

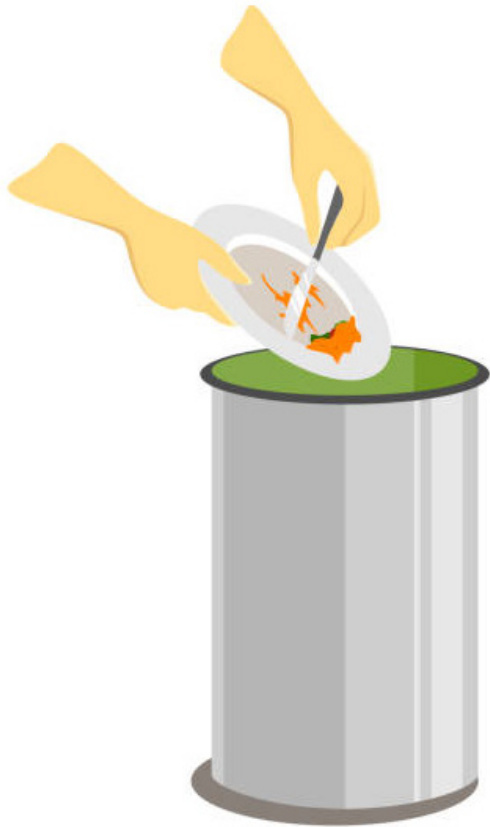


# Patch Curriculum

girl scouts   
of central indiana

# 1: What is the Zero Hunger | Zero Waste program?

There is a fundamental absurdity in our food system:



**35%** of the food produced in the U.S. is thrown away...

...yet **1 in 10** Americans struggle with hunger.

As America's grocer, Kroger believes they can do something about it because of their size, scale, and dedicated associates.

Kroger's Zero Hunger | Zero Waste social and environmental impact plan is their commitment to build a more resilient, equitable, and sustainable food system that improves access to affordable, fresh food for everyone—for generations to come.

By partnering with Girl Scouts of Central Indiana, Girl Scouts across our council can take action in their own communities to help make these goals possible.



# Kroger's Plan

to end hunger in our communities and eliminate waste in our company by 2025



**Establish a \$10 million innovation fund** through The Kroger Co. Foundation



Accelerate food donations to **2.3 billion meals to date**



**45% of donations** from produce, deli, and dairy to support better nutrition



**Advocate for public policy solutions** to address hunger and help communities divert 48.9% of food waste from landfills



**Achieve prior goal to be a Zero Waste company by 2020, plus achieve Zero Food Waste by 2025** in all stores and across the company



**Join forces with new and long-standing partners**— including Feeding America and the World Wildlife Fund



**Transform Kroger communities and improve health** for millions of Americans by 2025



**ZERO HUNGER  
ZERO WASTE**

# Food Waste Recycling Fun Fact

Currently, **2,539** stores across the Kroger family of stores have food recycling programs in place. In the last year, they increased the amount of food waste they recycled by **48.9%**.

## How we reduce and recover food waste

Achieving Kroger's vision of zero food waste includes following the U.S. EPA Food Recovery Hierarchy, shown below:

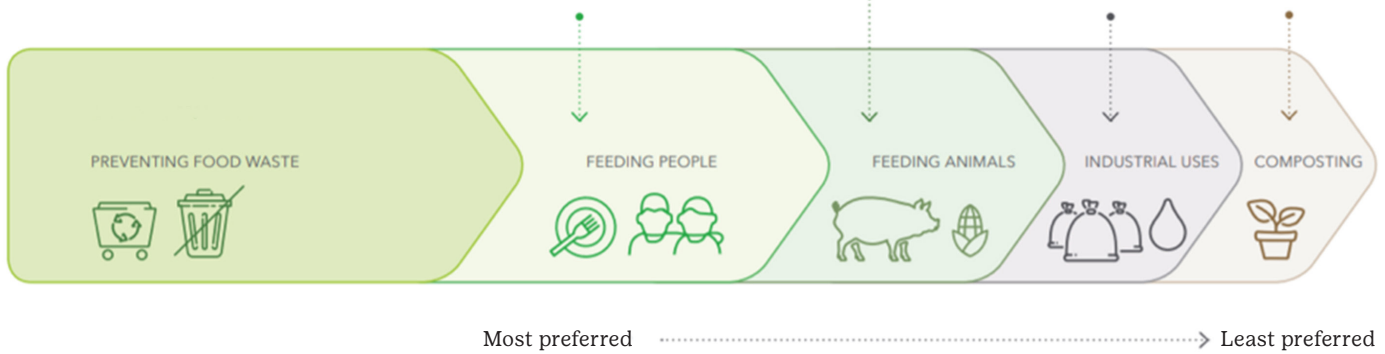
Accelerate donations of wholesome food from retail stores through Kroger's Zero Hunger | Zero Waste Food Rescue program.

Train current and new associates in food rescue to improve store-level execution.

Expand processes that allow donation of safe and nutritious food scraps to animals where feasible.

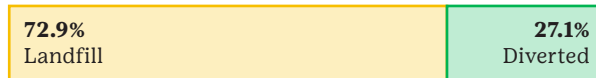
Leverage existing technology Kroger is using in California and Indiana to convert food waste and wastewater into renewable energy through anaerobic digestion.

Continue to expand composting of food waste from stores as appropriate to provide nutrients back to the environment.

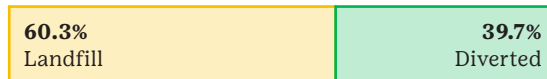


## Where is Kroger's food waste going?

Baseline | 2017



Progress | 2018



Current | 2022



Target | 2025



## 2: Hunger in Indiana

What does it mean to be hungry? Are there people going hungry in your own community? Many of us may not know our neighbors and friends at school could be struggling and going hungry every day, but there are ways YOU can help. **Do two of the following activities.**

### Investigate hunger in your area.

Visit your local food bank, food pantry, shelter, or community kitchen. Ask the following questions:

- How many people do they serve on a daily, weekly, monthly, yearly basis?
- How many children do they serve?
- What are ways your community could come together to help their mission? Is there something you could do?

### Research poverty and hunger.

Search the Internet to learn about poverty guidelines.

- Can you work full time and still be poor?
- What is the current minimum wage?
- What is a livable wage in your community?



### Organize a fasting event with your troop.

Ask your troop to fast for one day before your troop meeting. At the meeting, talk about how you felt and what it must be like for so many who do not get enough to eat. Write a poem or play about it. Break the fast by sharing a meal together.

## Learn about the SNAP program in your area.

How difficult is it for a family to plan menus on the Supplemental Nutrition Assistance Program (SNAP)? Research what a family receives in your area and create a plan for a day's worth of nutritious meals you would love to eat. Visit your local Kroger or Jay C store and price the ingredients you would need. What kinds of food can you afford and how much of it can you buy?

Visit <https://www.choosemyplate.gov/budget> to learn about eating on a budget and how to plan ahead.

## Create a blog or website.

In your blog, document and share your experiences as you learn about and take action against hunger and poverty within your community.

In Indiana, 730,480 people are struggling with hunger - and of them 204,290 are children.

1 in 9 people  
  
struggle with hunger.

1 in 8  
**children**  
struggles with hunger.

People facing hunger in Indiana are estimated to report needing

**\$409,377,000**

more per year to meet their food needs.

The average cost of a meal in Indiana is \$3.17. Data from Feeding America's Map the Meal Gap 2019 study.



Supplemental  
Nutrition  
Assistance  
Program

Charitable programs are unable to fully support those struggling with hunger. The combination of charity and government assistance programs are necessary to help bridge the meal gap. SNAP, formerly food stamps, provides temporary help for people going through hard times - providing supplemental money to buy food until they can get back on their feet.

In Indiana,

**46.3%**  
of households receiving  
SNAP benefits have

**children**

\$819,644,875 distributed  
through SNAP generated

**\$1,393,396,288**

in economic activity.\*

\*Economists estimate that every dollar a household redeems through SNAP generates about \$1.70 in economic activity.



## 3: What is food insecurity?

Food insecurity is defined as the disruption of food intake or eating patterns because of a lack of money or other resources. Understanding that situations may change or not be available is an important first step in learning how you can help reverse the outcomes of food insecurity. **Do two of the following activities.**



### **Discover what food insecurity means.**

Use the Internet to research and understand the difference between hunger and food insecurity. Create a poster explaining the difference.

### **What if you experienced food insecurity?**

People who experience famine or food insecurity might only eat a cup of rice or a piece of bread all day. For one meal, try to eat just a small amount of food. How does your body feel? Do you feel tired or cranky? How much food do we need to eat to stay healthy? What kind of food do we need to eat to stay healthy?

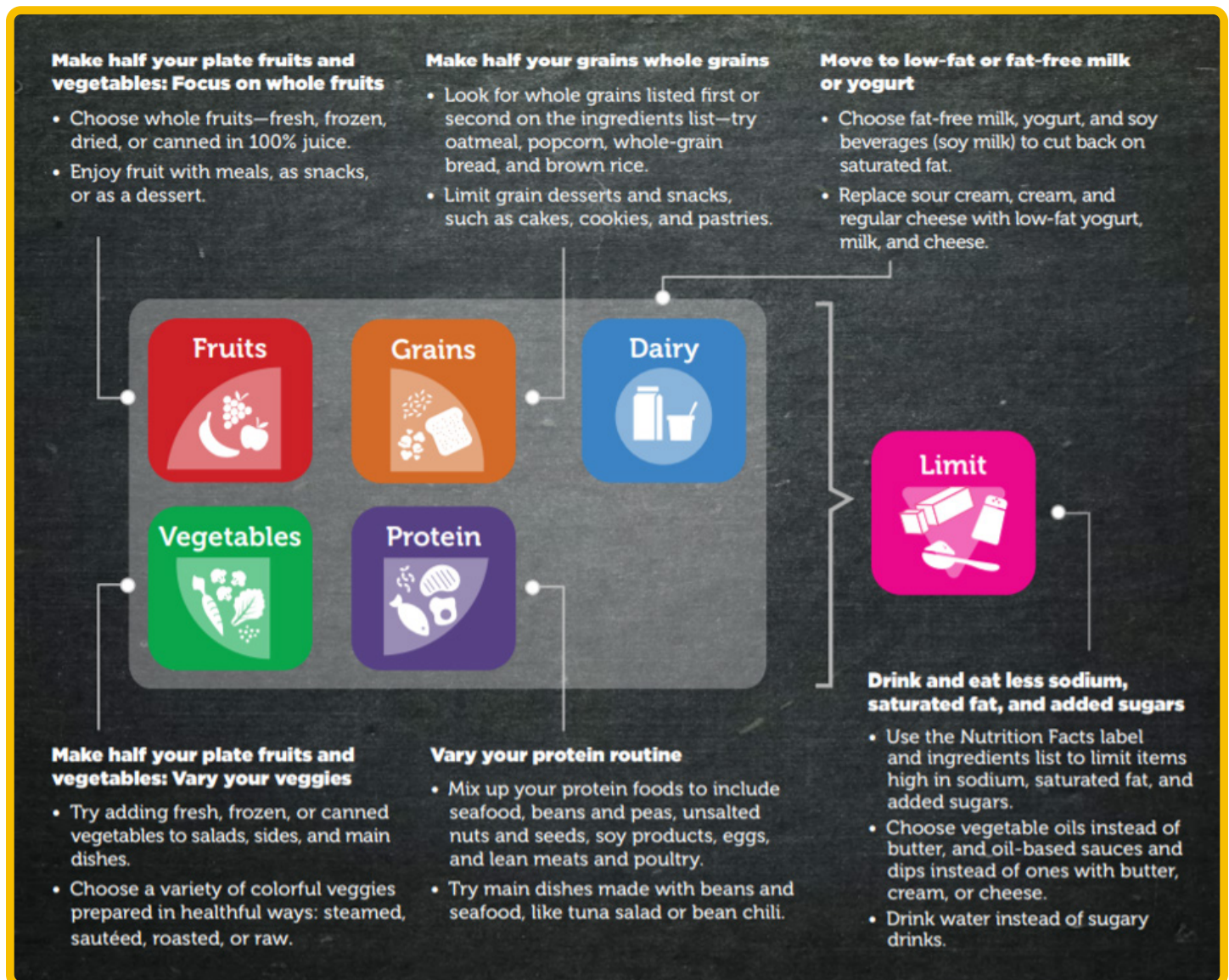
### **Take action and help your neighbors.**

Learn about the different programs in your area your neighbors could utilize to offset food insecurity such as SNAP, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), the National School Lunch Program (NSLP), food pantries, and other local organizations. Create a poster to hang in your local church, school, library, or other public bulletin board letting families know about the resources available to them and how to reach out.

## What You Need To Know...

Kroger is working hard to help their communities by partnering with local organizations to feed people who need it.

Food insecurity isn't just about being hungry, sometimes it means you aren't able to get the right kinds of food to stay healthy. Everything you eat and drink matters over time. Take a look at the chart below to see what type of food you should be eating at each meal. According to [www.choosemyplate.gov](http://www.choosemyplate.gov):



Additional Resources: <https://youtu.be/jGbJJ6HZdnU>, <https://youtu.be/23GUdqovoeM>



## 4: The Power of the Gleaning Movement

What is gleaning? Gleaning is the act of collecting excess fresh foods from farms, gardens, farmers markets, grocers, restaurants, state/county fairs, or any other sources to give to those in need. Creating a gleaning movement in your community is a good first step in reducing food waste and working toward zero hunger. **Do two of the following activities.**

### **Visit your local Kroger or Jay C location.**



Contact your local Kroger or Jay C store and schedule a store tour with your troop! Take notice of where all the fresh produce is placed throughout the store as well as where all of the processed and sugary snacks are kept. Are there major price differences between fresh foods and packaged goods? What does your local store do with the leftover food they have after they remove it from their shelves? Discuss with the store manager the Kroger/Jay C gleaning process in depth, compare that to other stores. Ask the store manager if there is a way your troop get involved with the process or if you can help identify local organizations in need.

### **Interview your school district or school dietitian.**

Ask them how they decide what food to serve to the students. Ask what the school does with leftover food. How can they better prevent food waste? Create a poster or other presentation to share your ideas with your local school district of ways you think you could help them reach their goals.

### **Host a food drive with your troop or service unit.**

Encourage your troop to talk to members of their neighborhoods' houses of worship, and schools about participating in the food drive. Ask your parents to look through your own food pantry to identify any foods you may not use but could be passed on to someone. Deliver that food to a local food pantry or identify families in your community you can help directly. Have kids create a pamphlet about gleaning to share.

## **Research and discuss how food is wasted in your local community.**

According to a commissioned study from the Food and Agriculture Organization, “about one third of the food produced in the world for human consumption gets lost or wasted.” Find out how many restaurants in your community donate their excess food to organizations that feed hungry people. How do food banks reduce the amount of food wasted? Ask your troop to journal how food is wasted in their own home over a given week. Come up with two action steps to reduce the waste of food in your home and/or community.

There are many local organizations taking the gleaning movement to the next level and making a huge impact in their communities. Scheduling tours of their facilities or asking them how you can help get involved is a great way for you to help, too!

### **Second Helpings [secondhelpings.org](http://secondhelpings.org)**

Since 1998, Second Helpings has accepted donated perishable and overstocked food to prepare nutritious meals for thousands of hungry children and adults every day, and distributes them free of charge through local social service agencies in Greater Indianapolis. Second Helpings also trains unemployed and underemployed adults for meaningful careers in the culinary industry. Did you know...Second Helpings partners with Camp Dellwood in the summer to provide meals to our campers?



### **Midwest Food Bank [midwestfoodbank.org](http://midwestfoodbank.org)**

Efforts started here in 2005 when a group from Indianapolis worked to ship containers of food to Liberia, Africa, an area in desperate need. By 2007, it became obvious that the Indianapolis area and beyond had a large population of those suffering from hunger. The group decided a permanent local Midwest food bank location was necessary. The land and building were graciously donated, and remodeling was completed by 2008 when the first load-out took place. Today, from their warehouse and several satellite distributions, Midwest Food Bank of Indianapolis provides food to more than 300 agency partners in more than 70 counties in Indiana.



## **Gleaners** [gleaners.org](http://gleaners.org)

Gleaners is Indiana's largest hunger relief organization, feeding hungry Hoosiers through a committed network of nearly 600 food pantries, soup kitchens, schools, and community partners. They provide more than 25 million meals annually throughout their 21 county service area. They are able to serve Hoosiers through many of their programs including community cupboards, mobile pantries, nutrition outreach, their senior hunger initiative, youth programs, SNAP outreach, and more. Did you know...Girl Scouts of Central Indiana and Kroger both partner with Gleaners on lots of activities. Whether it's giving back or hosting programs, Gleaners is a great partner to their community!



## **Indy Hunger Network** [indyhunger.org](http://indyhunger.org)

The goal of the Indy Hunger Network (IHN) is to create a system that ensures anyone who is hungry can access the nutritious food they need. Many in need are responding, but often through individual, uncoordinated efforts. IHN believes in order to end food insecurity, we need to make changes that create a sustainable, coordinated system.



## **K-12 Food Rescue** [foodrescue.net](http://foodrescue.net)

Sponsored by the Kroger Zero Hunger | Zero Waste Foundation, this organization is making leaps and bounds in the food rescue initiative. It is reported that 40% of food produced in the U.S. is wasted, including one billion food items annually from U.S. schools, while 50 million Americans are food insecure. Food Rescue empowers students to lead our country away from our culture of food waste by providing them a platform to tell the story of food waste reduction in their own school. The K-12 Food Rescue Program, in over 700 schools, provides hope to ending the destructive practice of wasting 40% of our food in America. That hope lies within our K-12 students!



## 5: Food Deserts

While there's no one standard definition, food deserts are generally considered to be places where residents don't have access to affordable nutritious foods like fruits, vegetables, and whole grains. Instead of grocery stores or farmers markets, these areas often have convenience stores and gas stations with limited shelf space available for healthy options—making nutritious foods virtually inaccessible for many families living there. **Do two of the following activities.**

### **Discuss your family food traditions:**

Talk with your troop about some of your favorite family food traditions. Whether it is for a holiday or just a family dinner, what do you feel are the most important pieces of your meal that make it so memorable? Now imagine not having one of those food items available due to a food desert in your area. How would this make you feel? Draw a picture showing your feelings and talk to your troop about why that item is so important to you.

### **Create a community garden:**

Work with your neighbors or troop to create a community garden in an area where fruits and/or vegetables may not be easily accessible. Encourage the community to get involved by bringing a packet of seeds to plant and to create a schedule of upkeep for the garden. Allow your neighbors to take what food they need and donate your leftover produce to a shelter or food bank.



### **Organize a one-day farmers market:**

Work with your community to identify local neighbors or farmers who grow their own food and could help set up a one-day farmers market in your community. This could be held at a local school, church, or other community location. Create signs to hang around your community and come up with a marketing plan to help spread the word about the event.

## Become an advocate:

Become an advocate for the people in our community. If food deserts are a problem in your community, reach out to your government officials and ask them to make a change. Write a letter asking your lawmakers to make ending hunger a priority. Visit [votesmart.org](http://votesmart.org) for a list of local officials.



## More Information

Kroger is making an impact in their own communities to prevent food deserts. In 2019, Kroger donated one of their empty store locations in South Memphis, TN to a regional food chain so community members in that area would not go without a grocery store.

Their hard work does not stop there! Earlier that year, Kroger launched their Zero Hunger Mobile Mart in Louisville, KY. The mobile mart is a single-aisle grocery store on wheels that visits low-income neighborhoods, housing complexes, senior living centers, parks and community centers where groceries are not otherwise easily available. The 50-foot refrigerated trailer makes two stops daily.

**“No family in a community Kroger serves should ever go hungry, and no food in a store Kroger operates should ever go to waste.”**

**- Rodney McCullen,  
Kroger's Chairman  
and CEO**

## 6: Zero Waste

Kroger is on a mission to reduce the amount of waste produced in their stores. There are so many ways you can help them accomplish this mission. From recycling, to composting, to shopping for items using non-plastic related materials, we can all work together to make this vision possible. In this section, you will discover what composting is and how to reduce the amount of trash you currently use. **Do two of the following activities.**

ZERO  
HUNGER  
ZERO  
WASTE

### Find out what compost is and how to make it.

Make your own indoor or outdoor compost holder. *Green Thumbs: A Kid's Activity Guide to Indoor and Outdoor Gardening*, by Laurie Carlson, has instructions for making indoor and outdoor compost holders (and other garden projects) and is available for checkout at your local library. *Green with Indy*, a local Indianapolis business, also has some great resources to help understand the composting process, and even how to reach out to them to pick up your compost on a weekly basis.

### Track your trash.

How many bags of trash does your family throw away per month? You probably don't think about it because it's second nature, but the average person throws away 30.1 pounds of trash per week. If you have four people in your family, that's more than 120 pounds per week! That's approximately 1,500 trash bags per year your family is going through! Track your trash for a full week to see if you and your family can eliminate at least 2 bags of trash by recycling or creating a compost project. Was it easy? Try it for a month, then continue to reduce the amount of trash your family uses until it becomes a habit and change of lifestyle.



## **Start a compost project in your neighborhood:**

About 30% of what we throw away is food scraps and yard waste, which can be used as a rich fertilizer in your garden. Composting is a lot easier than it sounds. Start a compost project in your own neighborhood by talking to your neighbors or troop members and work together to collect your compost. It can be as easy as using a five-gallon bucket to collect your compost. Reuse cat litter buckets to begin your project, or stop by your local Kroger or Jay-C store and ask their bakery if they have any five-gallon buckets. Many bakeries go through several of these a week and may be able to donate them to your project.

## **More Information**

Make an impact in your community by either starting your own Zero Waste program or working with other organizations that need your help to continue what they have started. Check out these organizations:

### **Green with Indy [greenwithindy.com](http://greenwithindy.com)**

Green with Indy is a year-round compost pickup service dedicated to residential areas and commercial businesses, including some of Indy's favorite foodie restaurants. Composting is nature's way of breaking down organic material to enrich the soil from which it came. Green with Indy helps support those new and familiar to composting grow our green community.



### **Green Cycle [greencycleindy.com](http://greencycleindy.com)**

Americans throw away about 33 million tons of waste every year—and that's only the food waste. Green Cycle is on a mission to keep as much waste as we can out of America's landfills, and to provide homeowners with quality landscaping products. For more than 20 years, they have been in the business of sustainable, renewable practices and resources. They manufacture and produce all their own organic mulches, composts, and soil blends for consumer and commercial use from recycled yard, wood, and food waste. They believe the ingredients for superior landscaping products can be found in our own backyards.



## According to the Indiana Recycling Coalition:

### BENEFITS OF FOOD WASTE COMPOSTING

- Reduces methane emissions, a greenhouse gas, that results from organics decomposing in landfills
- Restores soil health by:
  - enriching with nutrients
  - assisting in moisture retention
  - suppressing pests and plant disease
- Reduces need for costly chemical fertilizers - reducing the pollution burden on our waterways
- Encourages the growth of beneficial microorganisms that break down organic matter to create nutrient-rich humus



## Benefits of composting from the Indiana Recycling Coalition:

- For one, it's free. You get to use kitchen waste, lawn clippings, leaves and other vegetation that would otherwise get thrown away. In fact, you might even save money on landfill fees.
- Potting mixes and soils that are rich in compost produce vigorous plants regardless of whether you're growing vegetables, growing herbs, or organic rose gardening.
- Improves garden soil structure, texture, and aeration.
- Adding compost improves soil fertility and stimulates healthy root development in plants. The organic matter provided in compost provides food for microorganisms, which keeps the soil in a healthy, balanced condition.
- Compost loosens clay soils and helps sandy soils retain water.
- No need to add fertilizer—just mix compost into the soil. Compost contains nutrients plants need for optimum growth, such as nitrogen, phosphorus, and potassium. It's an especially good supplier of micronutrients that are needed in small quantities such as boron, cobalt, copper, iodine, iron, manganese, molybdenum, and zinc.
- It feels good. When else can you turn trash into treasure? Plus, scraps stay out of the landfill, reducing your footprint.



## Kroger offices adopt composting programs

Kroger associates have been highly engaged in their Zero Hunger | Zero Waste plan, and they are eager to ‘walk the talk’ throughout the business. Here’s how:

- They have collected food waste and paper towels for composting for two years and currently track more than 900 pounds a week.
- They revamped waste collection at their main office to adopt food waste recycling and converted their cafeteria to compostable serving ware.
- They stopped serving single-use coffee cups, and gave every employee a reusable coffee mug.
- Kroger’s Culinary Innovation Center in Cincinnati is recycling food waste in their on-site kitchens.
- Many offices also collect more traditional materials like cardboard, paper, bottles, and cans through their local vendor partners.
- They work with technology partners to refurbish and recycle technology assets like laptops and ink and toner cartridges.



## 7: The Plastic Problem

According to the EPA, plastics make up more than 12% of solid waste, “a dramatic increase from 1960, when plastics were less than one percent of the waste stream.” U.S. residents are buying more plastic, and only about 5-6% of it gets recycled. The plastics industry rarely uses recycled plastics in the vast majority of their products, unlike the glass and metal industries. The recycling arrows stamped on plastic products and the cities that collect every type of plastic via their recycling programs lead people to believe that all plastic products are recyclable and being recycled, and that’s simply not true. Non-recyclable plastics are separated and landfilled. **Do two of the following activities.**

### **Make a small difference.**

Did you know a plastic straw takes hundreds of years to break down, and about 500 million straws are used every single day in the United States. One of the ways you can help is by “skipping the straw” or asking for planet friendly. Brainstorm ways to make eco friendly options more accessible. Reduce your plastic usage by asking your troop leader to invest in reusable straws for your troop members. Carry your reusable straw with you everywhere you go. When you visit a restaurant, you can reduce your plastic usage by “skipping the straw” and use your reusable straw instead. For two weeks, track how many plastic straws you saved by using a reusable straw instead.

### **Discovering your relationship with bottled water.**

(also completes a portion of the It’s Your Planet – Love It Journey)

What is your relationship to bottled water? Do you drink a lot of it, shun it, have it now and then when it’s offered to you? What can you change in your daily life to reduce the use of bottled water – either your own use of it or the use you see around you? Write a journal entry describing in the detail the answers to these questions.



## Recycle with Kroger and become a zero hero!



Did you know common items you use everyday like bubble wrap, plastic overwrap around paper towels, cereal box liners and bread bags are all recyclable? You can be a Zero Hero by stepping up for change when it comes to reducing waste. Start a collection of plastic items with your troop or neighborhood. Once your bin is full, take it to your local Kroger or Jay C store and place them in the drop off bins. Continue this project for a few months and keep track of the amount of plastic you recycle during this time. Over the past three years, the Zero Hunger | Zero Waste program has recycled more than 180 million pounds of plastic—think of the impact you can make in continuing this recycling program!

In 2022, Kroger recycled nearly 74 million pounds of plastic in their operations.

In 2018, Kroger's Simple Truth® product line continued to expand its offering of serving ware to include non-plastic platters, bowls, and straws. All Simple Truth® paper-based items are certified to the Forest Stewardship Council standard for responsible fiber. They also have several items certified to the Biodegradable Products Institute's standard for compostable products, meaning they can be successfully converted to compost, a valuable soil additive, in commercial composting facilities.



## Join Us Making a Difference with Plastic Recycling

Kroger is on our journey to zero waste and we want your help! Every day, we recycle tons of plastic waste in our stores but with your help, we can do more!



**Please Do Not Recycle**

- Prepackaged good bags
- Frozen food bags
- Prewashed salad bags
- Cling Wrap for Food
- Painted-On Plastic Film
- Plastic film that has been painted or has excessive glue
- Degradable Bags

Be a zero hero and help us increase the amount of plastic reused today!

We Recycled

**74 Million lbs.**

of plastic in 2022, and

**3.8 Billion lbs.**

of Plastic in the last 3 years.

### BE A ZERO-HERO!

Recycle Any of These Plastic Materials at Your Local Kroger



**PLASTIC BAGS**

- GROCERY & RETAIL SHOPPING BAGS**
- Receipts removed
  - Hard plastic & string handles removed

- FOOD STORAGE BAGS**
- i.e. Ziplock bags
  - Produce bags
  - Bread bags

**DRY CLEANING BAGS**

**NEWSPAPER SLEEVES & BAGS**



**OUTER PACKAGE WRAPPING**

- PACKAGE OVERWRAP**
- Toilet paper
  - Napkins
  - Paper towels
  - Diapers, etc.

- CASE STRETCH WRAP**
- Bulk snacks
  - Water bottles, etc.



**PLASTIC CEREAL BOX LINERS**

- If it tears like paper, do not recycle



**SHIPPING MATERIALS**

- SHIPPING ENVELOPES**
- Labels removed if possible

**BUBBLE WRAP**

- AIR PILLOWS**
- Deflate

**Find the Bins**

at the Store Front - by the Carts!

Keep Plastics Clean & Dry

# CONGRATS ON COMPLETING THE KROGER ZERO HUNGER | ZERO WASTE PATCH CURRICULUM!

Patches are available at the Girl Scout Shop.

