**Week 4 October 26, 2021**

**Topic: Nature's Bounty & Nature's Recycling - Focus on Food Waste & Food-cycling**

**Facilitators/Speakers:**

* Heather Teegarden, Sustainable Community Stewards Program Coordinator, SnoCo
* Sara Bergquist, Waste Wise Program Coordinator – Island County
* Jerilyn Ritzman, Waste Wise Program Coordinator – Camano Island
* Don Kraft, Island County Master Gardener

**Agenda**

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| 600-605 | Welcome/Check-in/Introduction to Week 4 |
| 605-610 | Reflection Discussion of Last Week – Zero Waste |
| 610-615 | “What’s Your Why?” |
| 615–645 | Save the food! Reducing Food Waste - Reading Food Labels |
| 645-650 | *5-minute Break* |
| 655-745 | Nature’s Recycling = Hot/Cold Composting & Vermiculture! - Don Kraft |
| 745-750 | *5-minute Break* |
| 750-800 | Compostable Packaging and Serviceware |
| 800-810 | Reducing Food Waste Idea Share & Discussion |
| 810-820 | Our Team’s Eco-Challenge Results + Food Waste Audit Challenge |
| 820-830 | Closing Checkout – Questions? Final Notes – Deliverables Reminders |
| 830 | Have a great week! |

**Learning Goals**

* I can learn about and be inspired by my classmates.
* I can read food labels to reduce food waste.
* I can differentiate between hot compost, cold compost, and vermiculture.
* I can determine which type of composting might be best for me.
* I can understand and communicate some of the challenges with “compostable packaging and compostable service ware.”
* I can identify two ways to reduce my food waste.
* I can make, organize and implement a food waste audit.
* I can summarize my learning.

**Notes:**

Two ways to reduce food waste are

1.

2.

Three main ways of composting are:

1.

2.

3.

What should I never put in the compost (either curbside or home compost) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Instead of putting food in the landfill I do/I will do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

My big takeaways from today are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Action items/Deliverables:**

* Complete and submit Gisela Dumm’s Graduate Degree Project Documents (please!)
* Complete and submit “What your why” (slide, photo, word doc) - 2 weeks left to participate!
* 4-day Household food waste audit (report out Tuesday, 11/2)
  + What you learned
  + What practices are you going to change?
  + How can you communicate your new food waste reduction knowledge to others?

**Resources:**

**Food: Too Good to Waste!**

* [Food Too Good To Waste | Educational Portal](https://foodtoogoodtowaste.com/#:~:text=Food%20is%20too%20good%20to%20waste%21%20If%20we,precious%20topsoil%20that%20comes%20from%20growing%20many%20crops.)
* [Food: Too Good to Waste Implementation Guide and Toolkit | US EPA](https://www.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit)
* [Food: Too Good to Waste - learn to prevent waste through better planning and storage, from King County's Solid Waste Division - King County](https://kingcounty.gov/depts/dnrp/solid-waste/programs/waste-prevention/food-too-good-to-waste.aspx)
* [Food: Too Good to Waste Implementation Guide and Toolkit (epa.gov)](https://www.epa.gov/sites/default/files/2016-02/documents/implementation_guide_and_toolkit_ftgtw_2_1_2016_pubnumberadded508_alldocuments.pdf)
* [THE EXTRAORDINARY LIFE AND TIMES OF STRAWBERRY - YouTube](https://www.youtube.com/watch?v=uTaFYF1nA4c&t=4s)
* WM’s Scrap Happy Guide: [Scrap Happy Guide - Waste Management Northwest (wmnorthwest.com)](https://www.wmnorthwest.com/snohomishcounty/guidelines/scraphappyguide.htm)
* EPA’s Food Recovery Hierarchy: <https://www.epa.gov/sustainable-management-food/food-recovery-hierarchy>
* EPA’s Food Waste Facts video: [Administrator Regan Speaks About Food Loss and Waste - YouTube](https://www.youtube.com/watch?app=desktop&v=uO7el990Cwg)
* [United States 2030 Food Loss and Waste Reduction Goal | US EPA](https://www.epa.gov/sustainable-management-food/united-states-2030-food-loss-and-waste-reduction-goal)
* Food Waste Index Report: [UNEP Food Waste Index Report 2021 | UNEP - UN Environment Programme](https://www.unep.org/resources/report/unep-food-waste-index-report-2021)
* WSU Extension Speaker Series - Reducing Your Foodprint: [Recording on YouTube](https://www.youtube.com/watch?v=mq7loB4Q4Oc&list=PLOFmMlEYCf3p-XfRQtnquifcG6xbWva3C&index=9)

**Commercial Composting/Compostable Packaging:**

Why We Don’t Want Compostable Packaging and Serviceware - [MessagefromComposter-En.pdf (oregon.gov)](https://www.oregon.gov/deq/mm/Documents/MessagefromComposter-En.pdf)

[Oregon Composters Push Back Against Compostable Packaging – Northern California Recycling Association (ncrarecycles.org)](https://ncrarecycles.org/2019/03/oregon-composters-push-back/)

Items accepted at Cedar Grove: [- Cedar Grove | Organic Compost (cedar-grove.com)](https://cedar-grove.com/accepted-commercial-items)

**Food Access:**

[Food Apartheid: Racialized Access to Healthy Affordable Food | NRDC](https://www.nrdc.org/experts/nina-sevilla/food-apartheid-racialized-access-healthy-affordable-food)

WSU Sustainable Food Systems - [Food Systems | Washington State University (wsu.edu)](https://foodsystems.wsu.edu/)

Food Security Report: [USDA ERS - Food Security in the U.S.](https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/)

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**DIY Composting How-to:**

**DIY Compost Systems** (plans for digesters, worm bins, 3 bins, etc)

[**Composting in Island County | WSU Extension, Island County | Washington State University**](https://extension.wsu.edu/island/nrs/waste-wise/composting-in-island-county/)

**Backyard Composting: You Can Succeed!** presented by [Rhonda Sherman](https://composting.ces.ncsu.edu/about-composting/)

* + [**Session Recording on YouTube**](https://youtu.be/XEI1TSmY_xM)
  + [**Brief video showing compost bins at Compost Learning Lab**](https://www.youtube.com/watch?v=d_vGvvQlSzQ):
  + [**Backyard Composting of Yard, Garden, and Food Discards**](https://content.ces.ncsu.edu/backyard-composting-of-yard-garden-and-food-discards)
  + [**Composting Educational Resources List**](https://composting.ces.ncsu.edu/)

**Backyard Composting: You Can Succeed!** (Part 2) presented by [Rhonda Sherman](https://composting.ces.ncsu.edu/about-composting/)

* + [**Vermicomposting 2021 PDF**](https://s3.wp.wsu.edu/uploads/sites/2053/2021/03/Vermicomposting-2021-PDF-1.pdf)
  + [**Recording of the presentation on YouTube**](https://youtu.be/u2RFwj80xD0)
  + [**Q & A on Vermiculture**](https://s3.wp.wsu.edu/uploads/sites/2053/2021/03/Questions-from-March-24-Rhonda-Sherman-Vermiculture.pdf)

**Share food and yard waste**

[ShareWaste - Give your waste a second chance!](https://sharewaste.com/)

**Webinars on Composting and Compost Use**

The Institute for Local Self Reliance has organized a series of webinars covering on-farm composting and compost use. An additional webinar, focusing on equipment for small compost sites, is aimed at farmers and community composters. [Learn more and register](https://urldefense.com/v3/__https:/r20.rs6.net/tn.jsp?f=0010PAcyMmPWQbV12Jf48zJ3NOK48fCjTTHm7R6re-52abcJhqxL2VF8RGmfzYwkliYhm_xJWjFo8srJ-NUfcb9_e9w2uhn1j5qTzG_X-DZzXesxfPescYlhXM07rAS5z7bHW0MSDntB8yGWKfTh78w1oK10dT1muKY9n5bLIx5QeADXQxNPK_0nA==&c=b-3r4jS6fEWpdUVsfh5a-T1LeaPrWnXonMZRhx5Dd_zR8VZ4szvCVg==&ch=prCqIgmFB5uRpWDS4nipZ7pjXMkFxekwajtBTT2AnDi-Z5u52-iDew==__;!!JmPEgBY0HMszNaDT!5nGtNTd12s1VhRWvcDHstgdipPnef_PbuN1w3chBiAnjQ9eM_Ie3rVG3Rii7J5906Ua6mw$).

October 26 - Compost & Soil: Restoring Health & Rebalancing the Climate

October 28 - Equipment for Small Compost Sites ([separate registration link](https://urldefense.com/v3/__https:/r20.rs6.net/tn.jsp?f=0010PAcyMmPWQbV12Jf48zJ3NOK48fCjTTHm7R6re-52abcJhqxL2VF8RGmfzYwkliYgP1g3XHWIVI46Nk2fKWPea7ztMWfaYYEO2UKxr4TBDOTpOJXU1iHmQxsxrT8em9LW00R2N_AnqmJWD1UvcgEh2wJQiKBGBYkZOR3tpc2RWCpxIYSo9L9fNdZlwWkP4k3Y8wFoccch90=&c=b-3r4jS6fEWpdUVsfh5a-T1LeaPrWnXonMZRhx5Dd_zR8VZ4szvCVg==&ch=prCqIgmFB5uRpWDS4nipZ7pjXMkFxekwajtBTT2AnDi-Z5u52-iDew==__;!!JmPEgBY0HMszNaDT!5nGtNTd12s1VhRWvcDHstgdipPnef_PbuN1w3chBiAnjQ9eM_Ie3rVG3Rii7J593k0VJ6w$))

November 16 - Compost Quality & Testing

December 7 - Compost – Soil – Plant: Putting the Many Facets Together

**Island/Snohomish County Yard Waste Disposal**

**Camano and Coupeville Transfer Stations, City of Oak Harbor (curbside), City of Langley**

[Solid Waste Yard & Garden Waste (islandcountywa.gov)](https://www.islandcountywa.gov/PublicWorks/solidwaste/Pages/YardWaste.aspx)

**Snohomish County Transfer Stations**

**Airport Road, North County, Southwest** [Fees | Snohomish County, WA - Official Website (snohomishcountywa.gov)](https://www.snohomishcountywa.gov/467/Fees)

**Island/Snohomish/King County Composters**

Lenz Composting, Stanwood [Lenz Enterprises | Rock · Gravel · Sand · Mulch · Compost (lenz-enterprises.com)](https://www.lenz-enterprises.com/)

Cedar Grove Compost, Everett/Marysville/Seattle/Kenmore [Cedar Grove | Organic Compost (cedar-grove.com)](https://cedar-grove.com/)

Bailey’s Compost, Snohomish - [Bailey Compost](https://www.baileycompost.com/)

LOOP, Seattle - [Loop Biosolids - King County](https://kingcounty.gov/services/environment/wastewater/resource-recovery/loop-biosolids/biosolids.aspx) and [Home | Loop® Biosolids (loopforyoursoil.com)](https://www.loopforyoursoil.com/)

ZooDoo @Woodland Park Zoo - [Zoo Doo Compost - Woodland Park Zoo Seattle WA](https://www.zoo.org/zoodoo)

\*Human Composting\*, Seattle - [Recompose — Ecological Death Care](https://recompose.life/)

**WSU Island County Extension:**

* Main page: [WSU Extension, Island County | Washington State University](https://extension.wsu.edu/island/)
* Waste Wise Program: [Waste Wise | WSU Extension, Island County | Washington State University](https://extension.wsu.edu/island/nrs/waste-wise/)
* Waste Wise Program Training page: [Training Page – Fall 2021 | WSU Extension, Island County | Washington State University](https://extension.wsu.edu/island/nrs/waste-wise/training-page-fall-2021/)

**WSU Snohomish County Extension sites:**

* Main page: [Snohomish County | Washington State University (wsu.edu)](https://extension.wsu.edu/snohomish/)
* Sustainable Community Stewards Program: [Sustainable Community Stewards Outreach Program | Snohomish County | Washington State University (wsu.edu)](https://extension.wsu.edu/snohomish/naturalresources/sustainable-community-stewards/)
* Training Files/References: [2021 Snohomish County Sustainable Community Stewards & Waste Warrior Training Resources | Snohomish County | Washington State University (wsu.edu)](https://extension.wsu.edu/snohomish/naturalresources/sustainable-community-stewards/sustainable-community-steward-and-waste-warrior-trainings/2021-sustainability-training-resources/)