

School Breakfast Waste Reduction

presented by

Chicago Public Schools-Nutrition Support Services
& Seven Generations Ahead



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Why Are We Here Today?

- I. Talk about school waste reduction with a specific focus on how to reduce waste at breakfast.
- II. Provide information on the Action for Healthy Kids breakfast waste reduction pilot.
- III. Discuss how this program is designed to be adapted for each school.
- IV. Share ideas (materials, logistics, etc.).

Who Are We?

We are part of the team that worked with building engineers, custodians, lunchroom managers, teachers, principals, students and more to design and implement a breakfast waste reduction program that can be adapted for each school as needed.

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Why reduce school waste?

- Environment
- Education
- School-specific



- Remove the wet heavy liquid content from the landfill bags to make the custodian's job easier
- Remove the liquid from the dumpster to improve smell, reduce pests, and reduce rust from leaking dripping bags



Chicago Public Schools

- Recycling at CPS
- Recycling Rewards
- Drink. Drain. Recycle!
- FoodShare
- Free Things Program
- Green Clean-Out Contest
- Paper Waste Busters
- Composting Cohort
- Waste audits
- AFHK grant to reduce breakfast waste

Breakfast Waste Reduction

funded by Action for Healthy Kids

Chicago Public Schools-Nutrition Support Services was awarded a grant by Action for Healthy Kids to proactively address the environmental concerns surrounding breakfast in the classroom.

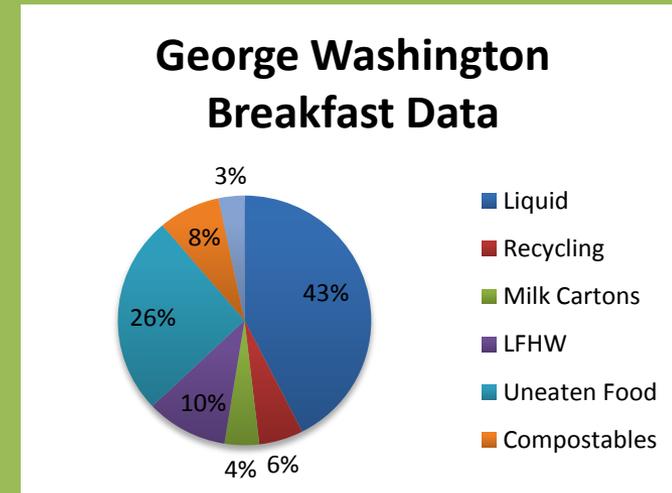
- 25 pilot schools selected
- Breakfast waste audits and observations completed
- Implementing pilot waste reduction strategies
- Techniques shared with other schools



Breakfast Waste Audit Results

George Washington Elementary (Nov 2011)

- 301 milk cartons used each morning = **51,113** milk cartons could be recycled each year
- 99.6 pounds of liquid each morning = **16,932** pounds could be kept out of the landfill each year
- 398 paper bags used each morning = **67,660** bags could be recycled each year



Breakfast Waste Reduction Goals

based on the breakfast waste audits conducted in Nov/Dec 2011

enrollment	# milk cartons to be recycled each year	Pounds of liquid to be kept out of the landfill each year*	# paper bags to be recycled each year
250 students	22,950 cartons	5,610 pounds	25,500 bags
500 students	45,900 cartons	11,220 pounds	51,000 bags
750 students	68,850 cartons	16,830 pounds	76,500 bags

Waste Reduction Program Overview

In addition to redistributing whole uneaten foods through the Love Food Hate Waste program, schools will select from the following options:

- Recycle clean paper (breakfast bags, unused napkins)
- Liquid (unfinished juice and milk)
- Recycle milk cartons
- Recycle other items (plastic, etc.)
- Compost fruit and vegetable scraps

Breakfast Waste Reduction

The A, B, Cs

- A. Breakfast served to be eaten in the classrooms
- B. Sorting stations available to sort recycling/ landfill, etc.
- C. Students eat and then sort their recycling/liquid/landfill in correct containers

Breakfast Waste Reduction

The A, B, Cs (continued)

D. Custodian collects:

- A) bags/bins and aggregates all recycling/milk cartons/landfill into larger bags or containers
- B) Buckets to take to slop sinks

E. Recycling and landfill put in outside dumpsters

F. Liquids dumped down drain

G. Buckets returned to classrooms, liner bags replaced, sorting stations ready for next breakfast

Breakfast Waste Sorting Station

classroom sorting



Breakfast Waste Sorting Station

hallway sorting



Breakfast Waste Sorting

Do and Don't Wall Sign



How to Sort Your Breakfast Waste

					
Do	<p>Do include:</p> <ul style="list-style-type: none"> -Apples -Pears -Cereal Bars -Graham Crackers -Unopened Cereal -and more 	<p>CAREFULLY empty milk cartons, juice, & cereal bowls into liquid bucket.</p> <p>Put your hand down inside bucket to dump liquid.</p>	<p>Empty milk from your carton BEFORE putting the empty open milk carton in the proper receptacle.</p> <p>Do include all empty milk cartons.</p>	<p>DO RECYCLE:</p> <ul style="list-style-type: none"> -Paper bags -White plastic cereal container (dump milk & scrape cereal into landfill first!) -Foil lid from juice -Unused napkins 	<p>Send as little as possible to the landfill!</p> <p>Help your friends and school community practice zero waste!</p>
Don't	 <p>Don't take milk if you won't drink it.</p> <p>Don't include:</p> <ul style="list-style-type: none"> -Eggs -Oatmeal -Juice -Milk <p>(Milk cannot be used again after you take it.)</p>	<p>Don't hold your hand above the bucket or things may splash and spill!</p>	<p>Don't include milk cartons with any amount of milk still in them.</p>	<p>Don't recycle:</p> <ul style="list-style-type: none"> -Containers without a recycle triangle -Any plastic #6 -Plastic baggies -Styrofoam -Sporks -Wrappers -and more 	<p>Don't throw material into the landfill that can be recovered and reused as new things!</p>

Examples of Pilot School Strategies

School	Items Recycled at Breakfast	Location of Sorting Stations
Canty	Paper, milk cartons, liquids	Mix of classrooms, hallway
Carson	Paper	classrooms
Columbus	All recycling, milk cartons, liquids	classrooms
Gunsaulus	Paper, milk cartons, liquids	classrooms
Hamilton	All recycling, milk cartons, liquids, composting	classrooms
Marsh	Paper, milk cartons, liquids	classrooms
Saucedo	All recycling, milk cartons, liquids	classrooms
Tarkington	Paper, milk cartons, liquids	Classrooms, lunchroom (1 st graders)
G. Washington	Paper, milk cartons, liquids	Mix of classrooms, hallway, lunchroom (kindergarten)

Breakfast Waste Reduction Team

Different schools divide responsibilities differently. It is important to involve everyone and know who is responsible for what.

- Building Engineers/Custodians
- Lunchroom staff
- Students
- Teachers
- Administration
- Program Implementation Specialists
- Parent volunteers (if available)



Breakfast Waste Reduction Team

Building Engineers/Custodians

BEFORE BREAKFAST: Assure each sorting station has needed bins/buckets, liner bags, signs, etc.

AFTER BREAKFAST: Collect bags and/or containers for disposal and recycling. Clean liquid buckets (if applicable).



Breakfast Waste Reduction Team

Lunchroom Staff

BEFORE BREAKFAST: Set up Morning Max breakfast station and oversee breakfast food pick-up. Assure each classroom has a Love Food Hate Waste bag.

AFTER BREAKFAST: Collect Love Food Hate Waste bags from classrooms.



Breakfast Waste Reduction Team

Students:

DURING BREAKFAST: All students sort their recycling/liquids/waste into appropriate containers.



RECYCLING CHAMPION (optional)

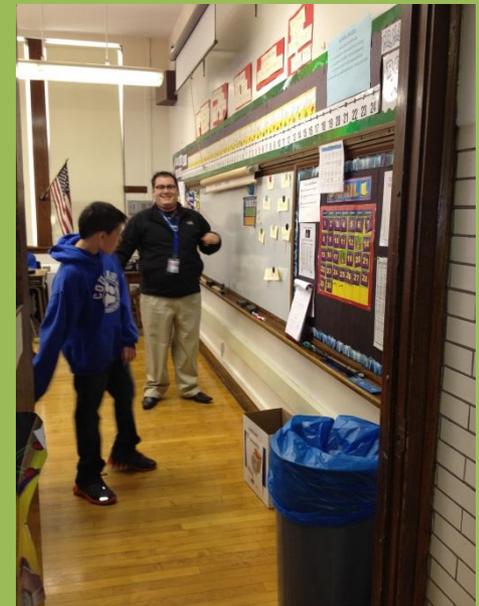
- BEFORE BREAKFAST: Recycling Champion makes sure sorting station is set up in the correct order.
- DURING BREAKFAST: Recycling Champion answers questions and makes sure items are sorted correctly.
- AFTER BREAKFAST: Recycling Champion puts bins in hall.

Breakfast Waste Reduction Team

Teachers

- Provide instruction for students when program is implemented
- Hang wall sign in classroom near sorting station
- Give feedback to students to ensure they are sorting correctly

Optional: select and train a Recycling Champion to oversee the program in the morning



Breakfast Waste Reduction Team Administration

- Support the goal to reduce breakfast waste
- Provide time for instruction for teachers and staff when program is implemented (Program Implementation Staff from CPS can provide this training)
- Give feedback to teachers, staff and students to ensure sorting is being done correctly
- Include supplies needed for this program in budget (liner bags, containers, colander for slop sinks, printing signs, etc.)



Breakfast Waste Reduction Team

Program Implementation Specialists

- Participate in initial meeting with Breakfast Waste Reduction Team to give overview of program and guide discussion of how this will work at your school
- Provide breakfast waste reduction program guide and support materials to school (flyer for Recycling Champion, PDF files of container and wall signs, etc.)
- Give overview of program at a staff meeting for teachers, building engineer, lunchroom staff, custodians, etc.



Breakfast Waste Reduction Team

Parents

Some schools are lucky to have parent volunteers. If your school does have parent volunteers, here are a few ways to get them involved.

- Support the goal to reduce breakfast waste
- Help during implementation at sorting stations
- Volunteer in kindergarten classrooms to help with breakfast
- Encourage their child to sort at school
- Recycle at home



Recommendations from Building Engineers Already Doing This

PICKING UP RECYCLING and LANDFILL

- Use larger (32 gallon) bins on wheels to take to each sorting station to pick up recycling, milk cartons and landfill.
- Dump bags from smaller containers into the corresponding larger one for disposal/recycling.
- Check that milk cartons have been emptied before adding to larger bin.



Recommendations from Building Engineers Already Doing This

PICKING UP LIQUID BUCKETS



- Collect milk buckets to take to slop sink.
 - Some schools use a rolling cart to collect buckets on each floor.
 - Some schools use buckets with handles to make carrying multiple buckets easier.



Recommendations from Building Engineers Already Doing This

DUMPING AND CLEANING LIQUID BUCKETS

- Dump and clean buckets
 - Drain milk buckets through a strainer or screen to catch cereal and straws.
 - Clean buckets using a hose and/or sprayer attachment.



Troubleshooting

Problem: Some classrooms are sorting well and others mix everything up together

Suggestion(s): Give feedback to principal on classes not sorting; Give feedback to lead teacher on classes not sorting;

Problem: Milk cartons are put in recycling with milk still in them

Suggestion(s): Use clear bags for milk cartons; Have students put cartons OPEN in recycling; Give feedback to principal/lead teacher

What Building Engineers Have to Say

“Keeping milk out of the garbage has been great. The bags are not as heavy and we have less spills and leaks.”

“It is important to do this for the environment and for teaching the kids. They need to learn about recycling.”

“I can handle my part of this as long as the teachers and students do their part.”

“After you came we decided to give this a try on our own. We just put out buckets and the kids are dumping their milk in. It is working.”



Final Comments

- Keep it simple
- Fit this program in with what your school is already doing at breakfast
- Make sure you have a team that includes the school principal and teacher(s)
- Get ideas from other schools and building engineers who are already doing this
- Know this is a process and will take time to really work
- Share when certain classes/grades are doing a good job – celebrate successes