



# 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



### Talking Trash

Picture this: You enter the dining hall ready to fuel your body with delicious food. You pile your plate high and sit down to eat. After a few minutes, you discover your eyes are bigger than your stomach and have leftover food. You place your plate on the conveyor belt and leave the dining hall without a second thought. But what happens to the leftover food? Food waste is a national problem in which food fit for consumption is thrown out. Over 1/3 of the US food supply goes into the trash, wasting resources (like money, water, and energy), and negatively impacts the planet. Read below to learn how you can do your part to reduce food waste.

#### Why reducing food waste is important:

**Lower carbon footprint** – Cutting back on food waste reduces the amount of decomposing food in landfills which emit greenhouse gases. It also conserves natural resources thereby lowering the carbon footprint.

**Community benefits** – Remaining wholesome food can be donated to those who need it rather than thrown out.

Most preferred method

#### What you can do:

**Only take what you need** – Start with smaller portions. You can always go back up and get more if you are still hungry.

**Eat what you take** – The smaller portion sizes can help you be mindful to eat until you are satiated and without any waste. When trying something new, take a small amount at first to see if you like it.

Least preferred method

#### Rutgers Dining Services Food Recovery:

**Donations** – Dining Services donates extra wholesome food to New Life Food Pantry, Elijah’s Promise, Catholic charities in New Brunswick and Piscataway, and Rutgers Student Food Pantry.

#### Food Waste Digesters:

**Food Waste Digesters** – Dining Services uses six Food Waste Digesters to reduce food waste. Leftover food is broken down by enzymes and converted into “liquid waste” that safely enters the sewer system.

Scan to find out more

*Throw out wasteful habits!*



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References: *Food Waste*. Available at: <https://www.hsph.harvard.edu/nutritionsource/sustainability/food-waste/>. Accessed on: February 20, 2023.

*College Campus Food Waste Reduction Tips*. Available at: <https://stopfoodwaste.org/tips/plan/college-campus-food-waste-reduction-tips>. Accessed on: February 20, 2023.

*Food Recovery*. Available at: <http://food.rutgers.edu/foodrecovery/>. Accessed on: February 20, 2023.

*2022-23 Rutgers Dining Services Sustainability Practices*. Available at: <http://food.rutgers.edu/diningsustainability/>. Accessed on: February 28, 2023.

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