

# ***Nutrition Security and Food Waste: Understanding and Addressing the Issues in Your Community***

2024 FAMILY AND COMMUNITY EDUCATION (FCE) LEADER LESSON

*Prepared by:*

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## **OVERVIEW**

This lesson provides an overview of food waste and food insecurity including definitions, associated issues, and opportunities to address these challenges.

## **OBJECTIVES**

1. *Participants will be able to define food waste.*
2. *Participants will be able to define food insecurity.*
3. *Participants can identify at least one negative impact of food waste.*
4. *Participants will understand at least one strategy to reduce food waste at home.*

## **MATERIALS NEEDED**

- Projector and Screen (Optional if copies of the slides are provided to each participant.)
- Printed copies of the Power Point Slides (if desired)
- Paper and pens/pencils
- SMART goals handout (optional)
- Evaluation Form

## **INTRODUCTION (5 MINUTES)**

Welcome participants and introduce yourself. Distribute any of the following items you are using: copies of the Power Point slides, SMART goals handout, and paper and pens/pencils.

- **Ask:** “Has anyone ever purchased food that was never used and never eaten?”
- **Say:** Almost everyone has purchased or prepared food that was never eaten for a variety of reasons. Wasted food is costly and has other negative impacts for society and our environment.
- **Say:** In today’s lesson, we will discuss food waste and food insecurity and share strategies that can help you reduce food waste at home and in your community.

## **PRESENTATION (25 – 30 MINUTES)**

Present the Power Point slides or provide participants printed copies of the slides and use the notes in the Power Point presentation to guide your discussion for the following topics.

*Food waste (slide 3)* – Discuss the definition of food waste and the amount of food wasted in the United States following the script in the Power Point slides.

*Negative effects of food waste (slides 7-13)* - Discuss negative effects of food waste following the script in the Power Point Slides.

*Discuss food insecurity (slides 14-18)* - Discuss the definition of food insecurity, prevalence of food insecurity in Tennessee and the United States, and effects of food insecurity following the script in the Power Point slide.

*Discuss strategies to reduce food waste (19-27)* - Discuss strategies to reduce food waste and information about Tennessee Food Waste Prevention Week following the script on the slides.

*Optional activities (28-40)* – Engage the group in as many optional activities as desired following the information on the PowerPoint slides.

**Activity #1** – Researching food insecurity in your county (slides 28-33)

**Activity #2** – Identify one action to reduce food waste at home (slides 34-36)

**Activity #3** – Brainstorm ways you/your organization can reduce and prevent food waste/food insecurity in your community (slides 37-40)

*Take-Aways (slide 41)* – Conclude the presentation by summarizing information about food waste and food insecurity by following the script on the Power Point slides.

## **WRAP UP (5 MINUTES)**

*Say:* In today's lesson, we talked about food waste and food insecurity and ways we can address these issues at home and in our community.

*Ask:* "Did anyone learn something new today or identify a strategy they'd like to use to reduce food waste in their own homes?" Ask for a few volunteers to share.

*Distribute:* Evaluation form and allow participants a few minutes to complete.

Thank participants for their time and address any questions.

## **AFTER THE LESSON**

Collect evaluation forms and give the evaluation forms to the FCS Agent in your county so that the agent can use the data to measure the impact of FCS programming in your county.

***Food Waste and Food Insecurity:  
Understanding and Addressing the Issues in  
Your Community Evaluation Form***

In the table below, please place an “X” in the appropriate box to show your agreement with the following statements.

As a result of participating in this lesson.....

	<b>Yes</b>	<b>No</b>	<b>Unsure</b>
I learned strategies to help me reduce food waste at home.*			
I better understand the negative effects of food waste.			

*\* Agents, report in SUPER under “\_\_ of \_\_ participants prepared healthy meals”.*

