



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



Fightin' Off Food Waste

As you pile your plate with the dining hall's daily goodies, you are probably not considering what food you may end up wasting. There are many things you can start doing to reduce the amount of uneaten food that gets a one-way ticket to the trash bin.

Facing the Facts



- A typical college student generates about **142 pounds** of food waste each year.
- Uneaten food **wastes resources** such as the energy, nutrients, and water used for production.
- Food waste makes up **21%** of total human waste.
- Food waste in landfills produces **methane**, a powerful greenhouse gas that heats up the earth's atmosphere.

Reduce, Reuse, Recycle

- Limit **pre-packaged** grab and go items.
- Eat in the dining hall instead of getting takeout to **limit** use of disposable plates and other dishware.
- If you do get takeout, pass on the plastic bag and bring your own **reusable** bag.
- **Recycle** cardboard, plastic, glass, and metal.
- Opt for one plate of food at a time, get seconds if you are still hungry, to **avoid wasting** food.

How Rutgers Reduces



- Since going tray-less in 2014, Rutgers experienced a **22% reduction in food waste**.
- Rutgers **diverts food scraps** to a local farm for use as animal feed to reduce waste that ends up in landfills.
- In the first full year of the *Cupanion* program, **over 700,000** each of cups, lids, and straws were prevented from going to landfills.
- Due to aerobic digesters, there is **zero waste** going into landfills from the IFNH on Cook.
- Busch Dining Hall utilizes a Vegawatt™ power system, which turns wasted cooking oil into **clean, renewable energy** in the form of on-site electricity and hot water.



This newsletter was developed in partnership with the Rutgers Students for Environmental Awareness.

There is no plan(et) B

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Questions? Follow our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU_HDT**), SnapChat (**RU_HDT**) or e-mail us at peggyp@dining.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>.