



Pennsylvania
Resources
Council

On Campus



REDUCING CAMPUS FOOD WASTE

EAT WELL, SAVE MONEY, WASTE LESS



Students on campus can reduce food waste

According to EPA's Wasted Food Report data on university campus food waste:

- 618,106 tons of food become wasted per year
- 404,043 tons of this waste end up in the landfill

YOUR CHOICES WILL MAKE A DIFFERENCE

TAKE LESS, USE MORE

- **SMALLER PORTIONS:** If your dining hall allows, start with a smaller portion and go back if you're still hungry.
- **SAMPLE FIRST:** Ask to try a sample of a new food before committing to an entire portion. Food that hasn't been served can still be used in future meals.
- **TAKE LEFTOVERS:** Eat what you (or servers) put on your plate and take any leftovers to eat later (or to share). Anything left on your plate is waste!



STORE SMARTER

- **BE READY:** Carry a reusable cup or container with you to make packing leftovers less wasteful and more convenient.
- **CONTAIN CORRECTLY:** Seal and store food correctly to keep it fresh longer.
- **KEEP TRACK:** Use clear storage containers to help you keep track of what's in your fridge and label them with the date so you know what needs to be eaten first!
- **SHARE SHELF:** Designate a shared food area so others can enjoy leftovers you aren't able to finish.



CAMPUS COMPOST?

Does your dining hall have a composting program? Composted food waste won't end up in the landfill! Take advantage of existing opportunities—or ask your school about bringing composting to campus!



U.S. college campuses generate 22 million pounds of food waste each year

Why should WE care about food waste?

You can have a direct effect on reducing residential waste, which in turn has personal, local, and global impacts!

DO IT FOR YOURSELF

Eat well while saving money

DO IT FOR OTHERS

Fight food insecurity & support local farmers

DO IT FOR THE PLANET

Conserve natural resources, lower greenhouse gas emissions & save space in landfills

RESOURCES

In Person: Campus Sustainability Office
Environmental groups

Online resources to get you started:

compostingcouncil.org/page/CollegeZeroWastePlaybook
hub.aashe.org and aashe.org/resources/for-students



Pennsylvania
Resources
Council

A Pennsylvania where nothing is wasted

prc.org



POSNER
FOUNDATION
of Pittsburgh

Made possible through
the support of