

THE
UNIVERSITY
OF RHODE ISLAND
COLLEGE OF
THE ENVIRONMENT
AND LIFE SCIENCES

FOOD RECOVERY FOR RHODE ISLAND

Cooperative Extension

Community Changemakers: FRRI Alumni

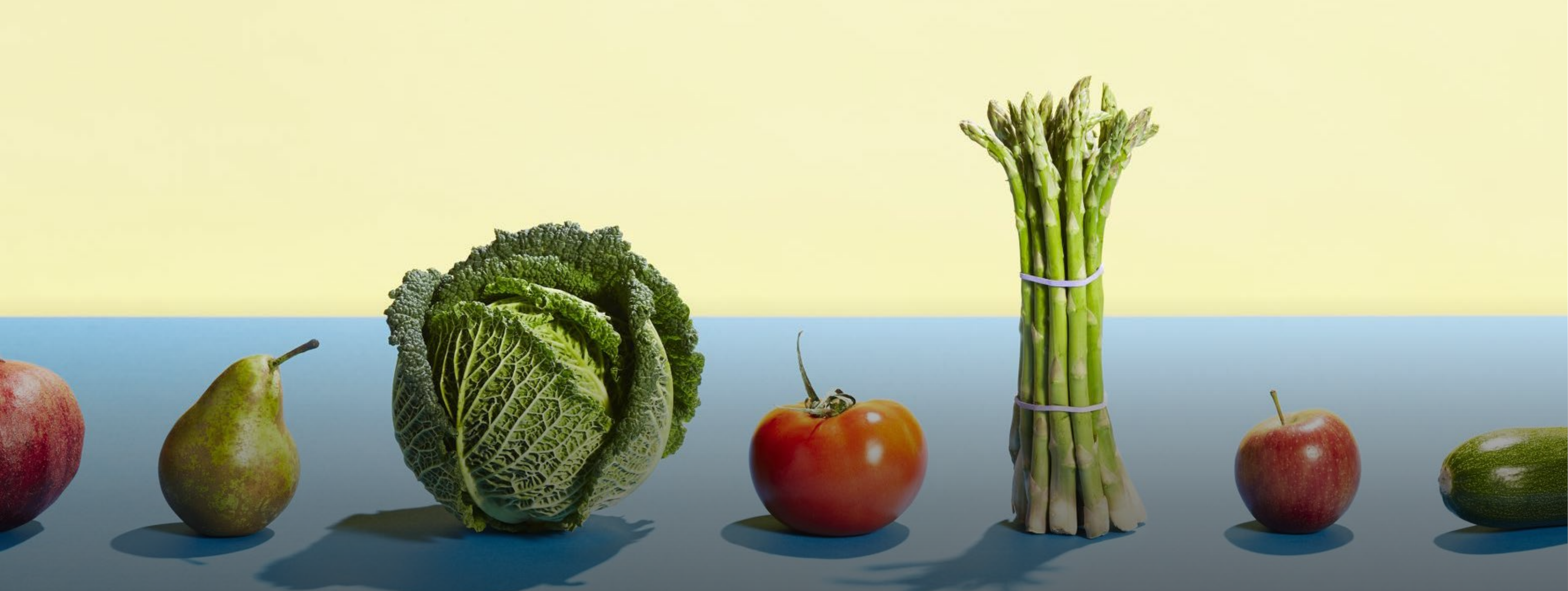
RI Compost Conference

Vanessa Venturini – State Program Leader

Dara Benno, Derek Bowman, Bruce Thompson – FRRI Alumni Panel

University of Rhode Island Cooperative Extension





Wasted Food

It's a global issue



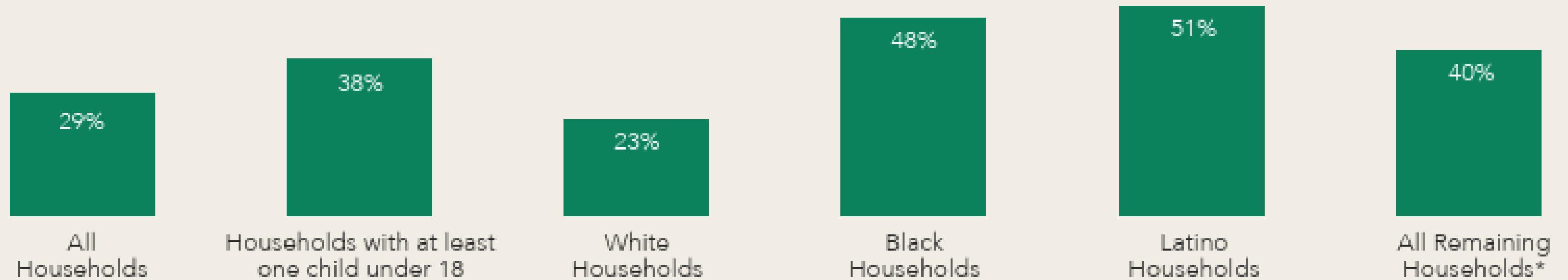
It's a Rhode Island Issue



It's a missed opportunity



Prevalence of Food Insecurity for Different Households in Rhode Island



**All remaining households include Asian, Native American/Alaskan Native, Native Hawaiian/Other Pacific Islander, and more than one race/ethnicity.*

FOOD RECOVERY FOR RHODE ISLAND

Est. 2021

A community education program that addresses food waste, food insecurity and climate change by enabling trained volunteers to support community-driven change.

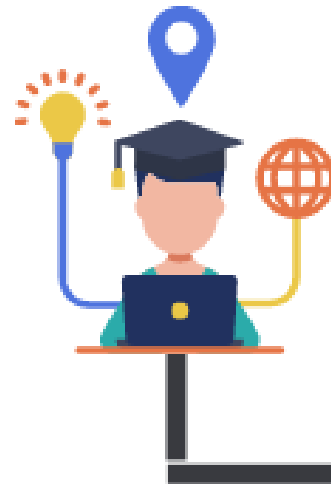
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COOPERATIVE
EXTENSION





6-week Food Recovery Course

Online Education



Graduates receive
certificate of completion

Field Experience



**40-HOUR VOLUNTEER INTERNSHIP
COMMUNITY-DRIVEN FOOD RECOVERY**



Certified URI Food Recovery Volunteer

How Our Program Works

Cooperative Extension
Professionals

+

Community
Experts/Practitioners



CHANGE MAKERS

Any community member 18+
(You?!)

Apply Here:



Interested?
Sign up on the
clipboard going
around!



COMMUNITY PARTNERS who already have solutions



Harvest
Cycle



URI Food Recovery Course Held Each Fall

Week 1: The Challenge - Food Waste, Food Insecurity and the Environment

Week 2: Wasted Food Solutions - Farms and Schools

Week 3: Wasted Food Solutions- Communities and Businesses

Week 4: Composting - Commercial and Residential

Week 5: Food Preservation and Nutrition

Week 6: Volunteerism

Learn: Composting - Commercial and Residential ▾



Welcome to Week 4: Composting - Commercial and Residential

This week you will learn concepts and techniques of composting on commercial and residential scales. You will engage in one new food recovery behavior as part of Food Recovery Challenge Project.

Learning Objectives

- 01 Exhibit understanding of the Food Recovery Hierarchy concepts in order to apply to food recovery techniques and engage in community volunteer efforts
- 02 Describe food recovery efforts across Rhode Island
- 03 Demonstrate an understanding of a food recovery skill, such as food preservation or composting
- 04 Implement knowledge of food recovery techniques in experiential settings

What is Compost?

Compost is a term for organic matter that has decomposed into a form that plants can use. Compost can be used in potting mixes or mixed in with garden soil. It has many benefits for your plants and recycles materials that may otherwise be thrown into landfills.

Components:

- "Green" materials
- "Brown" materials
- Carbon/Nitrogen ratio

[Review the Home Composting Guide Here](#) or [here](#).

Learn How to Start a Home Compost pile, step-by-step [here](#). 

WHAT IS COMPOST?

Composting is the managed practice of the biological breakdown of organic matter, such as leaves and coffee grounds, into a rich soil amendment called humus. Using humus creates healthy landscapes and conserves precious limited space.

BLEND: 3 PARTS CARBON 1 PART NITROGEN

At US 3-1 mile, along with a steady diet, microorganisms can decompose organic waste rapidly. Observe activity by turning thoroughly and allowing it to choose its pace.

BROWNS: CARBON SOURCES

- Leaves
- Leaf or straw and other dry plant material
- Straw or hay
- Limbs of trees and shrubs
- Limbs of branches
- Limbs of twigs
- Limbs of sticks
- Limbs of branches
- Limbs of twigs
- Limbs of sticks

GREENS: NITROGEN SOURCES

- Grass clippings
- Household food scraps
- Manure
- Plant trimmings
- Plant trimmings
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- Plant trimmings

THE SCIENCE OF COMPOSTING

Microorganisms, fungi, insects, worms, mites, and other creatures convert the carbon for dead plants into energy for their own growth, releasing carbon dioxide into the air. Similarly, they recycle the nutrients from the decaying plants into their own bodies and excrete back into the soil. One byproduct of this microbial activity is heat.

RESULT: HEALTHIER SOIL AND LESS WASTE

HOT (FAST) COMPOSTING

By balancing food, water and air in the compost pile to favor the most thermophilic (high temperature) microorganisms, compost piles heat quickly to 120-150°F. This temperature range kills most weed seeds and pathogens. But not all beneficial fungi will play their part at those temperatures.

COLD (SLOW) COMPOSTING

If left conditions for hot composting are not maintained, microorganisms will still break down wastes. Decay will be slower, cooler, and less effective of killing weeds and pathogens. Decomposition can take from 6 months to 2 years.

ADDING COMPOST TO GARDEN OR LANDSCAPE


- Reduces need for fertilizers and soil conditioners
- Improves moisture retention and soil structure
- Adds beneficial microbes
- Helps reduce plant diseases and pests
- Increases organic matter
- Lightsens oily soils and helps sandy soil hold water

COMPOST AND FOOD SAFETY

Pilgrims can be hurt if eating pig manure, especially manure. A well-managed compost pile of at least 3 feet high has a temperature enough heat to destroy pathogens. To achieve this, you must have a temperature of about 120°F to 150°F in the center of the pile. If the pile is smaller than 3 feet, it may not reach the temperature needed to kill pathogens. The pile should be turned regularly to ensure even heating. It should be used in the garden, not in the house. It should be used in the garden, not in the house. It should be used in the garden, not in the house.

DON'T COMPOST

- Diseased and invasive plant species
- Chemically treated fruits or grass
- "Weed seeds"
- Meat, bones, fat, grease or dairy products
- Cooked foods in butter, oil, or lard
- Animal carcasses
- Treated or painted wood
- Wood ash

Click here to learn  about the highlighted organization, URI and community experts featured this week!





Kitchen

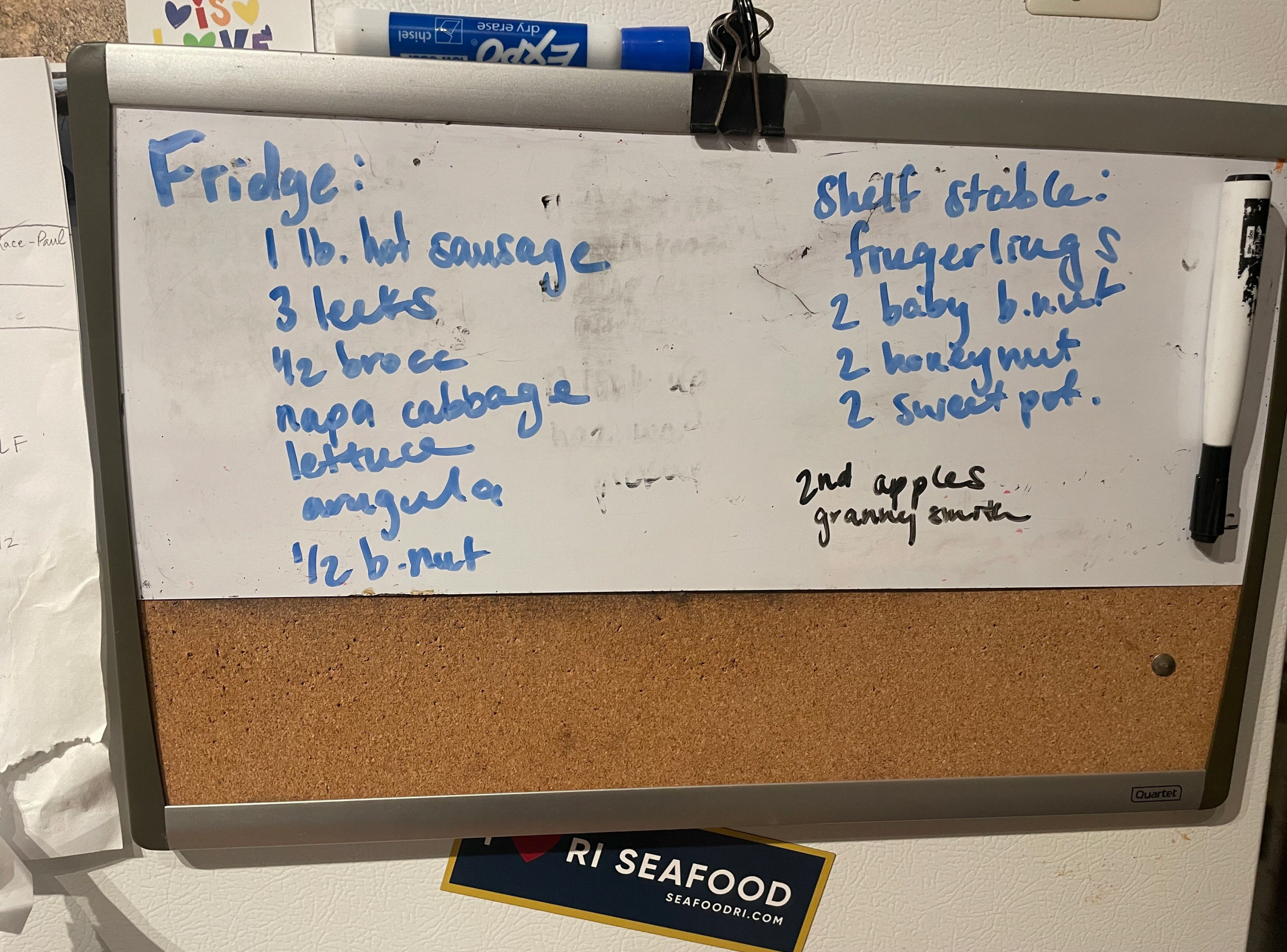


Compost



Schools

Choose your own adventure



Changes at home



Changes in the community

Community Partners



Rescuing
Leftover
Cuisine



A close-up photograph of a pair of hands gently cradling a small, colorful globe of the Earth. The globe shows the continents of North America, South America, and parts of Europe and Africa, with blue oceans and green landmasses. The hands are positioned as if protecting or nurturing the planet. The background is a warm, out-of-focus brown. Overlaid on the center of the image is the text "Real results for people and planet" in a white, sans-serif font.

Real results for people and planet

A photograph of a mesh bag filled with red and yellow apples, sitting on a white digital scale in a grocery store. The background is blurred, showing other produce like lemons and a red sign on a metal rack. The text "231,785 lbs of surplus food donated to people" is overlaid in white on the image.

231,785 lbs of surplus food donated
to people

87,196 lbs of wasted food diverted
from the landfill



Partnerships

*"I plan to use the materials from the food recovery course to use in my position as **Indigenous Empowerment Coordinator at Tomaquag Museum**, to teach the native community about modern composting methods, highlighting their differences and similarities to traditional composting techniques.*

Additionally, I will share both modern and traditional food preservation techniques, such as canning and smoking, as well as emphasize the importance of foraging, growing, and utilizing produce in its entirety."

-Laurel Spears, FRRI Class of 2024



Career Pipeline

*"My **career has completely changed** since taking the food recovery course!"*

I get to work with kids of all ages, teach them about sorting their cafeteria waste to save the planet and help people in their own school communities with the share table.

The kids teach me so much every day and I feel like I am making a real difference in the world.

I love my new career and I owe it all to the food recovery course!"

-Kendra Gay, FRRI Class of 2023





What's next? Regional or National Expansion

Join Us Wednesday, 4/09

ZERO WASTE

TRIVIA

7pm @ Long Live Beerworks



FRRRI Alumni Panel

Apply Here:



Dara Benno, '24



Derek Bowman, '21



Bruce Thompson, '24





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Apply Here:



Thank you!

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Follow us @foodrecoveryri