School Administrators

Dear School Administrator,

Thanks for taking the time to consider K-12 Food Rescue in your school district. As the Executive Director of Food Rescue, I wanted to forward you some information about school food recovery as you consider allowing students to end the practice of "landfill feeding" with unopened and unpeeled food **from their trays**, a practice that leads to **1 billion** food items being fed to landfills annually from American schools.

- 1. The **Richard Russell National School Lunch Act** was amended to encourage school food recovery in November of 2011.
- 2. The USDA supports the safe donation of unopened and unpeeled food items from the trays of students that they choose not to eat for any particular reason when following food safety guidelines.
- 3. The USDA has written guidelines in PDF form for K-12 Food Rescue, seen in chapter 5 of the School Food Waste Policy History link.
- Over 100 K-12 Food Rescue Schools or school districts have made over 3.4 million rescued food item entries on Food Rescue's **Live Impact Dashboard**.
- Dairy products are pasteurized, and **this Harvard study** emphasizes the safety of donating these temperature controlled for safety (TCS) products using proper guidelines and the myths often associated with their expiration.
- 6. Rotting food in landfills produces methane gas that is 21 times more harmful to the environment than CO2.
- 7. 40% of food produced in the U.S. is wasted, including 1 billion food items annually from U.S. schools, while 50 million Americans are food insecure.
- 8. The USDA Secretary announced in September of 2015 **nationwide food waste reduction goals** aiming to reduce food waste by 50% by the year 2030.
- 9. Schools teach children that food has nutritional value, and K-12 Food Rescue practices augment that message, rather than erode it.
- Schools want to teach children to be thankful, yet the thankless process of harming the environment, and ignoring children and families in need is facilitated if not "taught" by allowing students to fill landfills with unopened and unpeeled food items.

Let's end the practice of landfill feeding one school cafeteria at a time. We can end it in every state, and preserve over 1 billion unopened and unpeeled food items annually.

K-12 Food Rescue programs are a joint cooperative venture between local schools, local food pantries/qualified caring agencies, and local health departments. The entire program and relationship is between these three parties, and Food Rescue has no oversight over any K-12 Food Rescue programs around the country.

John Williamson

Food Rescue President Inspiring Student Leaders

jw@foodrescue.net

317-694-4006



STEPS TO START FOOD RESCUE

AT YOUR SCHOOL



1 GETTING APPROVAL



Set up a meeting with the school principal and the school's cafeteria manager and introduce K-12 Food Rescue benefits.

Use the Open Letter To Schools Infographic at FoodRescue.net Review K-12 Food Rescue procedures.

- Safe, Easy, and Legal
- Reduce Food Waste
- Protect Environment from Greenhouse Gases
- Plan Meals More Effectively with Food Waste Data Collected
- Feed Families Instead of Landfills



3 CREATING A FOOD RESCUE TEAM



Find a group of dedicated students that will help you run the program. Roles include collecting the food, counting the food, and promoting the program. Ideas can be found on Food Rescue's Infographic library at FoodRescue.net

Set up an initial meeting with your advisor calling for interested students.

4 FINDING AN ORGANIZATION

- Find an organization such as a food pantry with food safety handling standards and volunteer capacity willing to pick up the food each week.
- Review school procedures for entering the building with the food pantry. Review the agenda and encourage both parties to ask questions. Establish main and back up contact numbers for both the school and food pantry.
- It is critical for the food pantry or organization to propose days and times that do not disturb the cafeteria staff during their busiest days or hours.



5

FOOD STORAGE EQUIPMENT

Plastic gloves are also recommended if food items are handled in any way during the K-12 Food Rescue program after they are donated.



REFRIGERATION:

You can either get a new fridge donated or use pre-existing refrigeration.



COOLER

It is important that while perishable rescued food is sitting in the cafeteria throughout lunches, it is being cooled.



CRATES/BOXES (OPTIONAL):

Having crates or boxes makes it easy to transport food from the cooler to the fridge, and for the organization to collect the food.

6 CREATE A PLAN



- Create a K-12 Food Rescue action plan. Go to the infographics library at FoodRescue.net for potential ideas. Make environmental stewardship the top value of the program. Do not create a program that seeks donations over consumption.
- The plan should include: who is collecting the food from each lunch, who will fill the cooler with ice in the mornings, who will count the food, how will the program be advertised, and how will you encourage students to participate etc.
- Food Rescue's Free Tracking Tool is a great way to collect data by food items or pounds and receive attractive digital graphics to share the impact of your program in meals preserved, and methane gas reduction. Visit Free Tracking Tool at FoodRescue.net

Contact the Local Health Department Cafeteria Manager or Staff Member Makes Call

Make a courtesy call to the local health department informing them the K-12 Food Rescue Program is being implemented using USDA written guidelines, and if applicable, state guidelines.

View the written Frequently Asked Questions, (FAQ's) on the Get Started link at FoodRescue.net



8 YOU'RE READY

Congratulations! Your school is now ready to host a K-12 Food Rescue program at your school! Keep track of your school's progress through the K-12 Food Rescue Tracking Tool and send photos and a blog post to Food Rescue to inspire your peers to follow your leadership.







FA.Q.s



WHAT DO WE GET IF WE PARTNER WITH FOOD RESCUE?

We provide legal facts and documents to anyone interested in learning about the legal and safe donation of unopened and uneaten school cafeteria food, including a video tutorial.





HOW CAN WE GET STARTED?

When visiting http://www.foodrescue.net/getting-started.html you can view a video about acquiring USDA Food Rescue and Share Table procedures, ordering free start-up kits, ordering free #FoodIsNotTrash T-shirts for student leaders, ordering free certificates of leadership for students, and our free mentoring for either convincing your school district to begin a K-12 Food Rescue program, or implementing a K-12 Food Rescue program.

You can also reach to our office headquarters at 317-694-4006, jw@foodrescue.net for more information, or fill out the contact information at the link provided.

HOW DO WE GET A FREE REFRIGERATOR?

In Marion County Indiana, Food Rescue has received a grant to purchase 14 refrigerators for 14 schools in need of storage space. If you are in a school district other than Marion County that requires refrigeration space that does not exist within the school, social media campaigns for a \$500 refrigerator on behalf of a school have been found to be very effective for such a great cause that benefits the students and the community.





HOW DO I ORDER FREE "FOOD IS NOT TRASH T-SHIRTS, STUDENT LEADERSHIP CERTIFICATES, AND START-UP KITS?

A free start up kit can be ordered once you have convinced your school to adopt a K-12 Food Rescue donation or Share Table program. Students must be using our online tracking tool tool and demonstrating verifiable leadership to receive a free T shirt, with a maximum of 3 shirts available per school. Anything over 3 T shirts can be purchased for \$12. To purchase a \$12 T shirt, separate from our free offer, email jw@foodrescue.net to order.

Student leadership certificates are free and available to order only in March of each year and limited to 30 from each school. All orders at can be made at: http://www.foodrescue.net/order-k-12-fr-free-start-up-kit.html

A list of contents included in the start up kit can be found at the same link.

HOW DO I BECOME AN AGENCY TO RECEIVE FOOD?

Food Rescue does not contact schools or school districts on behalf of food pantries to try to convince them to donate surplus food via a K-12 Food Rescue program, however, our online resources teach engaged citizens and students how to go about contacting a school and developing a K-12 Food Rescue program.





MY AGENCY ISN'T SHOWING UP.

Once a school has established a relationship with the food pantry, the school's contact is always with the food pantry representative to solve scheduling conflicts or failed pick-ups.

HOW DO I USE THE FREE TRACKING TOOL?

Our free online tracking tool communicates your impact through digital shareable graphics that conveys how many meals have been rescued, and how many pounds of carbon dioxide equivalents have been prevented from entering into the environment due to not only your K-12 Food Rescue program, but your combined impact with all schools around the country.

Simply log in the number of food items rescued and "submit". If you weigh your food, enter the number of pounds x 4, then submit.

Video tutorials on acquiring the free online tracking tool and how to make entries can be seen here.

http://www.foodrescue.net/free-online-tool.html





WHAT CALCULATIONS ARE USED BY THE TOOL?

All Calculations are based off of food items that weigh and estimated 1/4 of a pound, which means people who weigh their food can still use the tool by entering number of food items rescued x 4. Carbon dioxide equivalents (CO2e) are measured at 50% of 1 pound of rescued food. 1 meal is calculated to weigh 1.2 pounds.

I'VE LOST MY LINK AND IT ISN'T WORKING?

Please email our tool designer using this link. stevewitta@gmail.com





CAN WE DO BACK OF THE CAFETERIA WASTE?

This type of food can be rescued, but we would recommend tackling "back of the cafeteria waste", defined as food that never gets served to students, after developing a plan to donate the "student tray to trash" food, defined as the food on their trays that is unopened and unpeeled that they decide not to eat for any reason.

WHAT ARE THE PROCEDURES FOR SHARE TABLES AND DONATIONS?

These procedures are all provided at our Thank You page at the end of The Open Letter to Schools.





HOW OFTEN WILL THE FOOD PANTRY PICK UP?

Food Rescue recommends a bi-weekly or weekly pick up, depending on the type of food being rescued as well as the volume of food being rescued. The day and time of the pick-up are determined between the school and the food pantry at their initial meeting or phone call.

THE SCHOOL ISN'T SAVING MILK. WHY NOT?

Milk is considered to be "temperature controlled for safety" or TCS, or "potently hazardous food", or PHF. A few state and local health departments are more restrictive than the USDA standards.





HOW CAN I VOLUNTEER?

Fill out the contact form and say, "interested in volunteering". All of our volunteer opportunities are related to spending time marketing the K-12 Food Rescue program rather than serving on site.

All on site volunteering would done via the schools or the food pantries involved in K-12 Food Rescue.

HOW CAN A STUDENT BECOME A NATIONAL LEADER?

Send Food Rescue your photo and a blog post about your school food waste reduction efforts, and we will publish it on our website, and send you a free Food Is Not Trash T shirt.

For more information, visit

http://www.foodrescue.net/national-student-leaders.html, view the video, then scroll down to the contact form below the student stories on the link and fill out the requested form.





SHARE TABLE GUIDANCE



The United States Department of Agriculture's Food and Nutrition Service encourages the use of share tables in Child Nutrition Programs if they meet the "local and State health and food safety codes." Share tables are defined by the USDA as carts and/or tables where children can place uneaten food and beverage items.

Refer to the following guidelines to start a share table at your school:



Students may take any item on the share table at no additional cost.



Display Signage outlining share table "rules".



Supervise the share table.

Follow Federal, State, and Local Health and Food Safety Requirements



2

Establish Guidelines for Share Tables

Food Allowed on Share Table:

- Unopened, commercially prepackaged items such as bags of fruit, cereal packs, or crackers.
- Whole pieces of fruit, such as bananas or apples.
- Whole pieces of fruit, such as bananas or apples.

Food Not Allowed on Share Table:

- Unpackaged items, such as a salad bowl without a lid.
- Packaged items that can be opened and resealed.
- Opened items
- Perishable foods not immediately placed in a cooling bin.
- Food items brought from a student's home.



Establish Food Safety Guidelines



- Maintain proper temperatures of food stored in cooling bins.
- Note expiration dates.
- Re-use items no more than once for meals served the following day.
- Take extra precaution with students that have food allergies; it is not recommended they take from the share table.

4

Supervise Share Tables

Inform cafeteria managers and supervisors of best practices and monitor items placed on tables or in cooling bins at all times

Invite students to participate as share table helpers and monitors





FOOD WASTE AND THE ENVIRONMENTAL IMPACT





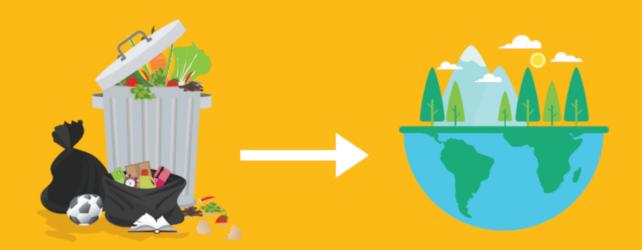
41 MILLION AMERICANS

are "food insecure" including...



13 MILLION CHILDREN

(Feeding America 2017)



40% OF OUR FOOD IS WASTED

at different points in our food supply chain often ending up in our landfills

WASTED FOOD CAN HARM THE ENVIRONMENT

Studies show rotting food in landfills produces a powerful greenhouse gas called methane.

WHY DOES IT MATTER?



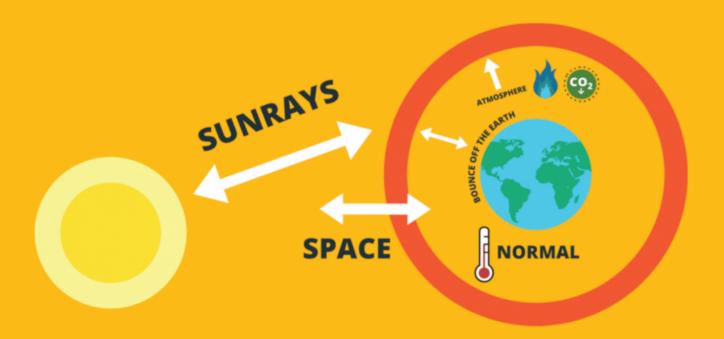
EPA says
METHANE
25 X
more potent the
Co2e.



Landfills with rotting food are the LARGEST producer of methane

gas in the U.S.

HOW DOES METHANE GAS IMPACT OUR ENVIRONMENT?



Many scientists believe if we place too many of these gases into our environment, the invisible cloud of gas shown in the red circle will become thicker and cause too much heat from the sun to be trapped, potentially causing the temperature we experience on earth to rise to abnormal levels over time.



Top 10 Food Rescue Student Leader Ideas

As your students become more engaged in Food Rescue activities, these ideas will enrich their experience. Most are independent activities that only take some encouragement to get started. Once you review them with your students, encourage them to brainstorm their own ideas and email them to Food Rescue.

- 1. Make a video clip (1 minute or less) promoting Food Rescue for social media.
- (2) Work on posters to promote Food Rescue throughout the building.
- 3. Type out an announcement and send it to our Media Specialist to be read for the announcements about Food Rescue.
- 4. Role play how to talk to someone about Food Rescue at lunch (another student).
- 5. Role play how to talk to someone about Food Rescue at home (parent, grandparent, friend that doesn't go to our school, other adults).
- Write a thank you note to cafeteria staff, custodians, or anyone supporting Food Rescue.
- Submit a one or two paragraph blog post with a photo to Food Rescue via
- Write a thank you note to somebody for inviting you to be a part of helping with Food Rescue.
- Write a note to an administrator explaining what we do as a class with Food Rescue.
- 10. Investigate Food Rescue online, including pictures of items that can be donated and facts that can be shared about food waste in America.

Let's end the practice of "landfill feeding" one school cafeteria at a time in every state and preserve over 1 billion unopened and unpeeled food items annually.

K-12 Food Rescue programs are a joint cooperative venture between local schools, local food pantries/qualified caring agencies, and local health departments. The entire program and relationship is between these three parties, and Food Rescue has no oversight over any K-12 Food Rescue programs.



Food Rescue Job Application - Page 1 of 2.

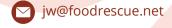
Name	
Date	Phone Number
Birthday	Student ID #
Address	City
State	_ Zip Code
Please place a check next to the Food Rescue job you wish to apply for. Be sure to read each job's responsibility before applying.	
Manager for Food Resc	ue Heavy Lifter
Student Coach	Sorter
Counter	Other
Why would you like to have this job? (Please write in complete sentences).	

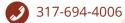
Food Rescue Job Application - Page 2 of 2.

What are some of the responsibilities you think you will have if you get this job? (Please write in complete sentences).	
What strengths do you have or what have you done in the past to help you do this job well? (Please write in complete sentences).	
Please copy the following statement on the lines below:	
I promise that if given this Food Rescue job, I will perform it to the best of my abilities.	



John Williamson Food Rescue President Inspiring Student Leaders









Manager:

The manager is in charge of making sure the entire job of sorting, counting, labeling, and packing of the food is done well, not only by the manager, but also by the other employees.

- 1. The manager writes down the food item categories on an inventory list or uses an already existing inventory list on a clipboard.
- 2. The manager gives employees job assignments (picks a category that needs to be gathered, sorted and counted and assigns a student or group of students to).
- 3. The manager writes down the number of items for each category as reported by the Sorter/Counter employees.
- 4. The student manager labels the boxes by category using a sharpie.
- 5. The student manager supervises everyone to insure they are doing their jobs at all times.
- 6. The student manager encourages his or her student employees throughout work to make them feel valued.





Student Coach/Job Coach Assistant:

The student coach/job coach assistant works with another student one on one to help them learn how to do a new job. The student coaches with their voice without doing the job for the student who is learning. They also encourage the new employee and help them feel successful at their new job.

- 1. The student coach picks up the new student employee on the way to the Food Rescue job if the student employee is not in their classroom.
- 2. The student coach makes sure the new student employee meets the manager and asks the manager for a job assignment.
- 3. The student coach follows the new student employee around and helps the new employee learn what to do without physically doing it for them. (Coach with your mouth, not with your hands).
- 4. The student coach encourages the new student employee and makes sure they understand why they are doing things a certain way.
- 5. The student coach makes sure the new student employee reports information to the manager.
- 6. The student coach makes sure the new student employee makes it back to their class and feels encouraged about their work.





Gatherer/Heavy Lifter:

The Gatherer/Heavy Lifter needs to be strong so they can lift the boxes and move carts without help. They also need to be confident enough to ask the cafeteria staff for the boxes and cart of food without a teacher's help. There can be 1-2 Gatherer/Heavy Lifters on the job.

- 1. The Gatherer/Heavy Lifter gets the crates of food from a cafeteria worker or from the back cooler on the Food Rescue shelf.
- 2. The Gatherer/Heavy Lifter gets the cart from the pantry, if it isn't given to him or her by a cafeteria employee.
- 3. The Gatherer/Heavy Lifter moves the crates from the cart, to the tables to be sorted.
- 4. The Gatherer/Heavy Lifter gathers cardboard boxes.
- 5. The Gather/Heavy Lifter puts the crates of food and the cardboard boxes on the cart and brings them out to the cafeteria.
- 6. The Gatherer/Heavy Lifter gives the cart to the cafeteria employee and says "thank you" or puts the cart with the food in the cooler at the end of the sorting process if no one is available.
- 7. *The Gather/Heavy Lifter is allowed to help Sorters and Counters with their jobs, if they completed #1-4 and are waiting until they are needed for #5 and #6.





Sorter:

The Sorter is in charge of sorting all the food into the categories labeled on the boxes. This person needs to understand the different types of foods and all the different categories. There can be 2-3 Sorters on the job.

- 1. Sort the milks by expiration date, based on how you would at the grocery store (milk that expires closest to today's date in the front and milk that expires furthest from today in the back), that way the food bank can get the milks that are going to expire soonest out to families or people in the community quickest.
- 2. Take the food out of the crates and place it in the box of the category it goes into.
- 3. Talk to the manager if you are unsure about which box the food should be sorted into.

Kids Idea:

Use a Food Rescue crate and just sort using lids of paper boxes that our custodians save for us each week.

Stack the lids in the crate and label the different categories (snacks, juices, etc.). Place the milks at the bottom of the crate, and if the apples and oranges are too heavy, place them in a separate box. Other times they are placed on the first layer on top of the milk. The lids fit perfectly in the crate and provide the ability to sort the crate into categories.





Counter:

The Counter counts the items in each category. This person needs to have good counting and math skills. There can be 2-3 Counters on the job.

- 1. Count the items in each category and report the amounts one at a time to the manager. Have the manager double check your counting if you are unsure you did it correctly. Make sure to get the manager's attention quickly, so you don't forget the number! ©
- * You can also combine the Sorter and Counter position into one employee that can do both skills. If that is the case, they will sort the food from the crates that goes in the category they were assigned and then count the food.

After the food is counted, report the total of each category to the manager.

All workers can work on posters to spread the word about Food Rescue when your part of the job is over. You can create an Instagram post highlighting the Food Rescue results for the week. Employees may also work on decorating the Food Rescue crate. You can come up with and write down what you are going to say to get the word out about Food Rescue to your peers in other classes.

You can also brainstorm new ideas for getting the word out.

*See Top 10 Ideas of things to do when you are not sorting for Food Rescue this week for more ideas.



Announcements



Video/School-wide Announcements:

Help save the food from being thrown away!! Ms./Mr. _____ class is teaming with Food Rescue this year to help Save the Food! Instead of throwing away an unopened or packaged food item after lunch, place it in the Food Rescue bin.

The Food Rescue team prevents the food from going into a landfill by connecting it to a local food pantry instead.

There are Food Rescue bins near the trash cans. Unopened milk, fruits, snacks, cheese sticks, and juices are examples of food items we should keep out of landfills. Basically anything in a package. Food is not Trash!

Cafeteria Microphone announcement (Student):

Hey guys! My name is _____ and I wanted to let you know about a new school project. We are working with Food Rescue to try to decrease the amount of food our school is placing into the trash, where it ends up in a landfill.

Please consider putting your unopened milk, juice, and snacks in the Food Rescue crate or box at the end of lunch instead of the trash can. FOOD IS NOT TRASH!

Cafeteria Microphone announcement (administrator):

Let's keep unopened food out of landfills. Once you have finished eating, if you have an unopened food item that you were going to throw away, it can go into the Food Rescue crates located by the trash cans instead. Food items like unopened milk, juice, and snacks can be rescued from the trash by placing them in the crate or box at the end of lunch. FOOD IS NOT TRASH!



John WilliamsonFood Rescue President Inspiring Student Leaders

- jw@foodrescue.net
- 317-694-4006



Stars of Encouragement:



Great Job!

You are a Food Rescue Rock Star

Great Job!

You are a Food Rescue Rock Star

Great Job!

You are a Food Rescue Rock Star

Great Job!

You are a Food Rescue Rock Star



John Williamson Food Rescue President Inspiring Student Leaders

inspiring Student Leade

jw@foodrescue.net317-694-4006



We thank the Kroger Zero Hunger Zero Waste Foundation for their sponsorship. Because of Kroger's support we can offer a FREE K-12 Food Rescue Story Graphic Log Tool for students, cafeteria managers, Eco clubs, teachers, or food pantry volunteers to track and digitally share the impact of their efforts on the environment and hunger relief.

#FoodIsNotTrash #NoPlanetB

Follow the Yellow Arrow To Start Sharing Your School's Impact Today!





FACE YOUR IMPACT

Let's face it. Data is boring. But when impact data is personalized, it tells a warm story.

Snap a photo with your mobile device or tablet, add it to your K-12 Food Rescue entry using the same device, and "presto" you instantly receive your photo embedded into a graphic sharing your impact on hunger and the environment.

