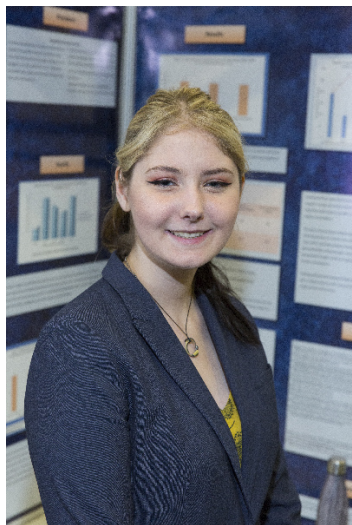


# CWSF 2018 - Ottawa, Ontario



## Amanda Hardman

### Cricket for Lunch ? Turning Waste into Protein

**Challenge:** Resources

**Category:** Intermediate

**Region:** 4-H Canada

**City:** Stony Plain, AB

**School:** Spruce Grove Composite High School

**Abstract:** Edible insects are a food trend that has potential to provide alternatives to conventional meat sources. Household food waste is costing Canadians money and creating environmental problems. This project determined that raising crickets on dehydrated household food waste can produce protein to supplement human diets. Dehydrating food waste to feed crickets is more cost effective and produces fewer greenhouse gases than composting or landfilling.

#### Biography

I live in Parkland County, Alberta and am a Grade 10 French Immersion student at Spruce Grove Composite High School. I am a member of the 4-H Canada team at this year's fair. My project idea came from a conversation about a new food trend, edible insects. After reading a few articles, I became interested in whether raising crickets on household food waste would be an option for urban agriculture to generate an alternative protein source and to help solve the environmental problems associated with food waste. This has been an interesting project as it has many social benefits including reducing greenhouse gas emissions, utilizing a waste product and turning it into a food source and providing options for growing food in non-traditional areas. I have learned to keep going on a project, even when some things don't work as planned. In addition to 4-H, I am member of the school swim team and an active volunteer in my community, earning my Bronze Duke of Edinburgh Award. I am a program assistant with our skating club, soon to be a coach for the CanSkate program, a volunteer with the Family Connection Centre and a Youth Service Leader with 4-H Canada.

#### Awards

#### Value

Excellence Award - Intermediate - Bronze Medal Sponsor: Youth Science Canada	
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
<b>Total</b>	<b>\$1 000</b>