



No Taste for Food Waste

Dear Educator,

Each year, the average American family throws away as much as \$2,200 worth of uneaten food. In fact, 40% of all food in the United States ends up in landfills. Several factors contribute to food waste, including food choices and unsafe food handling. But whatever the cause, now's the time to teach students how to prevent food waste in their homes.

Developed by the curriculum specialists at Young Minds Inspired (YMI) in cooperation with the National Frozen & Refrigerated Foods Association, this free, standards-aligned teaching kit will help you educate your students about the problem of food waste and the importance of food safety, as they explore how frozen and refrigerated foods can be part of the solution.

Please share this kit with other family and consumer science, environmental science, and health teachers at your school. Although these materials are protected by copyright, you may make as many copies as you need for educational purposes.

We hope you will let us know your opinion of this program by visiting ymiclassroom.com/feedback-nfra2019. We depend on your feedback to continue providing free educational programs that make a real difference in students' lives.

Sincerely,

Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired



Questions? Contact us toll-free at 1-800-859-8005 or by e-mail at feedback@ymiclassroom.com.

Target Audience

Middle and high school students (and their families) in family and consumer science, environmental science, and health classes

Program Components

- This teacher's guide
- Three activity sheets
- A microsite with additional resources available at ymiclassroom.com/nfra2019

How to Use This Program

Download and photocopy this teacher's guide and the three activity sheets. Prepare the materials for each activity in advance.

Activity 1

No Taste for Food Waste

Materials needed: computers and internet access

Ask students to think about what they ate for dinner or lunch and take a guess as to how much of that meal was thrown away. Then ask them to guess what percentage of food is thrown away in America every year. Again, let them share their thoughts.

Instead of giving the answer, show and discuss the one-minute video *No Taste for Food Waste* found at youtu.be/y-TnckV1ioo. Were students shocked by the fact that 40% of food ends up in landfills? Why do they think that is, and how can eating frozen and refrigerated foods help reduce food waste?

Have students form small groups. Then pass out the activity sheet. Tell students that they will go on a WebQuest to answer these questions and to find out more about how frozen and refrigerated foods can help reduce food waste.

(Continued on next page)



For more information about how to reduce food waste, go to easyhomemeals.com/easy-ways-frozen-food-can-reduce-food-waste

Answers:

Part 1: THE STATISTICS: 1. 300 lbs; 2. Food; 3. Landfills become full of methane gas; families lose money.

Part 2: THE SOLUTION: 1. Answers will vary but may include smaller or right-sized portions (take out only what you will eat), longer shelf life, convenience and flexibility, vegetables and fruit always in season; 2. Freezing technology and eco-friendly packaging. A longer shelf life means food won't spoil before it can be eaten, thus reducing the chances of it being thrown out.

Part 3: FOUR STEPS TO FOOD SAFETY: Answers will vary and should include one fact from the four core elements: shop, chill, thaw, cook.

When students have completed the WebQuest, have a representative from each group give a brief oral summary of what they learned. Then ask students to complete Part 4 by tracking how much food they waste at home for one week. At the end of the week, have students share their results and brainstorm how frozen and refrigerated foods might help reduce that quantity of waste.

Activity 2 Check the Date!

As a review, ask students to share some of the key points they learned from the video and the WebQuest and discuss their answers. Then pass out the activity sheets.

In Part 1, initiate a class discussion about the chart detailing storage life for frozen and refrigerated foods. Ask the students to navigate to <https://consumerbrandsassociation.org/posts/grocery-industry-launches-new-initiative-to-reduce-consumer-confusion-on-product-date-labels>, or use a projector to display the website. Then, discuss the meanings of "Use by" and "Best if used by" and why it's important to pay attention to those dates. Have the students take home the activity sheet and fill out the graphic organizer, using it to inventory what is in their freezers and refrigerators. Point out that they also need to list the "Use by" and/or "Best if used by" dates

of the foods they inventory. After students complete their graphic organizers, have them use the information to create a waste-reducing menu of meals featuring the frozen and refrigerated foods in their homes.

Activity 3 Ready for Action?

Begin with the fun pop quiz to see how much students really know about food safety practices for frozen and refrigerated foods. Have students answer the true or false questions, then reveal the correct answers, discussing them as you go along. When you are finished, ask students whether some of the quiz answers surprised them, and why.

Answers:

1. *False.* Freezing food after it's been thawed is not safe. It can also lower the quality of your food.
2. *True.* Freezer temperatures should not rise above 0° F. This is the optimum temperature for safety and freshness.
3. *True.* Never let food thaw on the counter.
4. *True.* Always follow the packaged cooking instructions for optimal food safety and quality.
5. *False.* Most frozen foods are intended to be cooked directly from the frozen state. They are not meant to be stored in the refrigerator before cooking or eating.

For Part 2, have students form small groups and write a PSA (public service announcement) script about how frozen and refrigerated foods can contribute to solving the food waste problem in the United States. If time and resources allow, or as an extension activity, have students produce a video or podcast of their PSA or perform it in front of the class.

Resources

National Frozen and Refrigerated Foods Association www.EasyHomeMeals.com

Young Minds Inspired www.ymiclassroom.com

For more information about how to reduce food waste, go to easymhomeals.com/easy-ways-frozen-food-can-reduce-food-waste



NO TASTE FOR FOOD WASTE

How much food do you think is wasted in America each year? 5%? 10%? More? Let's take a WebQuest to find out.

Part 1: The Statistics

Visit the infographic located at www.easyhomemeals.com/tips/food-waste-infographic and answer the following questions:

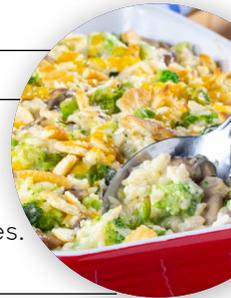
1. How many pounds of food per person in the United States are thrown out every year? _____
2. What is the #1 component found in America's landfills? _____
3. List two negative effects of throwing away so much food:
 - a. _____
 - b. _____



Part 2: The Solution

Now visit www.prnewswire.com/news-releases/how-to-reduce-food-waste-over-the-holidays-video-300751737.html?tc=eml_cleartime and answer the following:

1. List three ways purchasing and eating frozen and refrigerated foods can help reduce food waste:
 - a. _____
 - b. _____
 - c. _____
2. Name two methods that help keep frozen foods fresh longer. How do you think that can help reduce food waste?
 - a. _____
 - b. _____



Part 3: Four Steps to Food Safety

Visit www.easyhomemeals.com/tips/food-safety-resources, and read about four core practices for food safety to help reduce food waste. Describe one way you can follow each of the core practices.

1. Shop: _____
2. Chill: _____
3. Thaw: _____
4. Cook: _____

Part 4: Track It

Now, use this chart to track how much food your family wastes in one week. **Be sure to ask everyone in the family how much they think they wasted, and then average the total.** At the end of the week, bring this activity sheet back to class and brainstorm with your teacher and classmates how frozen foods and storing, handling, and cooking food properly can help reduce waste.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

For more information about how to reduce food waste, go to easyhomemeals.com/easy-ways-frozen-food-can-reduce-food-waste



CHECK THE DATE!

Part 1: Understand the Dates

Do you know how long you can keep food in your refrigerator or freezer before it spoils? Here are some common refrigerator and freezer items. What do you think?

FROZEN FOODS

- _____ Meatballs
- _____ Chicken
- _____ Vegetables
- _____ Bread/Rolls
- _____ Ice Cream

REFRIGERATED FOODS

- _____ Milk
- _____ Cheese
- _____ Yogurt
- _____ Eggs
- _____ Cream Cheese

Go to www.easyhomemeals.com/tips/frozen-refrigerated-food-time-chart to find out if you're right.



Manufacturers often label their food products with “Use by” and “Best if used by” dates to help consumers make food choices that will prevent waste. The “Use by” date refers to the date the product should be consumed by or discarded after that date. The “Best if used by” date indicates the product may not taste or perform as expected but can still be safely used or consumed. There’s no better means of preserving food than freezing. Because many frozen foods are flash-frozen at the peak of ripeness, they maintain their nutritional quality and can be stored and enjoyed for much longer than other foods.

Part 2: Check the Dates

Now, use this chart to inventory the foods in your freezer and refrigerator at home, and organize them by type of food and “Use by” dates.

		“USE BY” DATE	“BEST IF USED BY” DATE
Meats 			
Breads 			
Fruit 			
Vegetables 			
Dairy 			



Get creative! On the back of this page or a separate sheet of paper, describe two waste-reducing meals featuring the frozen and refrigerated foods in your home. Be sure to list the ingredients and write the preparation instructions.

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READY FOR ACTION?

You've learned a lot about food waste and food safety. Now use what you've learned to make a difference.

Part 1: Fact Check

First, read the following statements about food safety practices for frozen and refrigerated foods. Write down whether you think the statements are true or false.

1. _____ It's safe to refreeze frozen food after it's been thawed.
2. _____ Freezer temperatures should not rise above 0° F.
3. _____ The safest way to thaw frozen food is in a refrigerator that is set to a temperature less than 40° F.
4. _____ It's important to follow the packaged cooking instructions for optimal food safety and quality.
5. _____ Most frozen food needs to be thawed before cooking.

Part 2: Join the Fight Against Food Waste

Now turn what you've learned into a public service announcement (PSA) about how frozen and refrigerated foods can help us reduce the food waste problem. Answer the questions below to help you organize your thoughts.

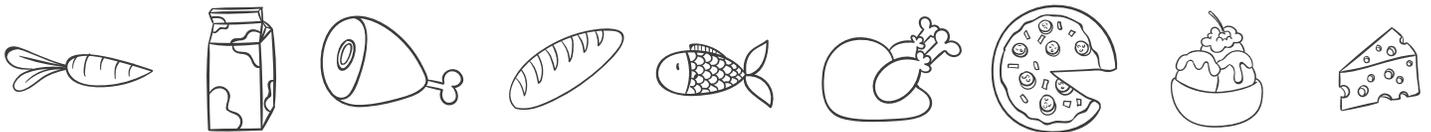
1. Who is your audience? Your family, your peers, the general public?

2. How will you grab your audience's attention? A joke, a statistic, a short personal story, music?

3. What are the main points you want to cover?

4. What is your call-to-action for your audience? Leave them with a goal!

TIP: Most public service announcements are around 30 seconds long, with between 5 and 7 sentences. Be concise! Now, write your PSA on the back of this sheet or on a separate sheet of paper and share it with the class!



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