

New Waste Watch Program at Saltar's Point

American consumers waste about one pound of food every day. One third of food produced for human consumption goes to waste each year. Much of household food waste is due to spoilage, overcooking, plate waste, and over-purchasing. These are terrible statistics — But we can do something about it!

In the Steilacoom Historical School District No. 1, we batch cook—which means we only cook what students eat. With a collaboration with the Pierce County Health

Dept, we use best-practice safety protocols to repurpose unserved items. So the unused rice from today's teriyaki beef dippers becomes breakfast fried rice tomorrow morning!

Waste Watch powered by Leanpath is a pilot program we've begun at Saltar's to look at our waste and see what we can do to offset it in our schools. It is a simple scale which identifies how much food is being thrown out and tracks the carbon footprint of that waste.

We are also looking forward to integrating more education into our lunch program to ensure students really understand the National School Lunch Program requirement of 1/2 cup fruit or vegetable, along with only taking what they will eat. This sets them on a path of heathy choices and waste reduction that will benefit them for a lifetime!



Broccoli

Broccoli contains many vitamins, minerals, fiber, and antioxidants. Broccoli's benefits include helping reduce inflammation and strengthening the immune system. Kids love them because they are crunchy little "trees"!

Try cooking broccoli on high heat. This caramelizes the outside, creating a sweet nutty flavor. Add a sprinkle of parmesan cheese and a squeeze of lemon for a fantastic, family-pleasing side dish.

