

What is a Sharing Table?

The Sharing Table is a place where students can place unopened food and drinks that they choose not to eat or drink. This provides an opportunity for other students to take additional helpings of food or beverages from the Sharing Table at no cost to them.



Sharing Table

How Does the Sharing Table Work?

Students must drop off unwanted food and drink on the Sharing Table **before leaving the cafeteria**. If a student is still hungry after finishing his or her meal, he or she may pick-up items from the Sharing Table.

What Can Be Placed on the Sharing Table?

Pre-packaged food, unopened wrapped food and beverages, or food items with a peel.

Examples include:

- ⇒ *Unopened milk, cheese sticks, yogurt, and cut fruits and vegetables*
- ⇒ *Unopened crackers, cereal bars, and chips*
- ⇒ *Wrapped fresh fruits and vegetables*
- ⇒ *Unwrapped whole fruits with an inedible peel, such as oranges or bananas*

No items from home can be placed on the Sharing Table.



Reducing Waste in the Lunch Room

For the last several years, Navarro ISD Schools have made important changes to reduce the amount of food waste. Our schools use a concept called "Offer Versus Serve" (OVS) to plan meals, reduce waste, and allow students to choose only the foods they want to eat. Menus are planned around five components, or food groups. These are meats/ protein, grains, fruits, vegetables, and milk.

At lunch, the cafeteria offers all five components. Students may take all five items, but must take at least three components to make a student lunch. One component must be a fruit or vegetable.

At breakfast, the cafeteria offers four components. Students may take all four items, but must take at least three components to make a student breakfast. One component must be a serving of fruit.

In order to take the minimum number of items to create a student meal, a student may be required to select a food he or she will not eat. The Sharing Table is available to encourage sharing of unwanted items and prevent them from being thrown away.

While students are still encouraged to choose only what they will eat and eat what they choose, the Sharing Table offers an opportunity for sharing items that would otherwise be thrown away.