

# Residential Food Waste Prevention



Waste less, save money  
and conserve  
valuable resources



# Why is our food important?





what we waste



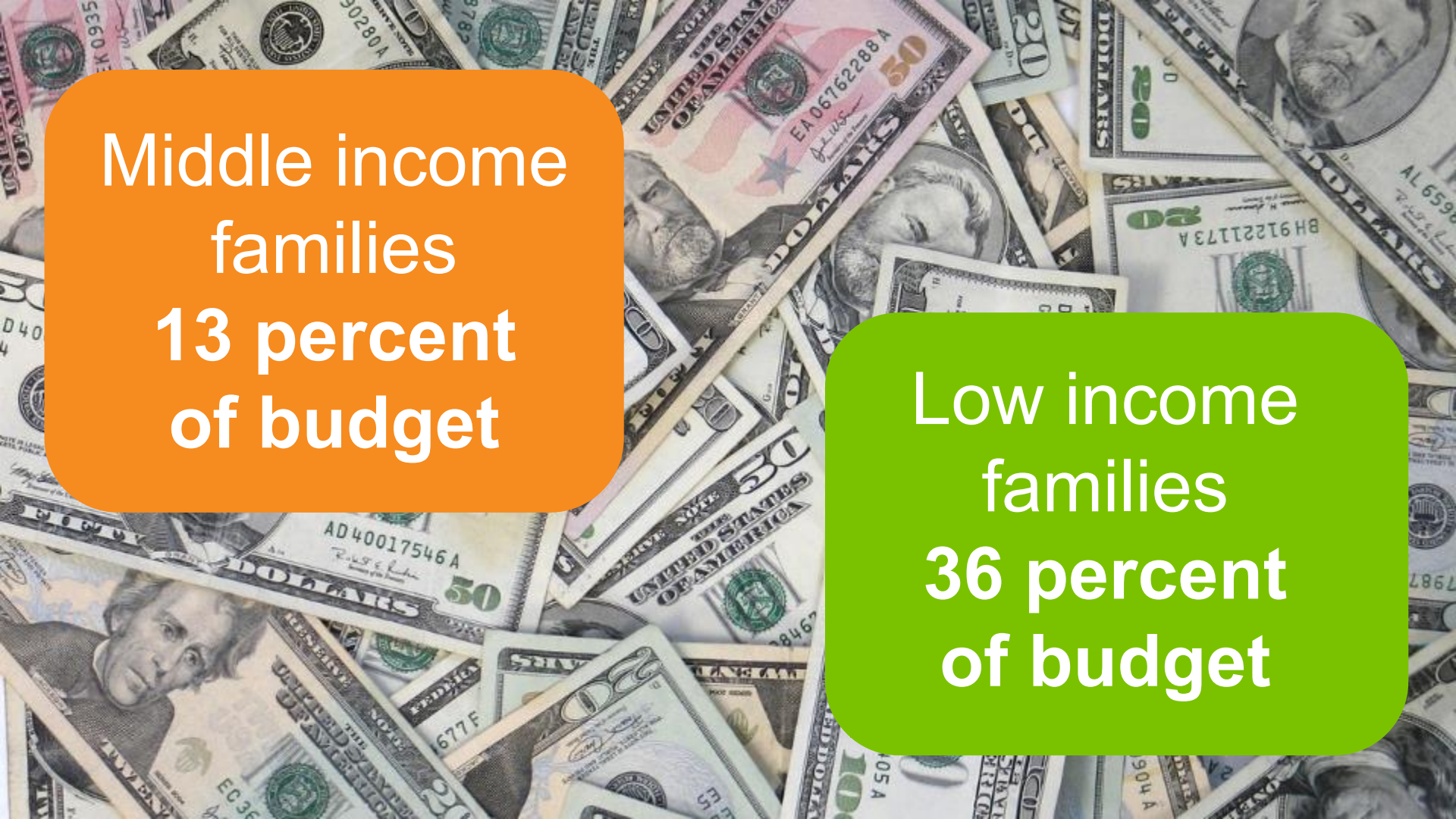
**40**  
percent  
wasted

what we eat

# From the farm to our tables







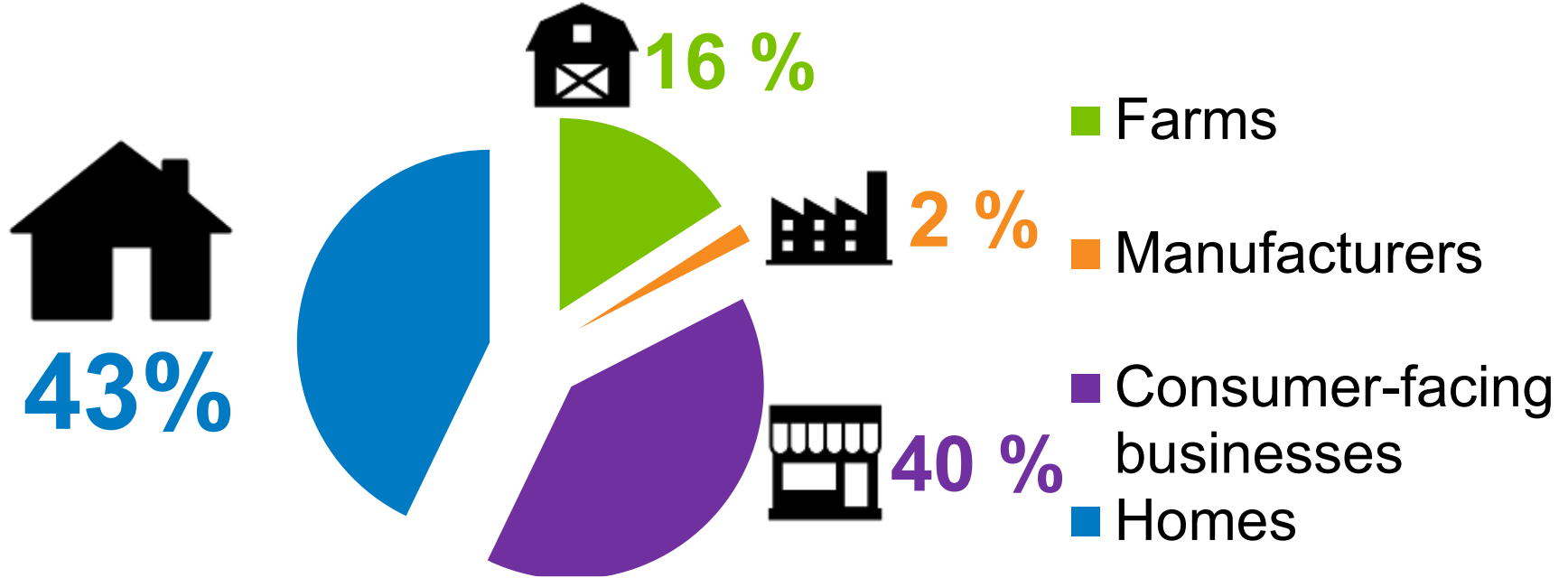
Middle income  
families  
**13 percent**  
of budget

Low income  
families  
**36 percent**  
of budget

# Why do we waste food?



# Who wastes food?



**63 million tons overall**



# Annual value of food wasted





# Why is our food waste important?



social

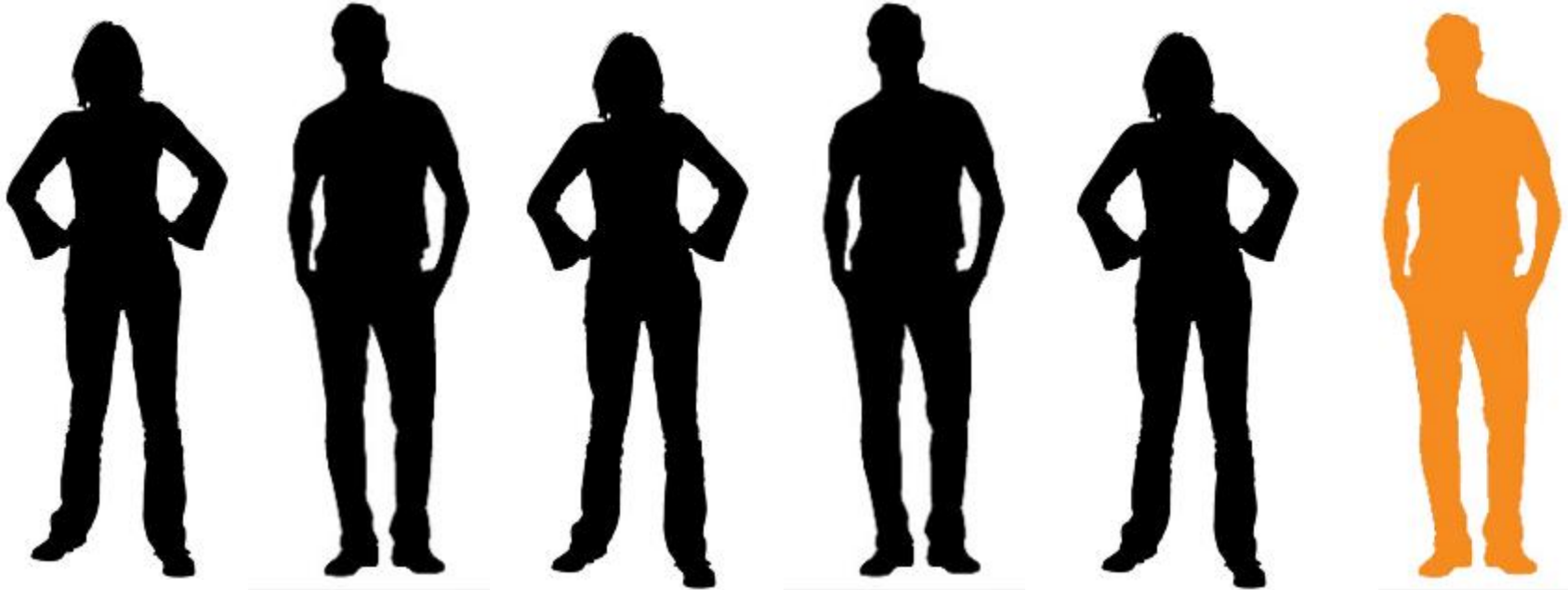


economic



Environmental

# Social impacts



# Economic impacts



**Family of four**

**\$1,500**



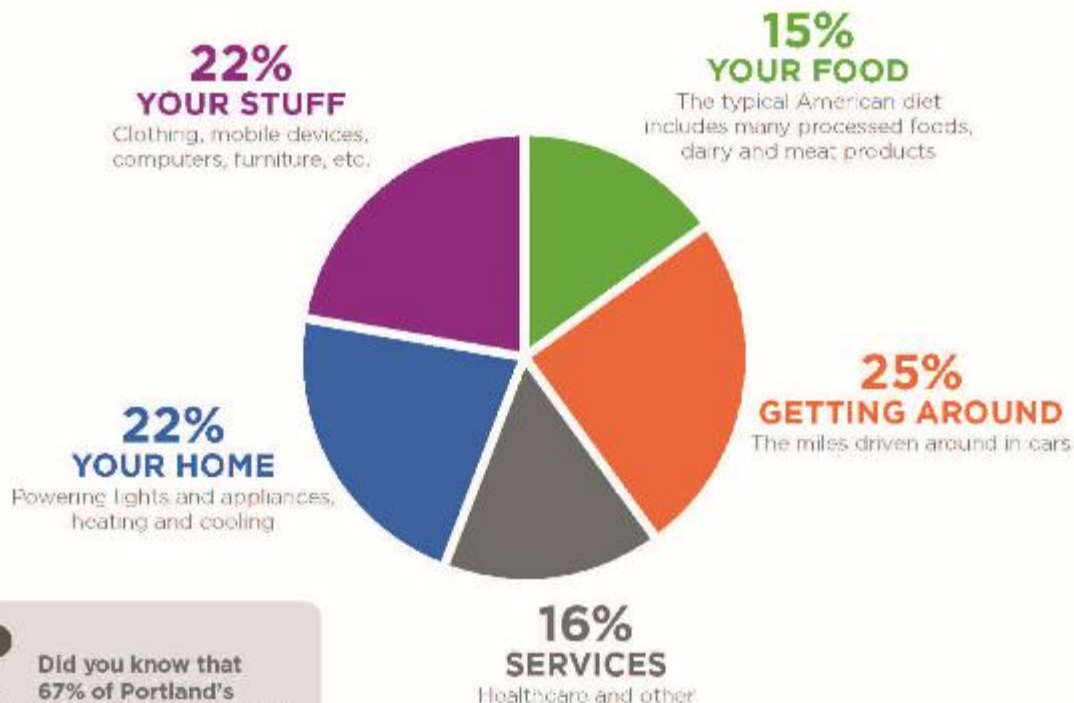
# Environmental impacts

**25**  
**percent**  
**wasted**



# WHERE DO YOUR CARBON EMISSIONS COME FROM?

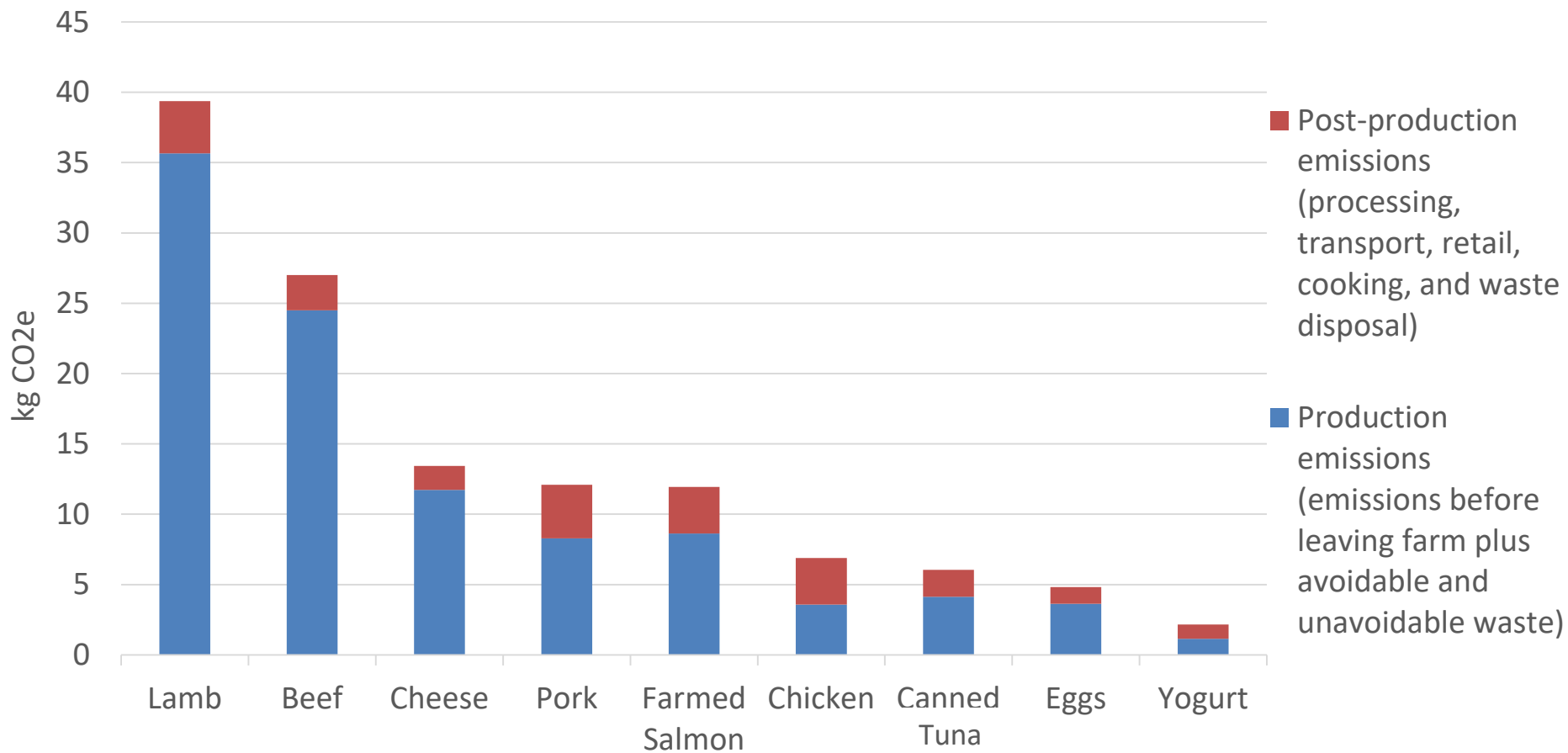
While much of our carbon pollution comes from driving and powering our homes, it's just as important to make thoughtful choices about the food and other stuff we buy.



Did you know that  
67% of Portland's  
electricity comes from  
fossil fuels, like coal?

Source: Multnomah County Consumption-based Inventory, 2011

# Greenhouse Gas Emissions from Food





A green garbage truck is shown from a side-rear perspective, dumping a large pile of food waste into a massive landfill. The waste consists of various vegetables like tomatoes, cabbages, and leafy greens. The landfill itself is a large, dark mound of decomposing organic matter. The sky is overcast and hazy.

# Methane

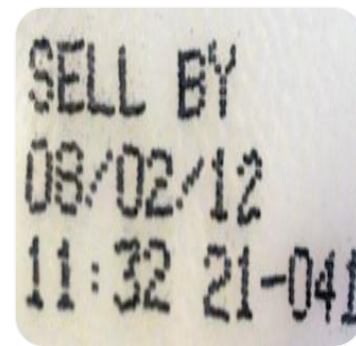
>28 x  
CO<sub>2</sub>

A person wearing a green sweater is holding a white plate of food waste over a metal trash can. The plate contains remnants of a meal, including a brown sauce, green beans, and a tomato slice. The person is using a silver fork to scrape the food into the trash can. The background is blurred, suggesting an indoor setting.

**What's your  
food waste  
story?**



# How food gets wasted at home





# We didn't always waste food

## **SOUR MILK**

Sour milk can be substituted for sweet milk in baking. These rules have been found practicable:

1. As a leavening agent, one teaspoon soda is equivalent to four teaspoons baking powder.
2. One-half teaspoon soda is required to neutralize one cup sour milk or cream.
3. To substitute sour milk for sweet in a recipe, use the same amount of sour milk as sweet milk called for, add one-half teaspoon soda for each cup and subtract two teaspoons baking powder from the amount called for.

For example, if a recipe calls for one cup sweet milk and four teaspoons baking powder, use one cup sour milk, one-half teaspoon soda, and two teaspoons baking powder. Or if the recipe calls for one-half cup sweet milk and two and one-half teaspoons baking powder, use one-half cup sour milk, one-fourth teaspoon soda and one and one-half teaspoons baking powder.

To use sweet milk in place of sour in a recipe which calls for sour milk, use the same amount of sweet milk as sour milk called for in the recipe. Omit the soda, and for each teaspoon soda omitted use four teaspoons baking powder.

If we use sour cream in place of sour milk we must, of course, reduce the amount of fat used. One cup light cream (coffee cream) is equivalent to one-third cup fat with two-thirds cup sour milk. One cup heavy cream (whipping cream) is equivalent to one-half cup fat with one-half cup sour milk.

What can you do about it?



# Eat Smart, Waste Less Challenge

Start by making small changes in the way you shop, prepare and store your food.

## 5 Simple Strategies

1. Shop with meals in mind
2. Prep now, eat later
3. Keep it fresh
4. Eat what you buy
5. Measure your wasted food



# Shop with meals in mind

(SMART SHOPPING)



## Shop with Meals in Mind

### Weekly meal plan

**Tips:**

- Make a shopping list with meals in mind.
- Subtract any meals you will eat out.
- Include quantities for ingredients.

Monday

Tuesday

### Shopping list

**Tips:**

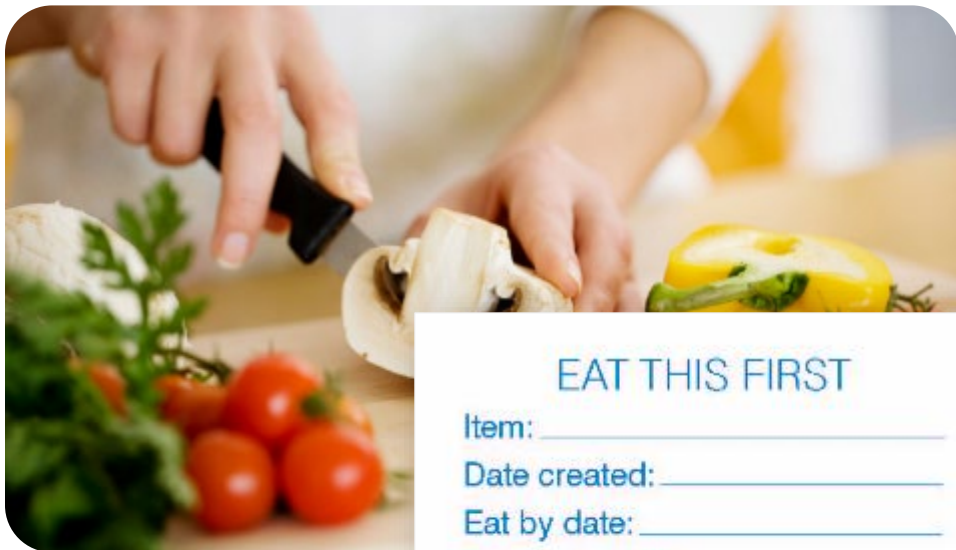
- Check your fridge, freezer and cupboards first.
- Choose loose fruit and veggies over pre-packaged food.

<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____



# Prep now and eat later

## Smart Prep



### EAT THIS FIRST

Item: \_\_\_\_\_

Date created: \_\_\_\_\_

Eat by date: \_\_\_\_\_

Freeze by date: \_\_\_\_\_

Always refrigerate perishable items within two hours of serving. Your fridge should be between 40 degrees and 32 degrees F. Learn more at

[www.EatSmartWasteLess.com](http://www.EatSmartWasteLess.com)



# Keep it fresh

## Fruit and Vegetable Storage Guide

### INSIDE THE FRIDGE:



- Apples, lemons and cherries
- Grapes, kiwi and all citrus fruit
- Almost all fruit, vegetables and herbs

### ONCE RIPE, STORE IN THE FRIDGE:

- Melons, nectarines, apricots, peaches, pears and plums
- Avocados and tomatoes



### ON THE COUNTER OR TABLE:



- Bananas
- Basil
- Winter squash
- Once cut, store produce in the fridge

### IN A COOL, DARK PLACE LIKE A CUPBOARD:

- Mangoes, papayas and pineapples
- Potatoes, onions and garlic



More tips to prevent food waste at [www.EatSmartWasteLess.com](http://www.EatSmartWasteLess.com)

## Has your food expired?



Labels cause a lot of confusion and result in people throwing away perfectly good food.

BEST BY

### INSIDE THE FRIDGE:

- Apples, lemons and cherries
- Grapes, kiwi and all citrus fruit
- Most fruit, vegetables and herbs — see those listed on the back



### ONCE RIPE, STORE IN THE FRIDGE:

- Melons, nectarines, apricots, peaches, pears and plums
- Avocados and tomatoes



# Smart storage



# Eat what you buy

Smart saving





# Benefit when you take the challenge

**Save money**

**Protect the  
environment and our  
communities**

**Develop healthier  
eating habits**

**Waste less**



# Questions?

[EatSmartWasteLess.com](http://EatSmartWasteLess.com)