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


Questions? Follow our Facebook (RU Healthy Dining Team), Twitter (@RUHDT), Instagram (@RU_HDT), SnapChat (RU_HDT) or e-mail us at peggy@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.