

## Shinshu University Nagano Junior High School, Grade 7 – Food Loss Team

### Toward a Sustainable Society: Reducing Food Waste Through Creative Solutions

The Food Loss Team, made up of first-year students at Shinshu University's Attached Nagano Junior High School, focused on the issue of food waste, particularly leftovers from school lunches. Their project explored how leftover food could be reused by transforming it into alternative materials, linking everyday life to sustainable action.

#### Turning Vegetable Scraps into Paper for Certificates

The students collected vegetable scraps and reused them to make paper. This handmade paper was then used to create certificates of appreciation for students who took on school lunch duties. Through this initiative, the team not only raised awareness about food waste but also encouraged a sense of gratitude for meals and appreciation for the efforts behind providing them.

#### Experimenting with Bio-Plastic Made from Milk

Another part of the project focused on leftover milk. The students experimented using milk to create bio-plastic, a biodegradable material. After adjusting variables like paint type and drying time, they successfully produced a form of plastic that could be used as a refrigerator magnet. This creative activity linked food waste reduction with hands-on crafting, giving students an opportunity to explore sustainable materials through experimentation.

#### Looking to the Future

By working with familiar school lunch items, the students realized that even small actions can lead to meaningful environmental change. Their project not only promoted awareness of food waste, but also empowered them with the knowledge that they can be innovators in building a sustainable future.