



**CARES** Presents:

# You Can *Compost* That?!

with **SARAH KU**

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Hosted by **KEVIN LEHMAN** with the  
**CARES Sustainability Council (CSC)**

August 14<sup>th</sup>, 2020



# The purpose of this event is to shine a light on *composting*

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Together we will learn:

- how composting works
- why it matters
- how **YOU** can get started







# Today's Agenda

- 1) Introductions
- 2) Landfill Statistics
- 3) Composting Basics
- 4) How to Compost
- 5) Insects & Composting
- 6) CARES Social Media Challenge!
- 7) Pre-Scripted Q&A
- 8) Audience Q&A





The **CARES Sustainability Council** is a small group of passionate and dedicated peers charged with enabling CARES members to **learn** and **take action** by providing access to sustainability **resources** and **events**, as well as **networking** opportunities for anyone **passionate** about saving the planet.

**Initiatives include:**

- Monthly themes highlighting sustainability topics
- Virtual volunteering events
- Games & challenges meant to spur engagement
- Webinars & events w/ expert speakers



**KEEP AN EYE ON YOUR EMAIL  
FOR INFO ON HOW TO JOIN**





# SARAH KU



Born & raised in Atlanta



Started & managed a medical device company (pneumonia / tuberculosis)



BBA in Marketing  
Minor in Art

**University of West Georgia**



PhD Candidate  
Marketing/International Business

**Georgia State University**

- Focus on *Sustainability through Food Waste*



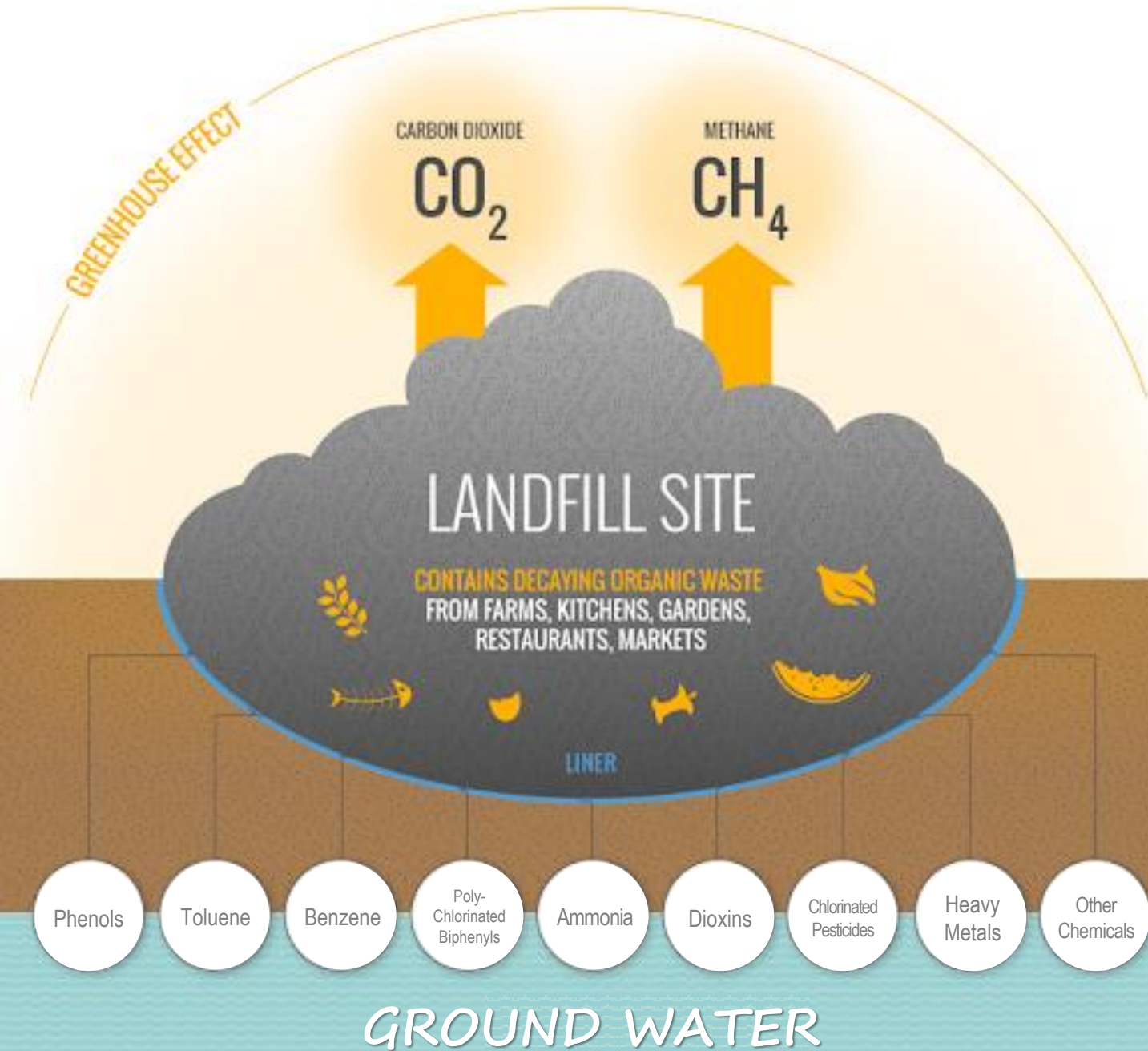
[sku2@gsu.edu](mailto:sku2@gsu.edu)



<http://www.sarahku.com>



# What is actually happening in a **LANDFILL??**

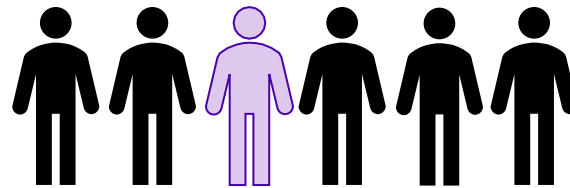


# Is food waste even a problem?

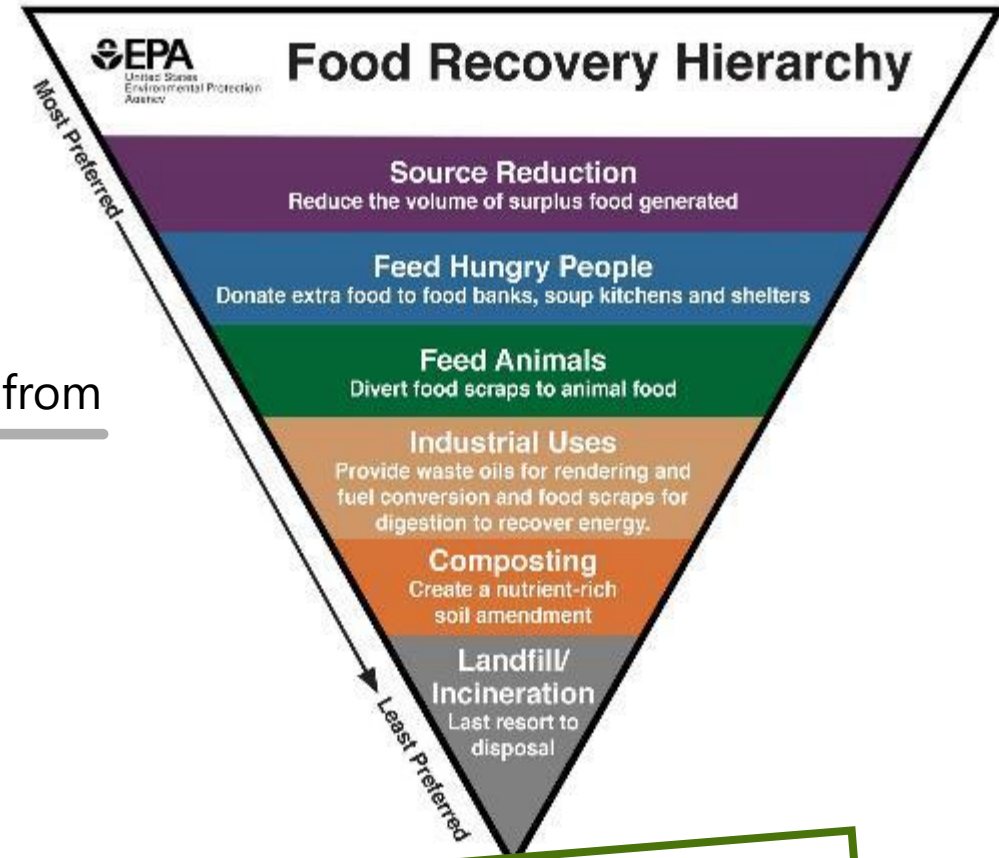
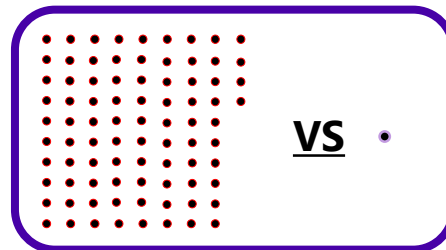
**40%** of U.S. food is **wasted** each year



**1 in 6** Americans **don't know** where their next meal will come from



**Methane** is **84x** more potent than CO<sub>2</sub> in the short term



**Biodegradable ≠ Benign**



# What can I do every day??



Separate food waste from trash

- Between recycling and organic material, very little MSW



Utilize

- Save scraps for stocks
- Coffee grounds for fertilizer and skin exfoliation



Compost

- Ongoing project, fun for kids



# HOW DOES IT WORK?

## INPUTS

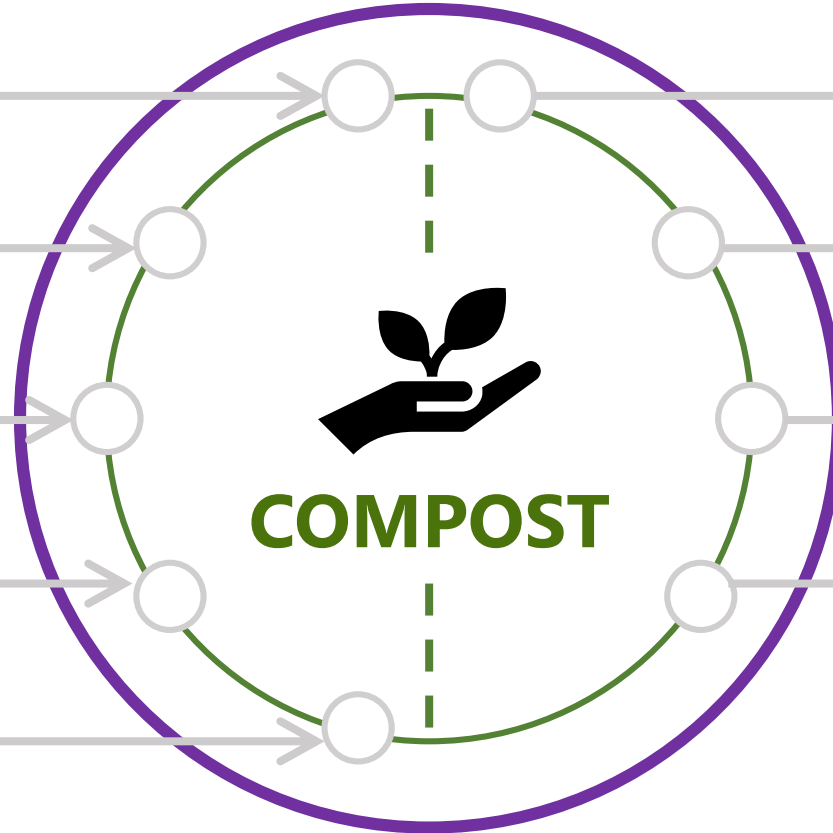
ORGANIC MATTER

MINERALS

WATER

MICRO-ORGANISMS

OXYGEN



## OUTPUTS

CARBON DIOXIDE

HEAT

WATER

FINISHED COMPOST

MICROBES  
MINERALS  
WATER  
ORGANIC MATTER

# Food Waste Recycling



## Typical Composting Methods

- Heaps
- Bins
- Vermicomposting (worms)
- Wind row
- In-vessel



## Other Alternatives

- Animal feed
- Black soldier fly larvae
- Anaerobic digestion
- Incineration
- Pyrolysis





# Why Composting Matters



**31%** of our food supply ends up in landfills



Food waste results in **8%** of global greenhouse emissions, **6 times** greater than the aviation sector



Over **90 million lbs** of food ends up wasted equating to **123 times** the weight of the Empire State Building

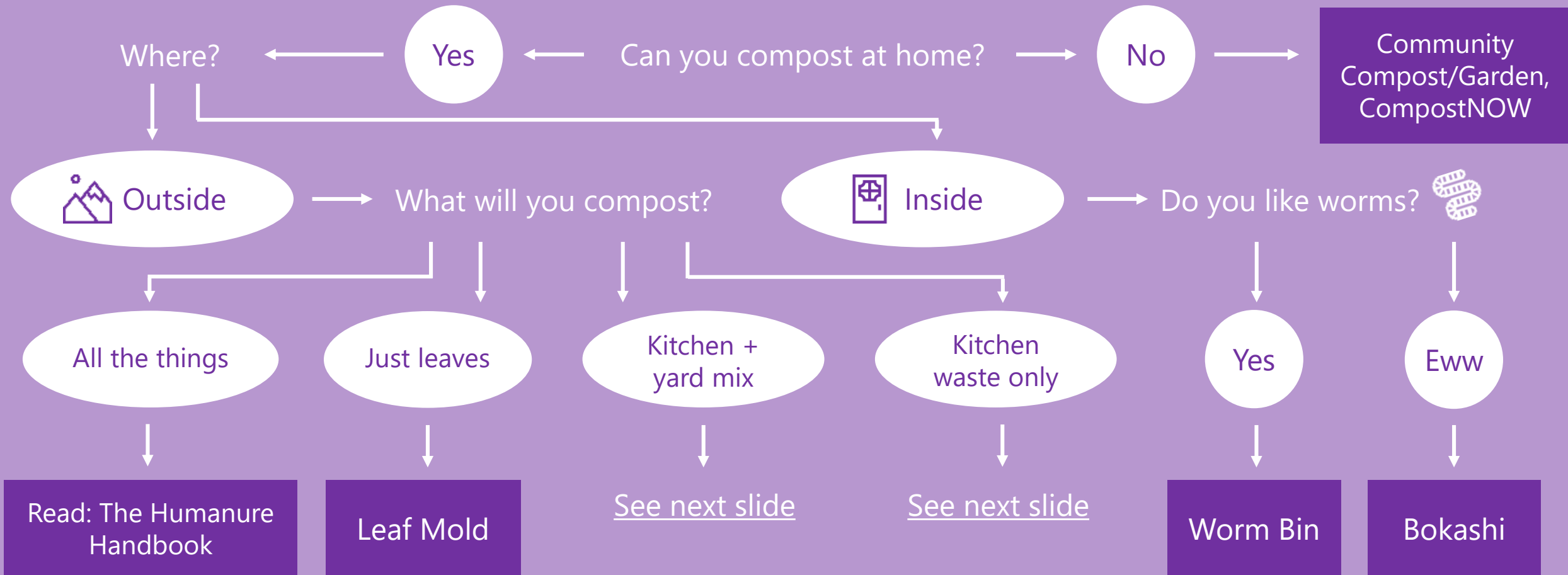


Composting employs **2 times** more workers than landfills and **4 times** more workers than incinerators



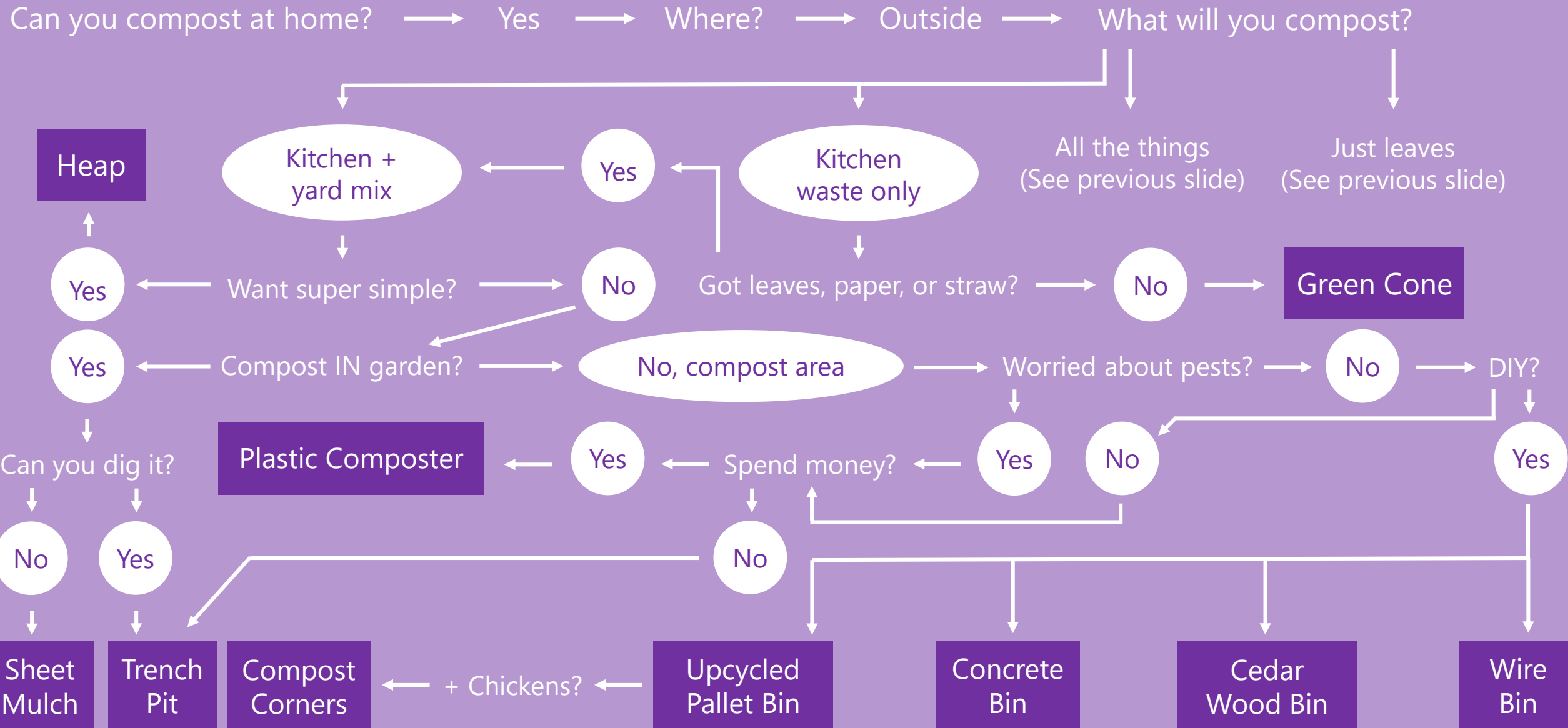
When added to soil, compost helps filter out **60-95%** of urban storm water pollutants

# So YOU want to *COMPOST* ?





# So YOU want to *COMPOST* ?



# To compost... or not to compost



COMPOSTABLE

NOT  
COMPOSTABLE







## Black Soldier Fly Larvae (BSFL)

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- Feeds on organic material
- Can be harvested and may replace fish meal in fish and chicken feed
- Transform waste into a valuable product





# INSECTS & WASTE



- Black Soldier Fly Larvae → Food Waste
- Cockroaches → FOG Waste
- Dermestid Beetles → Animal Carcasses
- Armadillidiidae  
(Pill Bugs / Roly Polies) → Heavy Metals  
(Lead)
- Mealworms → Styrofoam
- Wax Worms → Plastic







# CARES *Composts* – *The Social Media Challenge*







# CARES *Composts* – The Social Media Challenge

- 2-week duration
  - 1-week preparation
- Prizes for **1<sup>st</sup>**, **2<sup>nd</sup>**, and **3<sup>rd</sup>** place
  - Weight per person
  - Weight per household
- Post photos to Teams page
- Extra points for reposting to LinkedIn and/or Instagram
  - **#CapgeminiComposts**
  - If you are posting to a private account, be sure to let us know separately
- Extra points for wearing Capgemini swag





# CARES *Composts* – The Social Media Challenge

## **8/14 – 8/23: Preparation Week**

- Each participant will be given one week to prepare their composting set-up
  - Decide on method (Backyard, community garden, drop-off, etc)
  - Purchase kitchen compost bin (& bags if necessary)
  - Please share a picture in the Teams page to help your peers get ideas!

## **8/24 – 8/3: COMPOST CHALLENGE**

- Go crazy at your local farmers market!
- Collect compost & note weights

## **8/4: DEADLINE**

- Post a picture with your compost, and comment on the final weight!
  - Include how many people are in your household
  - **#CapgeminiComposts**

## August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 TODAY	15
16	17	18 PREPARATION WEEK	19	20	21	22
23	24 START	25	26	27	28	29
30	31	1	2	3	4 END	5



# CARES Composts - The Social Media Challenge

**PREP**  
TODAY

START  
8/24

**COLLECTION**

**SCORE TALLY**  
DEADLINE  
9/4

RESULTS

During <b>PREP</b> Phase	Per Household	Per Person
1 <sup>st</sup> photo	5 points per post	5 points per post
2 <sup>nd</sup> photo and over	3 points per post	3 points per post
During <b>COLLECTION</b> Phase <i>(including DEADLINE)</i>		
1 <sup>st</sup> photo	10 points per post	10 points per post
2 <sup>nd</sup> photo and over	3 points per post	3 points per post
Throughout <b>CHALLENGE</b>		
1 lb of compost	10 points per lb	5 points per lb per person
Sport Capgemini swag in photo (sticker, hat, shirt, etc.)	3 points per post	3 points per post
Post to LinkedIn or Instagram ( <b>#CapgeminiComposts</b> )	5 points per post	5 points per post











# CARES Composts – The Social Media Challenge



## **1<sup>st</sup> place** – **BLUELAND** refillable household cleaner & hand soap bottles

Both 1st place winners will receive a kit with 4 refillable bottles and dissolvable tablets for soaps

- Includes tablets refills for:
  - Multi-purpose cleaner
  - Glass/mirror cleaner
  - Bathroom cleaner
  - Iris agave hand soap

**\*YES!** All delivery packaging **is COMPOSTABLE**



## **2<sup>nd</sup> place** – **BLUELAND** refillable hand soap bottles

Both 2<sup>nd</sup> place winners will receive a kit with two(2) refillable foaming hand soap bottles

- Includes 3 hand soap tablet refills
  - Iris Agave
  - Lavender Eucalyptus
  - Perrine Lemon

### **Additional Information:**

Also available

- Laundry detergent
- Dish soap

<https://www.blueland.com/>



## **3<sup>rd</sup> place** – 12oz bag of **Gorongosa Coffee**

Available in ground or whole bean

- Light roast
- Medium roast
- Dark roast



### **Gorongosa National Park is a wildlife sanctuary in Mozambique**

All proceeds are split between

- Supporting operation of the park itself
- Supporting education programs for women and girls in Mozambique

<https://gorongosacoffee.com/>



# CARES *Composts* - The Social Media Challenge

## **Challenge Name on Microsoft Teams:**

 CARES Composting Challenge!

## **How to participate:**

- You can search in your MS Teams and join the public team
- Capgemini NAR can reach out to [jake.silverstein@capgemini.com](mailto:jake.silverstein@capgemini.com)
- Capgemini GS can reach out to [kevin.lehman@capgemini-gs.com](mailto:kevin.lehman@capgemini-gs.com)







# Scripted Questions



# Audience Q&A





# Thank you for joining!

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## Contact info

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- Jake Silverstein
- Sarah Ku

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