1 good thing

One Good Thing

This week we talked with UCSF student researchers **Kelly Crotty** and **Johnny Rodriguez** about the free treats they received after FAS staff used the Food 4 UCSF Students app, a tool for tackling food waste on campus, to make use of excess catered food.

Two Goals, One App: Tackling Food Waste and Food Insecurity at UCSF

Have you ever looked at the leftover catering after a meeting and wondered if there was something you could do about it? The good news is that UCSF makes it easy to donate excess food, helping reduce food waste while also addressing student food insecurity.

As a nation, we throw away 40% of our food. Yet, food insecurity is still a major issue. Based on a 2015 study done by the UC Office of the President, 23% of UC students are considered to have "low" food security (reduced quality, desirability, or variety of food), while 19% have "very low" security (disrupted eating patterns throughout the year and reduced food intake). We'd rather our students take advantage of excess food instead of throwing it into the landfill or compost. It's simple for departments to sign up as a food provider on the app, which sends a blast to students when there is food leftover after an event. Seeing the grateful, excited students headed toward the food after the notification is a rewarding part of the program. After picking up their surprise treat in the middle of the day, Kelly and Johnny's response to how they felt about the moment: *happy*. And so are we.

Kelly and Johnny's favorite cookie jar treat: free ones, of course

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But wait, there's more.

If you plan meetings with food at UCSF, keep these two tips in mind:

1. **Plan more, save more**. Ordering the right amount of food is tricky, but a little bit of awareness can save you money up front, and eliminate the need to deal with food waste! Monitor how much you order, how many people attended and what's left over, and adjust

as needed when you order again. You may discover trends based on what time of day you hold the meeting or who attends. Get more meeting tips in the UCSF Healthy Meeting and Event Guide.

2. **Register as a food provider the Food 4 UCSF Students app**. Once you register and are admitted as a food provider, notifying students of free food is simple through the online tool with three details: food location, cutoff time and description of what's available.

About One Good Thing

You like good news, and we want to share more of what's good in 2019 with our FAS community. **One Good Thing** is the "cookie jar" of emails: open it up for a quick, sweet break in your week! Every Wednesday, we'll share One Good Thing happening in FAS.

Check out last week's One Good Thing: *Tricia Saves the Day*.

Have a good story or feedback?
Email kim.lapean@ucsf.edu.

UCSF Financial & Administrative Services (FAS)