

ALABAMA

Section 1: School Demographics

School Name

Central High School

Principal's name

Dr. Clarence Sutton

School Address

905 15th St
Alabama 35401
United States

[Map It](#)

Number of students (total enrollment)

736

Lowest grade

9

Highest grade

12

This school is:

- A public school

Please explain:

Number of students by grade level

Elementary or lower	Middle grades	High or upper school
0	0	736

Number (or percent) of students eligible for free or reduced lunch

Free lunch	Reduced lunch	Neither free nor reduced lunch
100%	100%	0%

Section 2: Background about school lunch

How many students buy lunch in the school's cafeteria?

71 to 90 percent

How many minutes do students have to eat lunch?

25

Are students allowed to eat lunch in rooms/buildings other than the cafeteria?

Yes

Are students allowed to leave campus for lunch?

No

Which students are allowed to leave campus for lunch?

Are there any times during the school year when breakfast or lunch is free to all students?

Yes

Please explain:

Free/reduced breakfast and lunch is provided to all of the students everyday. All students at Central High School are eligible for the free/reduced meal. We would say that about 80% of the students actually eat the free meal.

Who controls the portions and servings students receive?

Students (buffet style or open access allows students to choose their own portion)

Please explain:

Does the school serve set meals (e.g. chicken nuggets with potatoes and carrots) or can students choose what they want from the menu?

The students can pick which sides they would like, if any

Please explain:

Are fruits/vegetables required with every meal?

Yes, fruits/vegetables are included in the price

In your teams' opinion, are students content with the meal options at school?

No, very dissatisfied

Please explain:

In the week that we conducted the food waste audit, we wasted over 500 pounds of food waste alone. Along with that, we constantly hear the students complaining about the food served in the cafeteria.

What type of utensils do students use to eat?

Disposable utensils, such as traditional plastic

Please explain:

What type of plates/trays are used to serve the food?

Styrofoam plates or trays that are recovered for recycling

Please explain:

Section 3: Food waste activities at the school

Does the school use any of the following waste reduction activities?

- Offer smaller portions for students who may want less food

Please explain:

Has the school performed a food waste audit previously?

No, a waste audit has not been considered

Please explain:

Which of the following generates the majority of food waste at your school?

Student food waste

Please explain:

On average, do you think food waste is an issue at your school?

Yes, somewhat important

Section 4: School Waste Data Form

School name

Central High School

Date of audit

03/20/2017

Students in attendance on day of audit

700

Numbers of lunches served on day of audit

580

Menu served on day of audit

Pizza

Glazed Carrots

Sweet Peas

Salad / Fruit

Milk

Waste type: Unopened food

A: Type of food	B: Number of items	C: Weight of empty bin	D: Total weight	E: Net weight (Total - Empty)
Fruit Sides	26	1.5	16.2	8.7
Vegetable Sides	0	1.5	7.5	0
Yogurt/Dairy sides	23	1.5	9	1.5
Chips/Crackers	10	1.5	10.5	3
Milk Cartons	183	1.5	113.64	106.14
Sandwiches	7	1.5	10.3	2.8
Condiments	503	1.5	14.89	7.39

Total net weight of unopened food

182.03

Notes regarding unopened food

We conducted the audit for one week (March 20-24). The numbers from the table above are composed of data for Monday-Friday. All numbers were recorded in pounds.

Waste type: Food waste

A: Bin/Bag Number	B: Weight of empty bin	C: Total weight	D: Net weight (Total - Empty)	E: Picture taken of the bin? (Y/N)	F: Percent full
Monday (3)	1.5	96.4	91.9	Y	93%
Tuesday(3)	1.5	90.9	86.4	Y	85%
Wednesday(6)	1.5	89.5	80.5	Y	85%
Thursday(7)	1.5	147	136.5	Y	100%
Friday(8)	1.5	139.5	127.5	Y	100%

Total net weight of food waste

522.8

Waste type: Liquid waste

A: Bin/Bag Number	B: Weight of empty bin	C: Total weight	D: Net weight (Total - Empty)	E: Picture taken of the bin? (Y/N)	F: Percent full
Monday(3)	1.5	34.7	31.7	Y	25%
Tuesday(3)	1.5	29.2	26.2	Y	20%
Wednesday(6)	1.5	29.25	23.25	Y	20%
Thursday(3)	1.5	43.8	40.8	N	35%
Friday(3)	1.5	25	22	Y	15%

Total net weight of liquid waste

143.95

Waste type: Recycling

A: Bin/Bag Number	B: Weight of empty bin	C: Total weight	D: Net weight (Total - Empty)	E: Picture taken of the bin? (Y/N)	F: Percent full
Monday(4)	1.5	33.3	27.3	Y	100%
Tuesday(6)	1.5	35.51	22.51	Y	100%
Wednesday(4)	1.5	29.25	23.25	Y	100%
Thursday(5)	1.5	28.5	21	Y	100%
Friday(5)	1.5	36.9	29.4	Y	100%

Total net weight of recycling

123.46

Waste type: Other (Landfill)

A: Bin/Bag Number	B: Weight of empty bin	C: Total weight	D: Net weight (Total - Empty)	E: Picture taken of the bin? (Y/N)	F: Percent full
Monday(3)	1.5	16.75	12.25	Y	100%
Tuesday(3)	1.5	18	13.5	Y	100%
Wednesday(5)	1.5	18.35	10.85	Y	100%
Thursday(4)	1.5	19.8	13.8	Y	100%
Friday(3)	1.5	12.5	9.5	Y	100%

Total net weight of other wastes (landfill)

47.9

Notes regarding food, recycling, and other (landfill) wastes

As we said before, we conducted the audit for a week. Because of this, we decided to put the day of the week for that data under column "A" for all of the categories that weren't "Unopened Food" All numbers were recorded in pounds.

Describe the process you used to establish clear guidelines for students to follow to sort their food waste.

We used the colorful signs provided by LifeSmarts as indicators for the students to know where to put their waste.

Upload photos

Link to files unable to upload

Pictures -

<https://drive.google.com/drive/folders/0B8YIo3oZ3H1ib2F3ZC1RUFpzM0k?usp=sharing>

Would your team be interested in being part of the food waste panel at Nationals?

Yes

Section 5: Critical Thinking

Based on your observations during the food waste audit, make three recommendations to your School Board to reduce food waste.

1. Offer more customizable sizes for students.
2. Make more of an effort to educate the students about food waste in the school system.
3. Offer a more appetizing food selection for the students.

Justify a school's role in teaching children about food waste and the impact food waste has on school budgets, the environment, and hunger in the community.

The US Environmental Protection Agency has set a goal to reduce food waste by 50% by the year 2030. Based upon your experience conducting this food waste audit, will the US meet this goal? Explain why or why not.

Based on our experience during this food audit, we do not think that the EPA will reach its goal by 2030. Just at Central alone, we wasted over 500 pounds of food waste in a week (five days). That's over 100 pounds a DAY thrown away. There are 180 days in our school year, so if we waste over 100 pounds of food a day, that leaves us with wasting over 18,000 pounds of food in a year. On top of that, there are thousands of high schools across the country. Keep in mind Central is one of the smaller schools, with only 736 students. We highly doubt that the US will come close to reaching this goal in the next 13 years, but raising awareness through advertising is good.

Detail two or three findings or observations that surprised you. Describe how conducting this food waste audit has impacted you and your team, and the way you think about food in America.

1. Students would get lunch and not touch anything on their plate, and just throw away full trays of food.
2. The fact that there was over 500 pounds thrown away in one week.

Conducting the audit in our school allowed us to gain new knowledge on food waste in our country first hand.

What is one obstacle your team faced during the audit and how did you work to resolve it? If the issue went unresolved, what steps would you take to reevaluate your approach?

Bonus Question

Should all schools be required to do food waste audits on a regular basis? Why or why not?

Support your answer.

Yes, we feel that food waste audits at schools should be conducted annually to remind kids how important it is to conserve food and not waste so much of it. When we conducted the audit, students in our school showed great interest as well as teachers. Our IB coordinator already made the decision that we will be conducting the audit annually for the rest of our high school enrollment.