

# EARTH TIPS



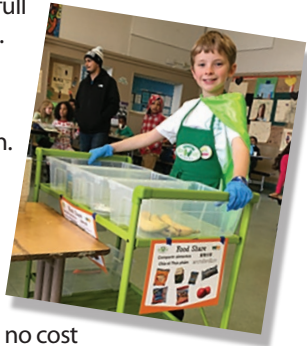
Presented by Altamont Education Advisory Board

## The Food Share Table

Sequoia Elementary School student, Sabrina, took her milk at the lunch line, but decided she wanted water instead. Her friend Adolpho had a classroom birthday party, so he was too full to eat the yogurt he got from the cafeteria.

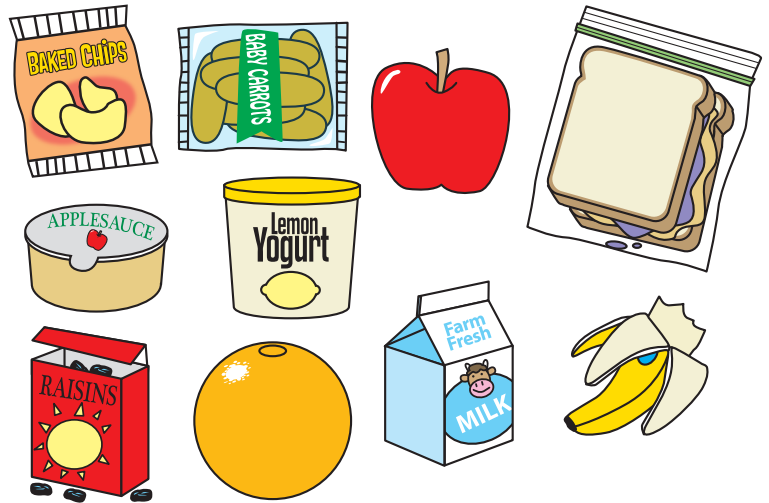
Before this school worked with StopWaste to start a Food Share Table, Sabrina and Adolpho threw unwanted food in the trash. From there, the trash went to the landfill and caused the formation of climate changing methane gas instead of feeding other children at school.

Now with the school's Food Share Table, other children can enjoy nutritious food at no cost during mealtime, keeping good food out of the landfill.



## What goes on the Food Share Table?

Food that is whole, uneaten or unopened can be placed on the Food Share table. Circle the foods that can go to the Food Share Table. Then, check your answers at the bottom of the page.



ANSWERS: Foods that can go on the Food Share table are: yogurt, apple, orange, milk, applesauce, sealed carrot packet and sealed bag of chips. The foods that can't go on the table are: banana that has been bitten, sandwich from home and the open box of raisins.

[altamontteab.org/downloadable-resources](http://altamontteab.org/downloadable-resources)

## Action! Students Make Videos to Sort Cafeteria Waste



Jessica

Allendale Elementary School fifth graders in Oakland studied the problems caused by the food wasted by fellow students at their school cafeteria. Then they decided to take action!



Ayriel

These 5th grade students have transformed into Student Action Heroes! They helped create and starred in a StopWaste video series on how to sort cafeteria waste at school.



Marcus, Jesus, Undrais



Undrais

Now students everywhere can learn how to sort cafeteria waste! All you have to do is go to **StopWaste.org** and enter "School Sorting Videos" in the search bar to see the Allendale student videos!

## How to Sort Cafeteria Waste at School

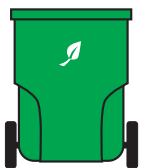
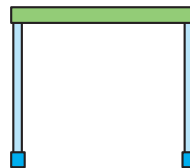
Draw a line to show where each of these lunch items belongs.

Food Share Table

Recycling Bin

Landfill Bin

Compost Bin



ANSWERS: Apple core and grape stem goes in compost bin. Soda can goes in recycling bin. Plastic utensils go in landfill bin. Unopened baby carrot package goes on food share table.

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## The Sorting Game

After eating your school lunch, what do you do with the papers and containers that are left? **Sort them into the right bin!** Putting waste in the right bin helps keep our planet healthy.

Anything that was once alive can go in the compost bin!



Napkins always compost because their fibers are not able to make new paper.

unopened packages or unbitten food goes here  
Food Share Table

Recycling Bin

Landfill Bin

Compost Bin

Follow the maze to see where each leftover lunch item should go.



make sure cartons and beverage containers are completely empty



plastic utensils are too small to capture at the transfer station



anything that was once alive can be composted

## Gifts Galore!

Our planet Earth has many, many, many gifts that we use in our daily lives. Resources from the Earth are called **natural resources**. They come from nature.



Beware!  
Taking too many natural resources from the planet means you could run out of them!

By reducing, reusing, recycling and rotting (composting), we reduce the demand for new products and reduce the need to take new resources from the planet.

There are three kinds of natural resources in the world: **Renewable, nonrenewable and perpetual**. Find out about these in next month's Earth Tip in *Kid Scoop News!*

Do the math to find out what different natural resources provide people.

TREES



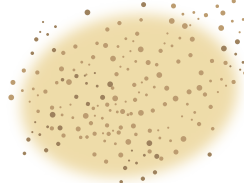
15 = \_\_\_\_\_  
9 = \_\_\_\_\_  
18 = \_\_\_\_\_

OIL



12 = \_\_\_\_\_  
13 = \_\_\_\_\_  
16 = \_\_\_\_\_

SAND



11 = \_\_\_\_\_  
19 = \_\_\_\_\_  
7 = \_\_\_\_\_

METAL ORES



25 = \_\_\_\_\_  
20 = \_\_\_\_\_  
4 = \_\_\_\_\_

- 8 + 8 = CANDLE WAX
- 5 + 5 + 5 = PAPER
- 7 + 6 = PLASTICS
- 3 + 3 + 3 = CARDBOARD
- 14 - 3 = GLASS
- 9 + 9 = WOOD
- 32 - 7 = POTS & PANS
- 16 + 4 = CELL PHONES
- 5 + 7 = VEHICLE FUEL
- 17 + 2 = COMPUTER CHIPS
- 14 - 7 = SAND CASTLES
- 2 + 2 = MACHINERY

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## Food-soiled Paper

When food wrapped in paper is unwrapped, some of the food sticks to the paper. This is called **food-soiled paper**.



Food scraps and food-soiled paper are the largest single item in our waste and make up about a third of what gets thrown away. **Paper towels, paper plates, napkins, paper coffee cups and paper lunch bags** are just a few examples of food-soiled paper.

**Where should you throw away food-soiled paper?** The landfill bin? The recycle bin? The compost bin? Write your prediction on these lines.

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### Where should food-soiled paper go?

26	24	24	12	9	23	18	13	20	7	12	
8	7	12	11	4	26	8	7	22	12	9	20
7	19	22	25	22	8	7	11	15	26	24	22
7	12	7	19	9	12	4	26	4	26	2	
21	12	12	23	8	12	18	15	22	23		
11	26	11	22	9	18	8	18	13	7	19	22
24	12	14	11	12	8	7	25	18	13		

### SECRET CODE

26 = A	13 = N
25 = B	12 = O
24 = C	11 = P
23 = D	10 = Q
22 = E	9 = R
21 = F	8 = S
20 = G	7 = T
19 = H	6 = U
18 = I	5 = V
17 = J	4 = W
16 = K	3 = X
15 = L	2 = Y
14 = M	1 = Z

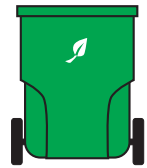
Circle the bin where food-soiled paper belongs.



Recycling Bin



Landfill Bin



Compost Bin



Some people say the way to someone's heart is through their stomach. That means that sharing love can be simply done by sharing food.

\$5 million a day in uneaten food is wasted at schools. Schools in Oakland have learned that the food one student doesn't want is wanted by someone else.

Students put any unwanted school food program food that isn't bitten or opened on a **Share Table**. Other students can take these food items from the Share Table and enjoy it. Some Oakland Schools donate leftover food to those in need in their community.

There are many things that can be done to reduce wasted food at your school, talk to your food service staff or department to find out more. More help can be found at [StopWaste.org](http://StopWaste.org).

Replace the missing vowels to see what Amayah, a student from Hoover Elementary School, had to say about sharing food.

"I th\_nk it's n\_ \_ce and h\_lpf\_l to g\_v\_ f\_\_d to the h\_m\_l\_ss, b\_c\_\_se they d\_n't h\_ve \_\_nough f\_\_d or a h\_m\_."

W A K T C B D O O G R A P E S H U N G R Y F  
 V N P U D D I N G S I I R S S E N D N I K G  
 H A A R U R T D A H F V Q E U L O O H C S R  
 S N K S L S N X Z A B X I P C P R Y N D A E  
 E A L T O U L C A R R O T N G I E S E E H C  
 R B I P B E N B P I Y Q A T G N U Y R M D U  
 F Y M K L Y A C S N I C E O V G B J L N I D  
 J O Z N W U C T H G E L I M S H E A R T S O  
 C L O X J V M C O O K I E S T U D E N T S R  
 T O F D E G N A R O L R T N Y S E H C A E P

- SHARING
- FOOD
- COMPOST
- GIVING
- KINDNESS
- NICE
- HELPING
- PRODUCE
- CARROT
- BANANA
- JUICE
- CHEESE
- PLUM
- GRAPES
- STUDENTS
- ORANGE
- PEACHES
- LUNCH
- SCHOOL
- SMILE
- FRESH
- EAT
- MILK
- HUNGRY
- GOOD
- HEART

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Circle the two identical milk cartons. Look carefully!



## Who needs straws?

The City of Alameda banned plastic straws in 2018. Why? Because in 2017, hundreds of Alameda elementary school students sent letters to the mayor asking the city to adopt a “straws only upon request” policy. Their letters explained how plastic straws were hurting animals and the environment. The mayor and the city council listened and since January of 2018, plastic straws are only available by request in Alameda.



Living without plastic straws was no big deal for students at Bay Farm Elementary School. They stopped using straws eight years ago! In fact, they were some of the students writing the letters that changed the law for their entire city.

So how do students drink milk out of cartons without straws? That’s no problem. They simply open the spout and drink!

J R S T U C I T Y K M X T D  
 S P O U T A P L O E B L J P  
 R T W N Q O I N B F A C T R  
 E S R B D C T Y A C N R O K  
 T T A A L M L R Z R N E S I  
 T N W A W V M A G E E V E T  
 E L K E T S D H W Q D E A L  
 L E D W S T R T R U E S S E  
 I A C X E U R R T E R D L T  
 S G W C U D S O E S O F A T  
 T N Q H Q E H U Y T Y G M E  
 E I B N E N T O B A B H I K  
 N T C A R T O N I G M X N H  
 E I L V X S H U P H A I A K  
 D R N C I T S A L P R T L Y  
 K W P O L R A E Z D L O B K

DOUBLE WORD SEARCH:

Find the words in this puzzle. Then circle them in the article at left.

- DRINK
- MILK
- CARTON
- STUDENTS
- CITY
- STRAWS
- LETTERS
- REQUEST
- PLASTIC
- MAYOR
- ADOPT
- LAW
- SPOUT
- YEARS
- FACT
- BANNED
- DEAL
- ANIMALS
- LISTENED
- WRITING

## Students Help Make a Change

Students at Altamont Creek Elementary School in Livermore wrote a letter that made their school more earth-friendly!

As a result of this letter, the Food Service Director stopped using spork kits. Kids now get their utensils and napkins from individual dispensers. And they have stopped using straws altogether.

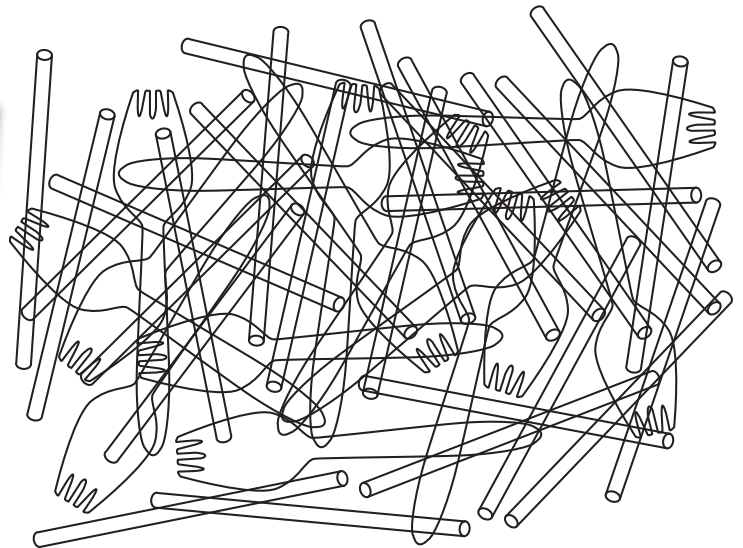
Dear Food Service Director,  
 It has come to our attention that children are not using all of the stuff that comes in the plastic spork bags. And, that items that could be composted are being thrown away and ending up in the landfill.

We have an idea to reduce the amount of trash our school sends to the landfill. Let’s stop using the spork kits and have utensils and napkins offered in dispensers. Our school Green Team will help students sort their trash correctly.

Sincerely,  
 Green Council Team (Tarini, Himani, Amara, Carmela, Emma, Haley and Olivia)

## How many sporks and straws can you find?

Plastic waste really hurts the environment. Always recycle!



If you used one spork every school day for a month, how many would that be?

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## Kids Teach Family!

Teaching your family the actions that keep our community healthy and clean is an important action that makes our communities healthier and cleaner!

The StopFoodWaste campaign teaches families to:

- Eat your leftovers
- Compost food scraps
- Plan meals ahead of time
- Label a fridge drawer "Eat me first!"

***Can you take these actions and do them with your family?***



### Let's Take Action!

The Altamont Creek Elementary School students in these photos read Earth Tips in *Kid Scoop News!* They take action to improve the environment.

Teach your family members even more ways to take action. Choose some actions to take together!

- Find fun new ways to eat leftovers
- Find ways to conserve water
- When you see litter, pick it up and get it to the right bin
- Eat less processed food, when making purchases, find ones that have the least amount of packaging



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