

			HOME NEWSLETTER								Sincerity(誠實)				
											제 2023-123호				
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JUNE 2023 SCHOOL LUNCH MENU INFORMATION															
Origin & Nutrient Amount	Please to the school website for detailed country of origin and nutrition linformation.[Nutrition:Energy/Protein/Calcium/Iron]														
	Rice (Hattomi)	Kimchi(Cab bage,Chilli Powder)	Beef/Pr ocessed Goods	Pork/ Processe d Goods	Chicken/ Processed Goods	Duck/ Processed Goods	Octopus	Mackerel	Pollack Pollack/Cho pped Pollack	Cutlassf ish	Yellow Corbina	Squid	Crab	Tofu/ Soybea n	
	Domestic	Domestic	Domestic(Hanu)	Domestic	Domestic	Domestic	Russia	Domestic	Russia	Domestic	Domestic	Domestic	Domestic	Domestic	
Allergy Informati on	Mixed grains and glutinous rice: eco-friendly products // Vegetables and fruits:eco-friendly products (Regular products if supply is not available)														
	1.Egg, 2.Milk, 3.Buckwheat, 4.Nuts, 5.Soybean, 6.Wheat, 7.Mackerel, 8.Crab, 9.Shrimp, 10.Pork, 11.Peach, 12.Tomato, 13.Sulfites,14.Walnut, 15.Chicken, 16.Beef, 17.Squid, 18.Clams(Oysters,Abalone,Mussel) 19.Pine Nuts Number next to it.														
	*Students with allergies to specified foods, please check the daily menu in advance and take special care.														
⌘ The menu below is subject to change due to school circumstances or price fluctuations ⌘ Please refer to the country of origin and nutrition label of food ingredients by state on the school website (Alimmadang> Meal News).															
Mon (월)		Tue (화)		Wed (수) Chat Day				Thu (목)			Fri (금)				
								1[Happy Birthday~]			2				
								Glutinous Rice Potato Seaweed Soup 5.6.9.13.15.18. CrabMeat Eggroll1.5.6.8. Spicy Sea Snail Noodles 5.6.13. Fish Cake Raddish Kimchi Stir Fried1.5.6.9.13. Ganache Muffin1.2.5.6. 714.5/27.9/316.7/5.4			Rice Janchi Guksu1.5.6.9.13.18. Rose Mara Ttokpokki 1.2.5.6.12.13.15.16.18. Seasoned Kimchi9.13. Oranges Mango Jellystick2. 793.2/27.7/329.9/4.7				
5		6		7				8			9				
Barley Rice Ham Stew 1.2.5.6.9.10.12.13.15.16. Enoki Mushroom1.6. Stir Fried Ancovies 5.6.13. Vefetables5.6.18. Flower Pie1.2.5.6.13. 734.3/28.6/210.5/4.3		Memorial Day		Tune Vegie Bibimbap1.5.6.13. Fried Tofu Soup5.6.9.13.18. Jam Toast1.2.5.6.10.13.15.16. Raddish Kimchi9.13. Banana Milk2. 849/36.4/432.1/6.2				Corn Rice Cabbage Soybean Soup 5.6.9.13.18. Grilled Pork 2.5.6.10.12.13.16.18. Dried Seaweed Stir Fry13. Kimchi Stir Fry9.13. Bavarian Donuts2.5.6. 691.9/44/245.1/4.7			Brown Rice Egg Pollack Soup 1.5.6.9.13.18. Cheese Dakkalbi 2.5.6.12.13.15.16.18. Seasoned Mushroom & Bean Sprout5. Cucumber Kimchi9.13. Watermelon 746/49.5/414.3/3.6				
12		13		14[다문화의날]				15			16				
Millet Rice Chicken Gomtang 5.6.13.15. Mapa Tofu 5.6.10.12.13.16. Seasoned Dried Squid1.5.6.13.17. Raddish Kimchi9.13. Hot Pie1.2.5.6. 707.8/35.2/180.5/11.7		Sorghum Rice Potato Sujebi Soup5.6.9.13.18. Spicy Braised Pork Backbone5.6.10.13. Pollack Vegie Pancake1.Raddish Kimchi9.13. Yogurt2. 744.5/43.5/396.7/3.7		Dried Laver Rice Ball 1.2.5.6.9.13.16.18. Cold Wheat Noodles 3.5.6.13. Tonkatsu5.6.10⊕ Tonkatsu Sauce 1.2.5.6.12.13.16.18. Pickled Radish13. Tangerines 950.2/31/125.5/2.8				Barley Rice Soft Tofu Stew5.9.10.13. Chicken Kkanpongi 1.2.5.6.12.13.15. Mung Bean Jelly Salad1. Seasoned Doraji5.6.13. Jungpyeon 779.5/39.4/224/83.7			Bean Sprout Rice5. ⊕Chive Sauce5.6.13. Miso Soup5.6.9.13. Hamburg Steak⊕Toowoomba sauce 1.2.5.6.10.12.13.15.16. Unseasoned Laver/ Sweet Rice Drink Raddish Kimchi9.13. 708.9/37.4/388.2/4.6				
19		20		21				22[단오]			23				
Brown Rice Ham Potato Soup 1.2.5.6.10.13. Beef Pancake & Leeks 1.2.6.16. Seaweed & Crabmeat Stir Fry1.5.6.8.13. Butter Kimchi Stir Fry 2.9.13./Yogurt2. 689.4/25/128.5/3.5		Millet Rice Spinach Soybean Soup 5.6.9.13. Five Spice Meat 2.5.6.10.13. Stir Fried Sweet Bean Anchovies5.6.13. Cabbage Kimchi9.13. Egg Tart1.2.5.6. 827.7/57.9/284.6/4.7		Ttokkalbi Mayo Rice Bowl1.2.5.6.10.13.18. Kimchi Bean Sprout Soup5.6.9.13. Danish Potato1.2.5.6.13.16. Pickled Cucumber Orange Juice13. 879.8/34.3/272.2/5				Corn Rice Soybean Soup5.6.9.13. Fried Chicken Crunch⊕ Sauce1.2.5.6.12.13.15. Fish Cake Soysauce 1.5.6.13. Seasoned Squid & Apple 5.6.13.17. Surichi Rice Cake 843.9/47.2/253.9/3.3			Lunchbox Meal 1.2.5.6.9.10.12.13.15.16. Bean Spout Soup5.6.9. Potato Bread1.2.5.6.13. Cucumber Kimchi9.13. Watermelon 719.2/41.6/343.6/6.3				
26		27		28[국없는날]				29			30				
Black Rice Beef Soup5.6.9.13.16. Stir Fried Squid5.6.13.17. Steamed Eggs1.5.6.13. Raddish Kimchi9.13. Banana 712.6/43.4/264.4/4.5		Glutinous Rice Soybean tew5.6.9.13.18. Jeyuk Bokkum5.6.10.13. Pasta Salad1.5.6.12.13. Seasoned Melon & Cucumber5.6.13. Almond Cookie1.2.5.6. 799.3/42.8/285/4.5		Bibimbap5. ⊕Soft Tofu Sauce 5.6.13.16. Scorched Rice Cheese Hotdog1.2.5.6.12.13. DMZ Apple Juice Young Raddish Kimchi9.13. 734.1/18.8/232.6/3.6				Barley Rice Chicken Soup1.5.6.15. Braised Tofu5.6.13.18. Seasoned Spinach5.6. Raddish Kimchi9.13. Takoyaki1.2.5.6.18. 759.9/4.2/205.7/14.7			등촌st볶음밥1.5.6.13.18. 등촌st칼국수5.6.7.13.16.18. 왕만두찜5.6.10.16.18. 배추김치9.13. 수박 767.2/31.4/197.1/3.9				

What is Food Waste?

It refers to agricultural, aquatic, and livestock waste and leftover food scraps generated during food production, distribution, processing, and cooking.



It accounts for about 29% of the total domestic waste generation.

Problems caused by Food Waste

About 16,000 tons of food waste is generated each day in Korea.

↳ = 20kg Rice 800,000Bags = Ramyon 120million pcs

Environmental Pollution



- Energy waste and greenhouse gas emissions
- Odors generated during collection/processing
- Water pollution with high concentration wastewater

Economic Loss



- Generation of economic value of food resources
 - Processing costs incurred
- ※ Food waste disposal cost about 800 billion won per year = Possible to build 3 Seoul World Cup Stadiums

Social Problems



- Obstacles to the globalization of Korean Food (Many side dishes are perceived as wasteful)
- Increased imports of agricultural, livestock, and marine products due to lower food and grain payment rates

20% Reduction Effect of Food Waste



온실가스 배출 감소 연간 177만 톤	소나무 3억 6천만 그루를 심는 효과
저소득 가구 연탄 보급 1억 8,600만 장	연간 18억kwh의 에너지 절약
쓰레기 처리비용 절감 : 연간 1,600억 원	

IF food waste is reduced by 20%, KRW 160 billion in disposal costs can be saved annually, and 1.77 million tons of greenhouse gas emissions can be reduced annually. This is equivalent to planting 360 million pine trees.

Food Waste General Waste Separation!

After processing, food waste is used as compost, biofuel, and livestock feed.

Therefore, the easiest way to distinguish between food waste and general waste is to amortize whether it can be used as livestock feed.

Dried Peel and Roots of Vegetables



The dried peels of vegetables such as onions, green onions, and garlic contain ingredients that reduce the digestibility of livestock so they are discharged as general garbage.

Fruits



Large, hard seeds of fruits such as peaches, apricots, persimmons, cherries, and mangoes, and hard skins of pineapples and coconuts are disposed of as general garbage.

Nuts



The shells of nuts such as walnuts, chestnuts, and peanuts are discharged as general garbage.

Meat



The hair, bones, fat, and intestines of cows, pigs, and chickens are also discharged as general garbage.
※ Fats and intestines are unsuitable because they contain a large amount of unsaturated fatty acids.

Egg Shell



Shells such as chicken eggs, duck eggs, and quail eggs are discharged as general garbage.

Shellfish



Shells of mussels, clams, conch, abalone, cockles, sea squirts, and oysters are discharged as general garbage.

Scum, etc.



Wastes such as disposable tea bags, herbal medicines, and coffee are discharged as general garbage.

Paste



Pastes such as gochujang and soybean paste are high in salt and cannot be used as feed for livestock, so they are discharged as general waste.
※ May vary depending on the municipality you live in

Data and photo sources: Agricultural Food Information Nuri, Ministry of Environment, Ministry of Food and Drug Safety, Food Safety Information Service, Ministry of Health and Welfare, Ministry of Agriculture, Food and Rural Affairs, School Health Promotion Agency

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