

Food Waste Education Resources for K-12 Schools

Resource page modified from Iowa School Food Waste Minimization Toolkit

Breathe California Sacramento Region has been educating both school students and staff on food waste reduction and recycling for over three years. We understand how busy teachers are, so we have gathered high-quality activities and resources from various online sites to save you time and support you in reducing waste in your school.

These resources supplement the assemblies delivered by Breathe California Sacramento's Food Waste Recycling team.

Primary Schools

- [Food Waste Education Pack \(curriculum\)](#) – this education pack is a mixture of lesson plans and resources to teach about the food waste issue and ways in which we can help to reduce the amount of food that is in landfills.
- [Healthy Planet US - Food Waste and the Environment \(lesson plan\)](#) – how is an apple produced and what steps does it go through to make it on our plate? This lesson goes over the different steps of the supply chain and the resources, energy, and labor lost from food waste.

Secondary Schools

- [Changefood.org \(lesson plan\)](#) – this lesson plan incorporates the TEDxManHatten video, [“Address the Excess – A Recipe for Cutting Food Waste”](#) and is designed to be integrated into a variety of learning settings, both educational and recreational.
- [Food Span - Our Wasted Food \(lesson plan\)](#) –students learn about why food waste is a problem across the supply chain and explores strategies to reduce it. The lesson includes extension projects that further empower students to reduce food waste in their homes, schools, and communities.
 - This lesson is taken from FoodSpan's [Food System from Farm to Fork curriculum](#).
- [Read, Write, Think – Finding Solutions to Food Waste: Persuasion in Digital World](#) – students investigate food waste in their cafeteria and explore the problem of food waste using electronic and traditional modalities.

All Grades

- [MSNBC – Food Waste an Educator's Guide](#) – a guide on teaching K-12 students in elementary, middle, and high school about food waste through conversation starter's, lessons, and activities.
- [Youth Downloads](#) – Download customizable PowerPoint versions of some of today's most popular games, including Mad Gab, Wheel of Wining, Jeopardy, Family Feud, and a host of others. Downloads are free although donations are accepted.