



## King County Green Schools Program Podcast

### Show Notes: Episode #2

The second podcast episode is all about food waste. Content includes discussion about food waste in King County, the U.S., and beyond. Listeners are invited to make connections between food waste, food systems, food insecurity, and climate change. Also included are local highlights and ideas for games to learn more about reducing food waste.

### Current Highlights in Sustainability

- [Farming for Change: Black Womxn Farmers Fight the Pandemic with a Food Revolution](#) by Sharon H. Chang
- [Paradise Parking Plots Community Garden](#) in Kent, Washington

### Green Team or classroom activities

- [See the November Green Team Activities](#) for activities about food systems and food waste. Included is a video called [Kids Go Green: Reducing Food Waste](#).
- [Take the Challenge: Keep Good Food from Going to Waste](#) from the King County **Food Too Good to Waste** website.
- See page 2 for the **Sustainability Scavenger Hunt Challenge**. All school community members can play through December 16, 2020!

### Connectivity Activities for Green Teams or classrooms

#### Guess What Kind of Food is in the Box! (primary activity)

1. The activity leader places a food item in a shoe-box.
2. Each student asks one question, and the leader answers “yes” or “no.”
3. Questions can be entered in the Chat so participants can track answers.
4. Encourage students to ask questions to identify the food item using characteristics about how to store or prepare the food to prevent waste (e.g., can you store it in the freezer?, can you put this food in a container or plastic bag?, does this food need to be refrigerated?).
5. The number of questions is limited to the number of students present.
6. Now ask students to guess how long the food item is good to eat, such as two days or one week or two weeks, and how they would know if a food item is good to eat.

#### Twenty Questions about your Favorite Dish! (secondary activity)

1. The leader picks a favorite dish prepared with leftovers to make sure all the food purchased, prepared, and stored is eaten. (The favorite dish can be holiday related.)
2. Each student asks one question, and the leader answers “yes” or “no.”
3. Questions can be entered in the Chat so participants can track answers.
4. The number of questions is limited to the number of students present.
5. Now ask students to share ways they use (or could use) leftovers in their households.
6. Also ask students how they could change purchasing, preparation, and storing practices to reduce food waste in their households. (Refer students to resources in the [November Green Team Activities](#).)

## Resources that informed the show

- [Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill](#)
- [Food Too Good to Waste](#) – information, tips, and resources from King County
- [Reducing Food Waste in Schools](#) – King County Green Schools Program resources
- Visit [Further with Food](#) to check out food waste data
- Learn more about [food justice](#).
- Learn more about [food sovereignty](#).
- [How Far Does Your Food Travel to Get to Your Plate?](#)
- [From Farm to Plate Why You Should Worry About the Distance Your Food Travels](#)

## Want more? Keep learning with the resources below.

- [Food wastage footprint & Climate Change](#) – Food and Agriculture Organization of the United Nations
- [Farming for Change: Meet the Latinx Women Leading South Park's New Community Farm](#) by Sharon H. Chang

## King County Green Schools [Sustainability Scavenger Hunt Challenge](#)

### - open through December 16

- The game gives players the opportunity to work solo, with family members, or with school teams to share challenges, learn about sustainability, and take action through a fun mobile app called GooseChase.
- Students, families, and Green Teams take part in simple every day “missions” and answer trivia questions to learn what they can do about climate change.
- Players can join as teams or individuals at any time through December 16. All “missions” remain open and playable for the length of the game.
- The free GooseChase app is available on any Google or Apple device (such as mobile phone, Tablet, or Chromebook) via Google Play or the App Store.

### [HOW TO JOIN](#)

1. Download the free GooseChase app at Google Play or the App Store.\*  
\*Get parent's or guardian's permission.
2. Create an account or log in as a guest.
3. Enter the game code **L738ZB** or search for “**King County Green Schools Sustainability Challenge.**”
4. Select or create your team. It's just fine for a team to have a single member!