1. **How many pounds of food are conserved during a “Trayless” day at Heilmann Dining Center?**

137 pounds are conserved when people go trayless for a full day on campus! Opt out of using a tray everyday to save water, curb food waste, and eat less. You can always go back for seconds.

2. **What are the impacts of not eating meat?**

Not eating meat, or eating less meat, saves water, reduces CO2 emissions, and reduces pollution resulting from runoff from commercial farms.

3. **True or false: all of the untouched food in Dhall goes to the landfill.**

False. Pre-consumer food waste, so food that has not been served, actually gets composted at a facility in the Central Virginia area. Heilmann Dining Center composted almost 40,000 pounds of food last year.

4. **True or false: the untouched food and snack products approaching their expiration date in ETC, 8:15, and Lou’s must be thrown away.**

False! At the end of each week, items like pre-prepared meals, snack foods, and bottled drinks that are close to their expiration dates get donated to a food pantry down the road from UR.

5. **Can you do anything to reduce food waste if you live off-campus or in an apartment?**

Yes, you can compost your food. On average, two-thirds of the food we consume can be composted! You can buy a home composter on sites like Amazon or in stores at hardware stores like Lowe’s and Home Depot. Beyond composting, you can reduce food waste by shopping for fresh ingredients more carefully and keeping track of what is in your fridge, ensuring you use it before it goes bad.

6. **What percent of municipal waste is compostable, organic materials?**

40% of municipal waste is comprised of organic materials that can be composted, according to Recycle Across America.

7. **Are plastic utensils recyclable?**

No, you cannot recycle plastic utensils. Opt out of using plastic utensils and instead invest in some washable silverware or even a reusable spork to carry with you to reduce your impact on the go.
8. How can you get local groceries in Richmond?

There are tons of options for getting fresh and local food in Richmond. There are a number of farmers markets (https://www.growrva.com/) in the city, you can go to nearby local = grocery stores like Ellwood Thompson’s, or you can sign up for food delivered from Seasonal Roots, an online farmers market (https://www.seasonalroots.com/).

9. How many miles does the average American meal travel to get from farm to table?

According to the Center for Urban Education and Sustainable Agriculture, the average American meal travels 1,500 miles (https://cuesa.org/learn/how-far-does-your-food-travel-get-your-plate). You can reduce the miles that your food travels by checking to see where the food you buy is grown and choosing local, seasonal produce options.

10. Can you take food to go from D-hall?

Yes, you can use the reusable, plastic take-out containers as soon as you swipe into D-hall, and bring them back whenever you go back.