



2025
Center of Transformation (CoT)
“Food Disposal and Waste”
Facilitator Handbook –
Week 6 Session
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Developed By

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Week 6: Food Disposal and Waste

Welcome to Week 6 of CoT! In Week 5 we discussed how food can be healthy and sustainable at the same time.

Please use this handbook to help you facilitate your weekly session. This week's session will focus on food systems. This week we will focus on food disposal and waste.

Teen Members are strongly encouraged to pay close attention to the CoT Intro and Learning Videos.

Session Duration: 60 minutes (1 hour) one day per week

Objectives: The objectives of this session are to:

- Introduce how food disposal and wastes contribute to climate change.
- Learn about where your food comes from, and where it goes once you throw it away!
- Explore ways to stop food waste at its source.
- Share about composting and explain what can and cannot be composted, and how composting turns food waste into nutrient-rich soil.

Facilitator Time Commitment: 3 hours maximum

- Weekly Check-in Meetings (Mondays at 1:00 pm EST): 1 hour per week (or less)
 - Please ensure that at least one person from your organization joins us each week so that we can share important CoT updates, answer questions, and ensure program alignment.
 - Join Zoom Meeting
 - <https://us02web.zoom.us/j/89252599378?pwd=Mkg0Um5QL2QzUzBLYUxkUzZSY2lTUT09>
 - Meeting ID: 892 5259 9378
 - Passcode: 727575
- Session Preparation: 30 minutes per week (or less)
- Facilitated Session: 1 hour
- Reporting and Feedback: 30 minutes per week

Facilitator Set Up Instructions:

- Curriculum & Videos: The weekly session content and videos can be found at: <https://www.clubhouseatyourhouse.com/cot>. Scroll down to the “Weekly CoT Session” section of the web page and click on a specific week.
- Virtual Session Facilitation:
 - The Zoom room will open 15 minutes before the start of the session.
 - CoT Virtual Session Zoom Link (for Tuesdays at 5:30 pm EST):
<https://us02web.zoom.us/j/86240200821?pwd=bdzAhVMKunhfdNgD5aEktKOGq7UvoK.1>
Meeting ID: 862 4020 0821
Passcode: 951492
 - ***Teens should join the Zoom from individual devices and prepare to engage and keep their cameras on.***
 - Club/Organization facilitators should also join the virtual session and participate and help facilitate the discussion with teens.
 - Take pictures and video clips of your group and email them to: cot@bgcgw.org.
 - Note: Clubhouse @ Your House will run a separate session on Thursdays.
- In-person facilitation:
 - Arrive at least 15-30 minutes before the start of the session to set-up and prepare.
 - Teens should have access to electronic devices and the Internet for weekly activities.
 - The weekly session curriculum content and facilitation instructions can be found on the CoT website at <https://www.clubhouseatyourhouse.com/2025week6>.
 - Take pictures and video clips of your group and email them to: cot@bgcgw.org.

Week 6 Intro (Video):

- Begin the weekly session by playing the weekly BCGGW CoT Intro video.
 - The video will welcome teen members back for Week 6 of CoT, provide a brief recap of Week 5, share key dates, and introduce what we will do in Week 6.
2. The intro video can be accessed at:
<https://www.clubhouseatyourhouse.com/2025week6>.

Week 6 Learning Moment (Video):

- The learning video will align with the topic of the week. After the Intro video, the facilitator should play the weekly learning moment video for teens. This video will provide teens with valuable information needed to be successful for the weekly session.

- Learning Moment Video: “Food Waste: Big Problems, Simple Solutions” (2:28)
 - Google Link: https://drive.google.com/file/d/1Nz8ynSj1srk0-oWUW5GA-HABP2Pr0Pa6/view?usp=share_link
 - YouTube Link: https://youtu.be/OHPgl2ipzyo?si=2LqJ_qKOHIRyU8c0

Activity: (Continuation from Week 5) Sustainable Food Cookbook Recipes.
**** (Final Project Component) ****

This week, Project Teams will continue to work on their Sustainable Food Cookbook Recipes using the MyPlate tool as a portion size guide. **Projects must be submitted this week.**

Each Project Team must create **three** healthy and sustainable recipes:

- (1) breakfast recipe
- (1) lunch recipe
- (1) dinner recipe

Project Teams are encouraged to use the Giant resources provided during Week 5 and also do online research to ensure your recipe contains healthy and sustainable foods.

Each recipe must:

1. Feed a family of 4.
2. Include a list of ingredients and quantity/amounts. (For example: Green apples (3) or Lemon juice (3 tablespoons), or Cream cheese (8 ounces)).
3. Include step-by-step cooking instructions on how to prepare the recipe. (Describe the cooking pre-heat and heat temperatures, how to cook the ingredients, how long to cook them, and how to know when the meal is fully cooked.)
4. Prepare or cook the meal in 30 minutes.
5. Contain use the MyPlate portion sizes and healthy foods.
6. Guiding Star Rating for each ingredient or product. (1 -star is Good, 2-star is Better, 3-star is Best).

Waste Disposal Plan: Each Project Team submission must include a waste disposal plan that outlines how waste will be handled from the food and preparation of the three recipes in a sustainable way.

Final Project Points: Points will be given for:

- Three recipes provided (breakfast (1), lunch (1), and dinner (1))
- Creative and delicious meal.
- Use of MyPlate food categories and portion sizes.

- Use of the Guiding Star Rating of ingredients/products.
- Waste disposal plan.

Giant Resources:

- MyPlate.gov
- Guiding Star App or Website: www.food.guidingstars.com
- Giant Healthy & Sustainable Food Presentation:
https://drive.google.com/file/d/1Ms6mBJWkgaSBDGaB7cGrk498cQ6-5kBT/view?usp=share_link
- Guiding Star Overview:
https://drive.google.com/file/d/1Ms6mBJWkgaSBDGaB7cGrk498cQ6-5kBT/view?usp=share_link
- Giant's Sustainable Diet Guide to Zero Waste:
https://drive.google.com/file/d/15Kot8tF61S9DYV64iFo9TfbhCwRAtuaT/view?usp=share_link
- Giant Meals and Snacks Made Easy:
https://drive.google.com/file/d/1sJC5KKpZ8y9YscaSOjZ91MYljArJ44qL/view?usp=share_link

Submit your project team's Sustainable Food Recipes (one person from each project team) online at: <https://forms.office.com/r/qPQffJWEma>.

Please take this activity serious because it is one of the final project competition components.

Week 5: Sustainable Cookbook Recipes



Week 5: USDA MyPlate



Week 5: Guiding Star Ratings



Wrap Up:

- Debrief Questions:
 1. What surprised you most about food waste?
 2. What simple things can you do at home to reduce food waste?
 3. How did your project team handle waste for your recipes?
- (Facilitators):
 1. Encourage each Project Team to:
 - a. Submit the *Sustainable Food Cookbook Recipes* at:
<https://forms.office.com/r/qPQffJWEma>.

2. Submit Weekly Attendance at:
 - a. BGCGW Clubs: <https://bit.ly/2025CoTbgcgwWeeklyattendance>
 - b. External Organizations: <https://bit.ly/2025CoTOrgWeeklyAttendance>
 - c. Look for your club/organization name on the tabs at the bottom, add the date of your session and place an X next to each teen who attended the session.
- (Teens):
 1. Submit the **Sustainable Food Cookbook Recipes** at: <https://forms.office.com/r/qPQffJWEma>.

Week 6 Session:

Duration	Activities	Facilitator	Resource(s)/ Material(s)
5 min	Intro Video	BGCGW/CoT Staff	Video Link: https://www.clubhouseatyourhouse.com/2025week6 .
5 min	Learning Moment Video: "Food Waste" Big Problem, Simple Solutions."	CoT Facilitator	Video: (2:28) <ul style="list-style-type: none"> • Google Link: https://drive.google.com/file/d/1Nz8ynSj1srk0-oWUW5GA-HABP2Pr0Pa6/view?usp=share_link • YouTube Link: https://youtu.be/OHPgl2ipzyo?si=N6WLy8tG1kLWrGfP
40 min	<p>Activity: (Continue) Sustainable Cookbook Recipes</p> <p>This week, each Project Teams should continue to work on their Sustainable cookbook recipes. Each project team will develop three recipes (1) breakfast, (2) lunch recipe, and (3) dinner recipe that contain healthy and sustainable foods.</p> <p>Project Teams are encouraged to do online research to ensure your recipe</p>	CoT Facilitator	<p>Submit Sustainable Food Cookbook Recipes link: https://forms.office.com/r/qPQffJWEma.</p>

	<p>contains healthy and sustainable foods.</p> <p>Each recipe must:</p> <ol style="list-style-type: none">1. Feed a family of 4.2. Include a list of ingredients and quantity/amounts. (For example: Green apples (3) or Lemon juice (3 tablespoons), or Cream cheese (8 ounces)).3. Include step-by-step cooking instructions on how to prepare the recipe. (Describe the cooking pre-heat and heat temperatures, how to cook the ingredients, how long to cook them, and how to know when the meal is fully cooked.)4. Be prepared or cooked in 30 minutes.5. Contain use the MyPlate portion sizes		
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	<p>and healthy foods.</p> <p>6. Guiding Star Rating for each ingredient.</p> <p><u>Waste Disposal Plan:</u> Each Project Team submission must include a waste disposal plan that outlines how waste will be handled from the food and preparation of the three recipes in a sustainable way.</p> <p>Please take this activity serious because it is one of the final project competition components.</p>		
<p>5 min</p>	<p>Wrap-up</p> <ul style="list-style-type: none"> • Ask Debrief Questions • Submit Sustainable Food Cookbook Recipes online. • Submit weekly attendance at: <ul style="list-style-type: none"> ○ BGCGW Clubs: https://bit.ly/2025CoTbgcgwWeeklyattendance ○ External Organizations: https://bit.ly 	<p>CoT Facilitator</p>	<p>Submit Sustainable Food Cookbook Recipes link: https://forms.office.com/r/qPQffJWEma.</p>

	/2025CoTOrgWeeklyAttendance		
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Debrief Questions

1. What surprised you most about food waste?
2. What simple things can you do at home to reduce food waste?
3. How did your project team handle waste for your recipes?

Outcomes and Actions:

- Increased awareness of food waste and ways to eliminate waste.
- *Submit Sustainable Food Cookbook Recipes* link: <https://forms.office.com/r/qPQffJWEma>.
- Submit weekly attendance at:
 - BGCGW Clubs: <https://bit.ly/2025CoTbgcgwWeeklyattendance>
 - External Organizations: <https://bit.ly/2025CoTOrgWeeklyAttendance>
 - Look for your club/organization name on the tabs at the bottom, add the date of your session and place an X next to each teen who attended the session.