

Reducing *Psolet* (Food Waste) in our Lunch Rooms

Goals: To explore Jewish values of waste minimization and practice reducing our waste in a simple environment, lunch

Duration: 5 - 10 minutes per meal, for multiple meals

Materials: Bucket

Spring loaded scale

Audience: All Ages

Procedure:

- 1) As a meal is coming to a close, before students are able to throw away their garbage from lunch, explain to students that we are going to try something different. All waste, food packaging, etc., from lunch will be collected in a central bucket and weighed to see how much waste we make. We'll call this *psolet* (waste)
- 2) Collect all the food, packaging and other waste from lunch in the bucket, and pick 3 volunteers to weigh the waste.
- 3) Have students perform an anticipatory chant. "*Kamma Psolet*" How much *psolet*, sung to "We will rock you" by Queen. "*Kamma, Kamma, Psolet* (clap,) *Psolet* (clap)"
- 4) Weigh the bucket using the scale
- 5) Announce the total *psolet* weight and record on a board.
- 6) Repeat this step at a number of meals, recording the amount of waste on the same board. Hopefully over time this number will continue to decrease.

Discussion:

After weighing the food each time, discuss some of the following questions:

- 1) What did we do right or wrong which led to our increase or decrease?
- 2) What can try next time to reduce our personal and communal *psolet*?
- 3) Why do we care about having less waste?
- 4) Where ELSE in our lives do we make *psolet*?

Please Note:

Play close attention to students gorging themselves to avoid waste, and students not bringing food for fear of waste. Clearly, neither of these is the point of the activity. The first can be addressed by pointing out that even forcing yourself to eat is waste if it is more than you need. The second can be harder to identify and to separate from eating disorders. If the student is not eating due to the activity, point out our goal is waste minimization wherever realistic, not zero waste, and that not eating is not realistic.

