

# RECYCLING & ZERO WASTE NEWSLETTER



**OCT.  
2022**



SAN DIEGO UNIFIED SCHOOL DISTRICT / RECYCLING PROGRAM / [WWW.SDUSDSUSTAINABILITY.COM](http://WWW.SDUSDSUSTAINABILITY.COM)



## WELCOME...

...to the **OCTOBER 2022** edition of the Recycling & Zero Waste newsletter for San Diego Unified teachers, staff, students, parents, and volunteers!

This newsletter is designed to provide information and updates to the SDUSD community regarding waste diversion, recycling, composting, funding opportunities, environmental education resources, and other relevant information.

Check out the resources and information in this newsletter to give you ideas and inspiration!

**SDUSD  
Recycles**



## IN THIS ISSUE

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- Focus on Composting
- Energy Awareness Month
- Walk & Roll to School Day
- Plastic Free Lunch Day - Nov. 2
- Grants/Contests/Challenges/Awards
- More Opportunities & Resources
- Environmental Education Resources & More!

**Visit our Website**





# FOCUS ON FOOD WASTE

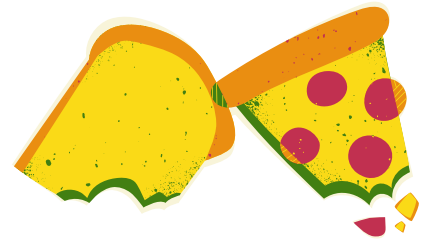
## REDUCING FOOD WASTE @ SCHOOL

How can YOUR school Love Food Not Waste? You can help us reduce food waste and send less to landfills at your school! Please support our 2022-23 goals:

- 1) Reduce student milk waste
- 2) Reduce student salad bar waste
- 3) Implement Share Tables at lunch
- 4) Eliminate utensil packets, straws, and condiment packages, to reduce campus litter and plastic waste
- 5) Support Café to Compost efforts

Check out the [flier](#) for more information!

[CLICK HERE](#)



## FOOD PACKAGING & ZERO WASTE LUNCHES

Don't forget that milk and juice cartons and plastic containers from school meals, as well as a variety of items from home brought meals, can be recycled at school.

How can you pack a Zero Waste Lunch?

[CLICK HERE](#)



## TEACHING ABOUT FOOD WASTE

Don't forget that the World Wildlife Fund has some fabulous K-12 lessons, activities, and resources to teach the planetary impact of what we eat and what we throw away. Engage your students on how to be a Food Waste Warrior. Get the FREE Toolkit and resources at the link below!

[FOOD WASTE  
WARRIORS TOOLKIT](#)

# FOCUS ON COMPOSTING

## Salad Bars are Back & So is Cafe' to Compost!

We're so excited that our salad bars are back in action this school year! We hope many of our students are enjoying the fresh fruits and vegetables available, as well as the Harvest of the Month!

With salad bars comes the opportunity to collect any leftover fresh fruits and vegetables for COMPOSTING in school gardens. We call this Cafe' to Compost!

For more information on how to set up this program in your school....

CLICK HERE



## SCHOOL COMPOSTING GUIDES



There are a lot of resources on how to compost at school. To get you started, the District has developed a **"Composting at SDUSD Schools Best Practices"** guide. Additional guides and resources can be found at:

- **[Guide to Composting Onsite at Schools](#)** (Institute for Local Self-Reliance)
- **[Compost Your Way](#)** (Kids Gardening)
- **[Compost Guide for Chicago Public Schools](#)**
- **[A Guide to Starting a Composting Program in Your School](#)** (Green Mountain Farm to School)

# FOCUS ON COMPOSTING

## SCHOOL COMPOSTING VIDEOS

### How-to & Educational Videos:

- [How to Compost with Jeff](#) (Solana Center - San Diego County)
- [The Compost Story](#) (Kiss the Ground - 4-12 grades 6:46)
- [Kiss the Ground Documentary](#) (Kiss the Ground)
- [Composting for Kids](#) (Highfields Center for Composting)
- [Make the Most of Compost!](#) (K-3 grades 5:19)

### Local Resources:

- [Solana Center](#) – Check out their [soil health and composting page](#)
- [Master Gardener Association of San Diego County](#) – Information and resources on gardening and composting.

## International Compost Awareness Week 2023

### Video & Poster Contests

Know any creative students who'd like to help spread the word about the benefits of composting? Encourage them to enter this year's [International Compost Awareness Week \(ICAW\) poster and video contests](#).

### The contests are open now through Nov. 1, 2022.

All entries should highlight the theme of ICAW 2022: For Healthier Soil, Healthier Food...Compost! ICAW is May 7-13, 2023.

**Poster contest:** Anyone around the world age 14 or older may enter. The winner will receive a \$500 prize.

**Video contest:** Anyone in grades 4–8 or ages 10–13 may enter. Videos must be 30 seconds or less. The winner will receive \$100.



Last year's winning poster



# ENERGY AWARENESS MONTH



## The Energy Coalition - Energy is Everything

**Energy is Everything** is a comprehensive energy education program focused on serving TK-12 students in California. Energy is Everything gives educators high-quality, flexible training and curriculum resources to help them teach energy and climate concepts with a STEM focus. The lessons are comprehensive, standards-aligned, and focused on STEM, energy, and the environment.



Each year, the U.S. Department of Energy designates October as Energy Awareness Month. During the month, many schools undertake energy efficiency and conservation activities.

### **These classroom activities**

connect well to student homes. Using energy wisely makes sense – both for the environment and for economics.



## Climate Superstars

Online Environmental Challenge

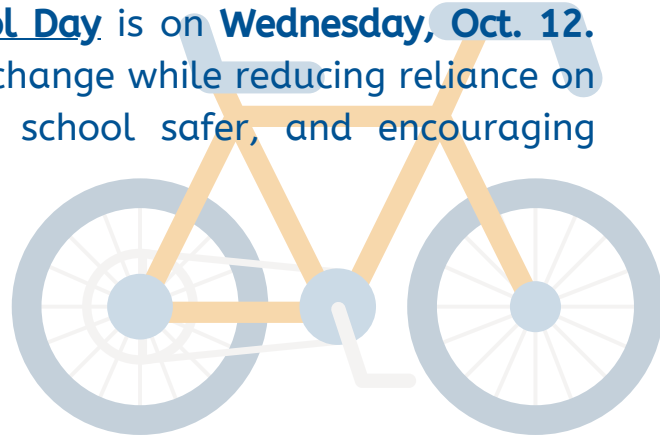
**Climate Superstars Challenge (Oct. 1-31)** - An online environmental challenge from the National Environmental Education Foundation (NEEF) that gets kids in grades 6-8 excited about the environment (climate and energy), provides fun activities, and offers a chance to win one of six vouchers for \$5,000 worth of Samsung products — what's not to love about that? Find more information at: **Climate Superstars Challenge**



# UPCOMING EVENTS

## WALK BIKE & ROLL TO SCHOOL

The 26th annual National Walk & Roll to School Day is on **Wednesday, Oct. 12**. These fun events can be a tool to inspire lasting change while reducing reliance on cars, addressing the need to make routes to school safer, and encouraging children to be more active.



## Plastic Free Lunch Day

Join Cafeteria Culture, SDUSD, and schools around the country to promote Plastic Free Lunch Day at your school on **Wednesday, November 2**.

Plastic Free Lunch Day is a day to encourage the elimination of single-use plastics during lunch (or use as few as possible) in both lunches served at school and lunches brought from home. It's an opportunity to try new ways of doing things.

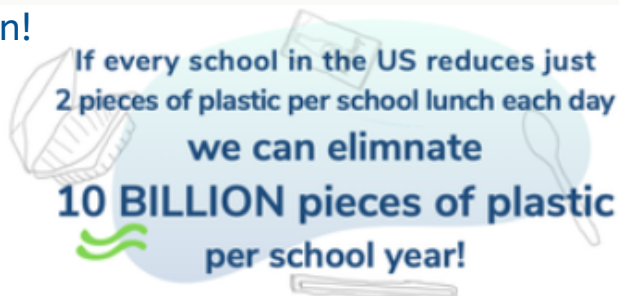
Watch the video, get free resources, and join in!



MORE INFO



If every school in the US reduces just  
2 pieces of plastic per school lunch each day  
we can eliminate  
**10 BILLION** pieces of plastic  
per school year!





# GRANTS/CONTESTS/CHALLENGES/AWARDS



**EarthX**

## Earth X Eco-Art Competition

Young artists, ages 5-22, create a 2-D, two dimensional or 3-D, three-dimensional artwork that illustrates the 2023 theme message: **Protectors for the Planet. Deadline: JAN 24, 2023**

## One Earth Young Filmmakers Contest:

Students in grades 3 through age 25 can submit short videos in a variety of formats and topics. Entries should The film should talk about an environmental/sustainability problem and then discuss what could be a potential solution to this problem. There are cash prizes and scholarships for the winners! **Deadline: JUNE 25, 2023**



**one earth**  
YOUNG FILMMAKERS  
CONTEST

## PepsiCo Recycle Rally

Check out PepsiCo's Recycle Rally for K-12 schools! There are lots of resources for hosting a collection drive and fun ideas on how to inspire, boost awareness, educate, and more!. Earn points & redeem for rewards & supplies. **ON-GOING**



**RECYCLE  
RALLY**



# MORE OPPORTUNITIES & RESOURCES



Short, supplementary videos explore key themes and lesson plans dive deeper into environmental topics.



LEARN MORE



## Habitat Earth:

Habitat Earth makes complex science topics accessible with rich, digital experiences. This 25-minute production takes viewers on a journey through the vast networks of life on Earth. [Watch Video](#)

- [Educator Guide \(grades 3-5\)](#)
- [Educator Guide \(grades 6-12\)](#)

## TED-Ed's Earth School:

TED-Ed has collaborated with the UN Environment Programme to develop Earth School, "Your one-stop-shop for celebrating our planet, and understanding what we need to do to save it."

Take climate quizzes and build a personalized learning library. Complete any 30 lessons to earn a certificate.

## Recycling Videos

Check out these Creative, Must-See Videos to Promote Recycling at School.







# OCTOBER DATES TO CELEBRATE

## OCTOBER 2022

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4th [World Animal Day](#)

5th [Energy Efficiency Day](#)

7th [World Habitat Day](#)

16th [World Food Day](#)

22nd [Climate Action Day](#)



# ENVIRONMENTAL EDUCATION RESOURCES

## Check Out What's Available

### **California Academy of Sciences: Flipside Science**

Flipside Science is a youth-powered series that tackles complex environmental topics and empowers viewers to make a difference.

### **California EEI**

The California Education and the Environment Initiative (EEI) is a part of a statewide effort to foster environmental literacy among California K-12 students. They provide educators with a free standards-based curriculum that teaches history and science through an environmental Lens.

### **California Environmental Literacy Initiative (CAELI)**

CAELI works statewide to create systems change in support of environmental literacy with a focus on access, equity, and cultural relevance for all students.

### **Green Schools National Network**

Check out the ideas and articles for tips, strategies, and resources for incorporating sustainability topics in K-12 curriculum.

### **National Environmental Education Foundation (NEEF)**

NEEF is full of resources for educators, including: [Environmental Education Resources](#)

### **The Nature Conservancy**

Explore the world with the Nature Conservancy's Virtual Field Trips. Designed for ages 9-15, but customizable for all ages, these videos allow students to travel the world and explore natural environments without leaving their home or classroom. Each field trip contains a video, teacher guide, and student activities that have a special focus on making the connection between what students see on the screen and taking action in their own cities and towns.



# DISTRICT RESOURCES

## Useful Information

### **Composting at San Diego Unified Schools - Best Practices**

This helpful guide includes great information and resources about bringing composting programs to your school. Additional resources include:

- [Free Mulch Flier](#)
- [Cafe to Compost Flier](#)
- [Compost Sign](#)



### **Recycling Signage & Resources**

Download printable recycling signs that can be attached to recycling and trash bins or posted on the wall.



### **Nutrition Education Resources - San Diego Unified**

Check out Food & Nutrition Services webpage for videos, curricula, books, and links to help bring nutrition education to your classroom!

Sign up to receive the San Diego Unified Food & Nutrition Newsletter

[CLICK HERE](#)