

Residential Food Waste Prevention



Waste less, save money
and conserve
valuable resources



ESWLC PowerPoint Presenters' Notes

Hi everyone. Welcome. My name is ____ and I am a Master Recycler from Class ____.

We are all learning to adjust our regular habits when it comes to meals right now. I am going to share just a few of the many tips and resources from the Eat Smart, Waste Less website that helps make the most of the food that you put so much effort into bringing home.

Social distancing is important for the health of farm and grocery workers, as well as you, and your family. It can also be stressful to go shopping these days. For these reasons, it is important to go shopping less often. With a little planning and some flexibility, all that effort won't go to waste.

Why is our food important?



I think we can all agree food is an important part of our lives. We all need it to live. For some people, it's how they earn their income. Food connects us to our families and our cultures—and is a great way to explore and build bridges with other cultures. But, we waste a lot of food.



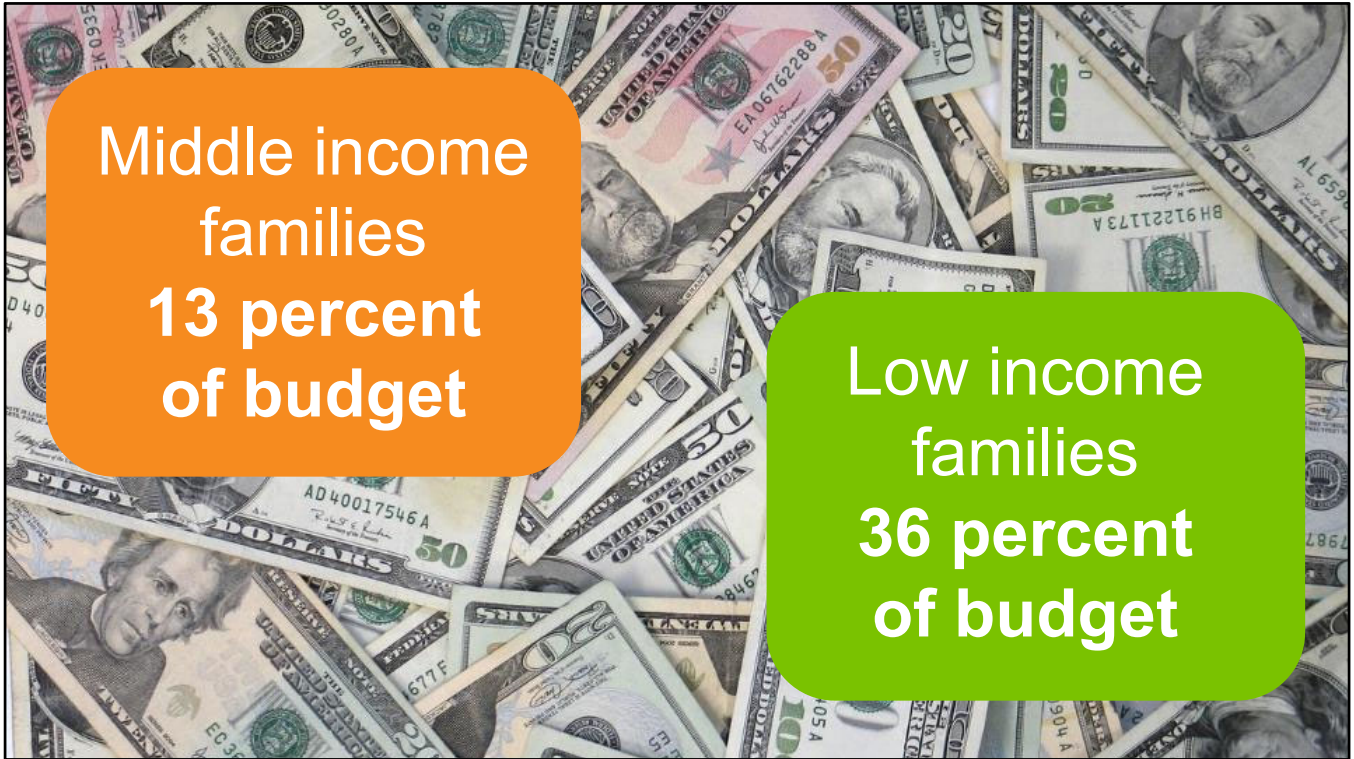
Nearly 40 percent of food grown in the US for people to eat is ultimately wasted.

That's the equivalent to around half the recommended daily calories for many Americans — in other words, two people throw away enough food to feed a third person.

From the farm to our tables



And we often forget, when we throw away food, we're also throwing away all the time, energy, and resources that went into making it- all the water, all the oil for the fertilizer, all the nutrients from the soil and more.



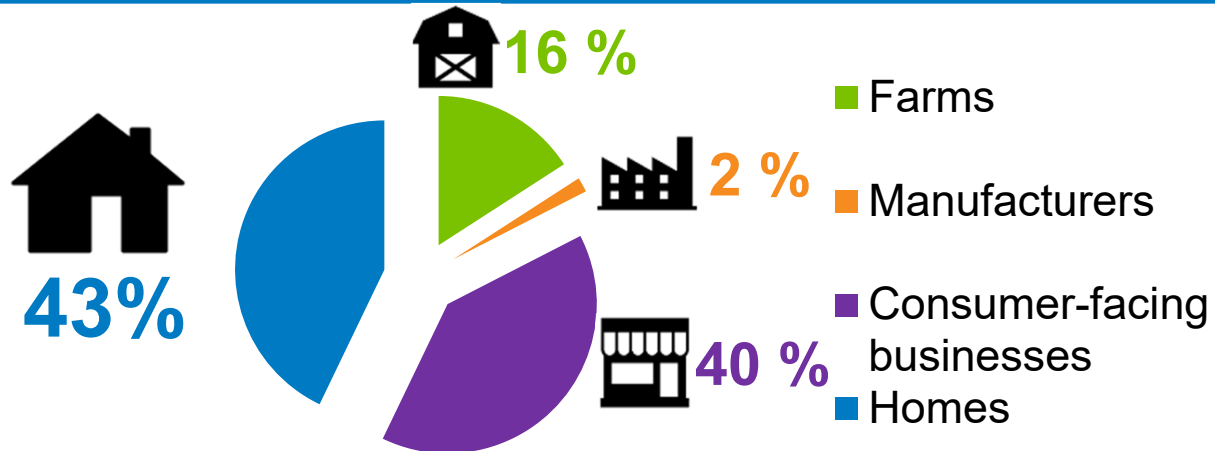
We're also throwing away our money when we throw away food- Middle income families in the U.S. spend around 13 percent of their household budgets on food while low income families spend around 36 percent.

Why do we waste food?



Okay... so we waste food. But why? There are a lot of reasons, at every stage from farm to fork. At the farm, some food is never harvested; maybe it's thought to be too small, too big, or cosmetically challenged. Some food is damaged or wasted during transportation or processing. Grocery stores may throw out food past the date on the packaging. And, of course, *we at home* waste a lot of food. How much?

Who wastes food?



63 million tons overall

Households are directly responsible for wasting more food than any other food-handling group. More food is wasted in the fridges of households than at farms, at processors, or at consumer-facing businesses like restaurants.

Annual value of food wasted



Across the country we waste the equivalent of \$165 billion every year.

Why is our food waste important?



Okay. So let's dive deeper into the social, economic and environmental impacts of wasting food.

Social impacts



As far as social costs, one in six Oregonians don't know where their next meal is coming from. (This was a statistic before covid. in the US, they now estimate 1 in 4 children in the use are hungry. We don't have data on the impacts in Oregon yet.) That means just about everyone know someone who is worrying about having enough food to eat. Particularly healthy, nutritious food.

Economic impacts



Family of four
\$1,500

The average family of four wastes about \$1,500 a year on food they bought and never ate. That is like going to the store, leaving with five full bags of food, dropping one in the parking lot and just driving away. Imagine what you would do with an extra \$1,500.

Environmental impacts

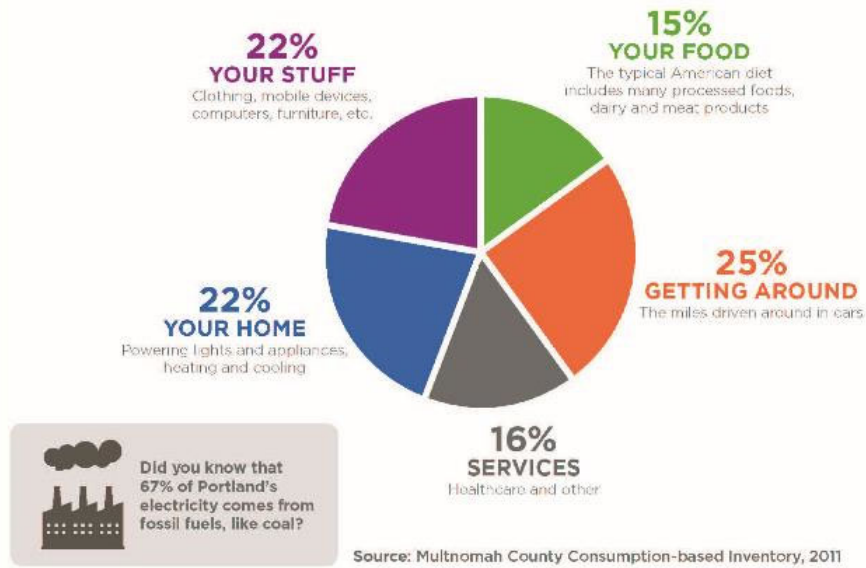
25
percent
wasted



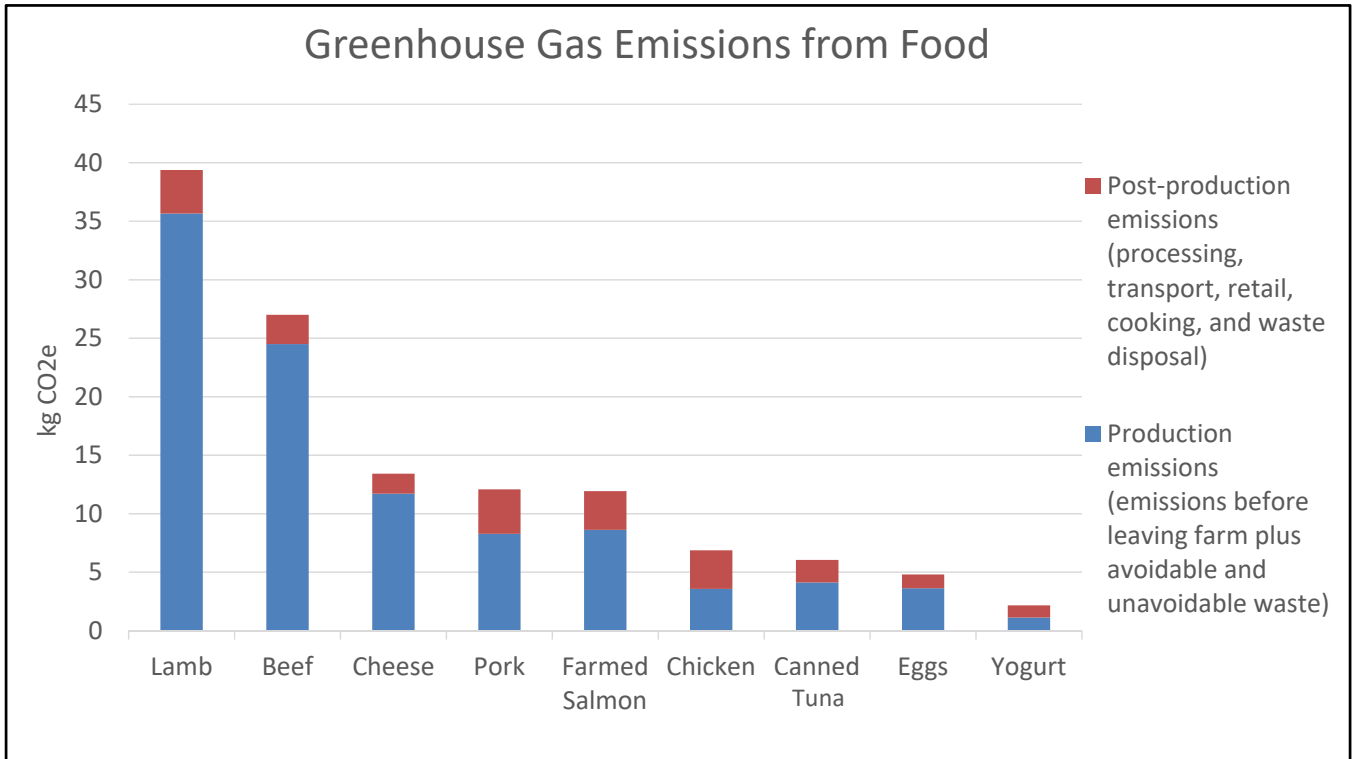
There are also the environmental impacts. For example, a **quarter** of our freshwater goes to produce food that's never eaten. Considering that most of our food is grown in California deserts where irrigation is pumped for miles, this seems particularly wasteful.

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.



A lot of energy goes into producing food. Wasting food contributes to climate change as well. Approximately 15 percent of our carbon diet comes from our food.



Much of those carbon emissions for food takes place during the production phase. So when we waste food, we are wasting a lot of energy – some foods more so than others.



Another environmental example: When food rots in landfills it creates methane- a greenhouse gas 28 times more potent than carbon dioxide.

You may be thinking, “Oh, I’m not wasting any food because I compost it.” That’s great, but we really should only be composting **food scraps** —things like banana peels and egg shells. If you compost leftovers, you’re not putting it to the best use and just making really expensive compost.



I wish I could say I never waste food, but it still happens sometimes. Here is a story about me wasting food:

Who would be willing to share a story about something that regularly goes bad before you get around to eating it and why? *[Take some responses.]*

How food gets wasted at home



Thanks! Now I want to talk about how food gets wasted. Some of these may look familiar to you. Sometimes...

- We buy or serve too much, like at parties for fear of being a bad host if we don't have enough food.
- Maybe we didn't like it, or didn't feel like eating just then
- We didn't finish our plate at an event, or never finished the leftovers we brought home.
- We bought it for a specific recipe and didn't know what to do with the rest.
- We lost track of it in the fridge, or didn't store it properly in the cupboard...

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.

But we didn't always waste this much food. It doesn't have to be this way. Americans who lived during the Great Depression and World War II wasted 50 percent less food than other Americans. [NRDC study "Wasted".] and there are old cookbooks and recipes like this [1940 Farm Home Cook Book] that teach ways to use foods in less-than-prime condition. These are skills that our elders knew and we can relearn.

What can you do about it?



So 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

The Eat Smart, Waste Less Challenge encourages people to reduce their food waste by making small shifts in how you shop, prepare, and store food using five simple strategies. People can pick what strategies work for them, or challenge themselves to all five!

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.

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Plan your meals: Planning meals two weeks out seems like a long time, but it makes a big difference, so you don't have to keep going out.

- Start with your regular easy-to-make meals. Repeat them a few times in your two-week plan.
- Think about which nights you want to cook and which meals will use left overs.
- Pick two types of protein, one or two grains, and a vegetable medley to make at the beginning of the week and incorporate into different meals. For instance, broccoli and peppers can be used as a side one night, added to enchiladas another night, and cooked into a soup or casserole later in the week.
- Don't forget to plan some "lazy meals". Count on some leftovers or even order take out.
- Check your fridge, freezer and cupboards for any ingredients you already have.
- Add missing pieces to a shopping list.

There are apps to manage lists and tips on www.EatSmartWasteLess.com.

Prep now and eat later



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

Smart Prep



Prep food:

- When you get home from the store, you can leave the grocery bag right outside the kitchen door and reach in and grab one item at a time so that you can sanitize the container or remove it all together.
- Wash, chop, peel, cook or portion ingredients for your weekly meals and snacks after you get home from the store or on the weekend.
- Store prepped food in clear containers, and place near the front of the refrigerator.
- Label food with with the date you prepped it and when you should use it up by.

Keep it fresh

Fruit and Vegetable Storage Guide

INSIDE THE FRIDGE:



- Apples, berries and cherries
- Cabbage, kiwi and other leafy greens
- Almost all fruit vegetables and herbs

ON THE COUNTER OR TABLE:



- Bananas
- Potatoes
- White squash
- Once set, store produce in the "kiss"

ONCE RIPE, STORE IN THE FRIDGE:



- Apples, pears, plums and plums
- Avocados and tomatoes

IN A COOL, DARK PLACE, LIKE A CLOSET:



- Onions, potatoes and pumpkins
- Potatoes, onions and garlic

More tips to prevent food waste at www.EatSmartWasteLess.com

Has your food expired?



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

BEST BY

Smart storage



Store food to make it last:

- Did you know that you shouldn't wash berries until you are ready to eat them, or that potatoes should be stored in a cool, dark place?
- Some fruits should be stored separately because they emit a gas that causes other food around them to ripen before you are ready to eat them.
- Learn how to store your favorite foods with eat smart, waste less resources.

Get to know your refrigerator.

- Most refrigerators have produce drawers with humidity settings. Get to know which foods last longer in a humid setting and which need to be drier. and improve the lifespan of your fruits and vegetables.
- The warmest part of your fridge is the door. So, place condiments there instead of milk.
- Strategically locate foods that need to be eaten first in the front of the fridge.

Eat what you buy

Smart saving



Next is the “Eat what you buy” or **Smart Saving** strategy.

You can take our tool for this strategy, our “Eat this First” sticker, and put it on a bin, and place the bin an easy-to-get-to place in your fridge, to let your family know where to find the leftovers and other highly perishable items that need to be eaten soon. Then, everyone can choose for themselves from that bin.

And, you’ll also find resources like FoodHero.org on our website so that you can find recipes to make use of some of your leftover and extra ingredients.

Benefit when you take the challenge

Save money

**Protect the
environment and our
communities**

**Develop healthier
eating habits**

Waste less

The benefits you'll get include:

Saving money

Protecting the environment and our communities

Learning healthier food habits

And, feeling good preventing waste. I know I do!



Questions?

EatSmartWasteLess.com