



# NorthBay At Home: Food 101 For Families



**LOCATION:** UNITED STATES | **SPAN:** REGULAR ENGAGEMENT | **TARGET AUDIENCE:** MIDDLE SCHOOL STUDENTS AND THEIR FAMILIES

## OBJECTIVE:

To investigate the energy and labour required for food to come from a field to one's plate, and the amount of food waste generated by students' families. Also, to analyse how that energy is wasted when food is discarded.

## INITIATIVE SUMMARY (WHAT & HOW):

This programme addresses the problem of food waste in America, where an estimated 40% of food grown is wasted. In the lesson Food 101 For Families, youth watch an engaging video featuring a NorthBay educator to learn about the issue. The educator prompts them to download a journal where they draw a picture to illustrate all the people, processes and energy invested in one food item they recently consumed. Next, they track their families' food waste for one week. After they record and share findings online, they develop an action plan to reduce food waste.



**Impact:** Reduce food waste and energy.



**Resources:** Students, Downloaded journal from the website



**Application:** Scalable and replicable (online courses can be performed).



**5Rs/Other Keywords:** Reduce, Energy

## Innovative Features

### Open access to a guided inquiry

- Blends environmental science with social science, emotional learning and action
- Enables students to track their family's food waste and to plan to reduce their food waste, as well as share their actions on social media.

### Huge number of outreaches

- Potentially unlimited for online while the campus can reach appx. 4,000 per year.

## Educational Features

- Provides experiential learning.
- Students collect, measure and analyse family food waste, and then, develop, implement and share action plans to reduce food waste.
- Promotes behaviour change of youth.
- Raise awareness of food waste and energy and labour investment in one piece of food.
- schools have implemented plans to reduce waste



### Useful link

**Webpage:** <https://northbayadventure.org/food-101-for-families/>

**Contact**  
Rick Garber, Director of Education  
[rgarber@northbayadventure.org](mailto:rgarber@northbayadventure.org)



## Food 101 for Families



Andre Dzikus, Chief Urban Basic Services Section  
[WasteWiseCities@un.org](mailto:WasteWiseCities@un.org)  
<https://unhabitat.org/waste-wise-cities>  
#WasteWiseCities