

Waste Less Food at Home



Waste less food.
Save money.
Conserve valuable resources.

Kate Taylor



Overview

- Why does our food matter?
- How do we waste our food - what and where?
- What happens when we waste food – social, economic, and environmental impacts?
- What can we do, and what is the existing programming?
- Q&A





Why does our food matter?



what we waste



40
percent
wasted

what we eat

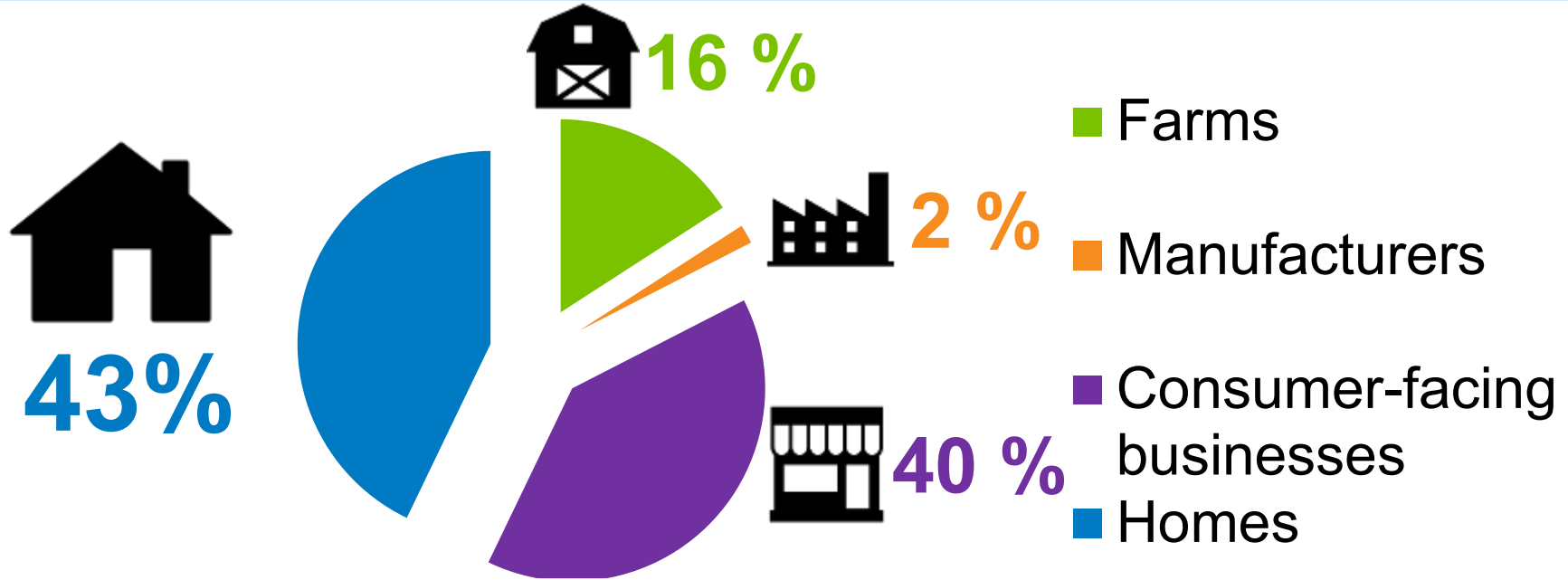
From the farm to our tables



How does food become waste?



Where is food wasted?



63 million tons overall

What happens when we waste food?



social

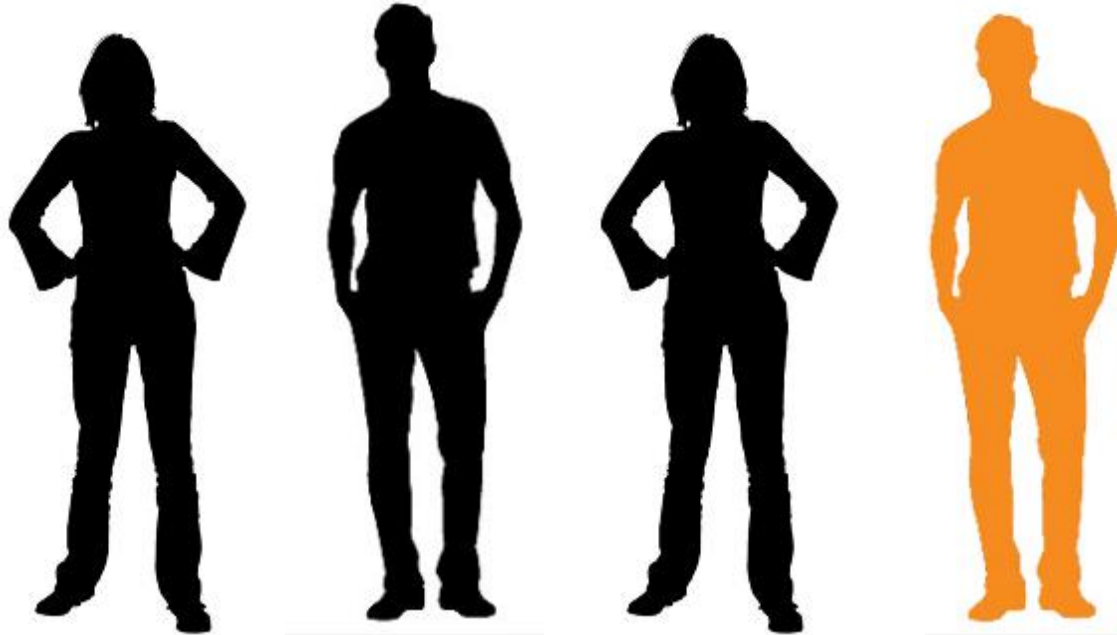


economic



Environmental

Social impacts

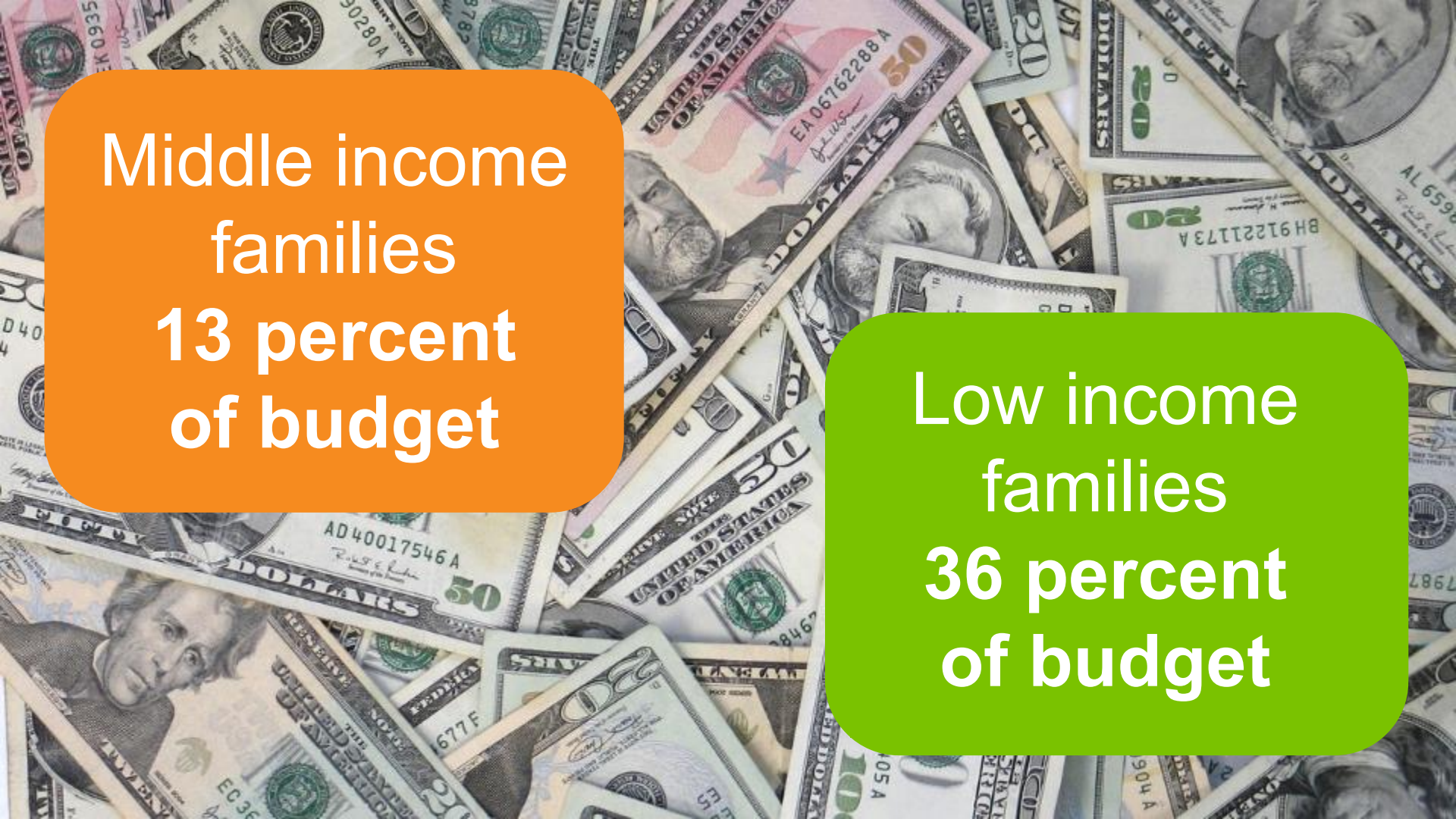


Economic impacts



Family of four

\$1,600

The background of the entire image is a dense, overlapping pile of various US dollar bills, including \$100, \$50, \$20, and \$10 denominations. The bills are scattered and partially obscured by each other, creating a textured, financial backdrop. Two colored callout boxes are overlaid on this background: an orange one on the left and a green one on the right.

Middle income
families
13 percent
of budget

Low income
families
36 percent
of budget

Annual value of wasted food

\$165

billion

Environmental impacts

25
percent
wasted



A green garbage truck is shown from a low angle, dumping a large pile of food waste into a massive landfill. The waste includes various vegetables like tomatoes, cabbages, and leafy greens. The background shows a large, dark mound of decomposing organic matter under a cloudy sky. The word "Methane" is overlaid in large white text.

Methane

25 x
CO₂

WHERE DO YOUR CARBON EMISSIONS COME FROM?

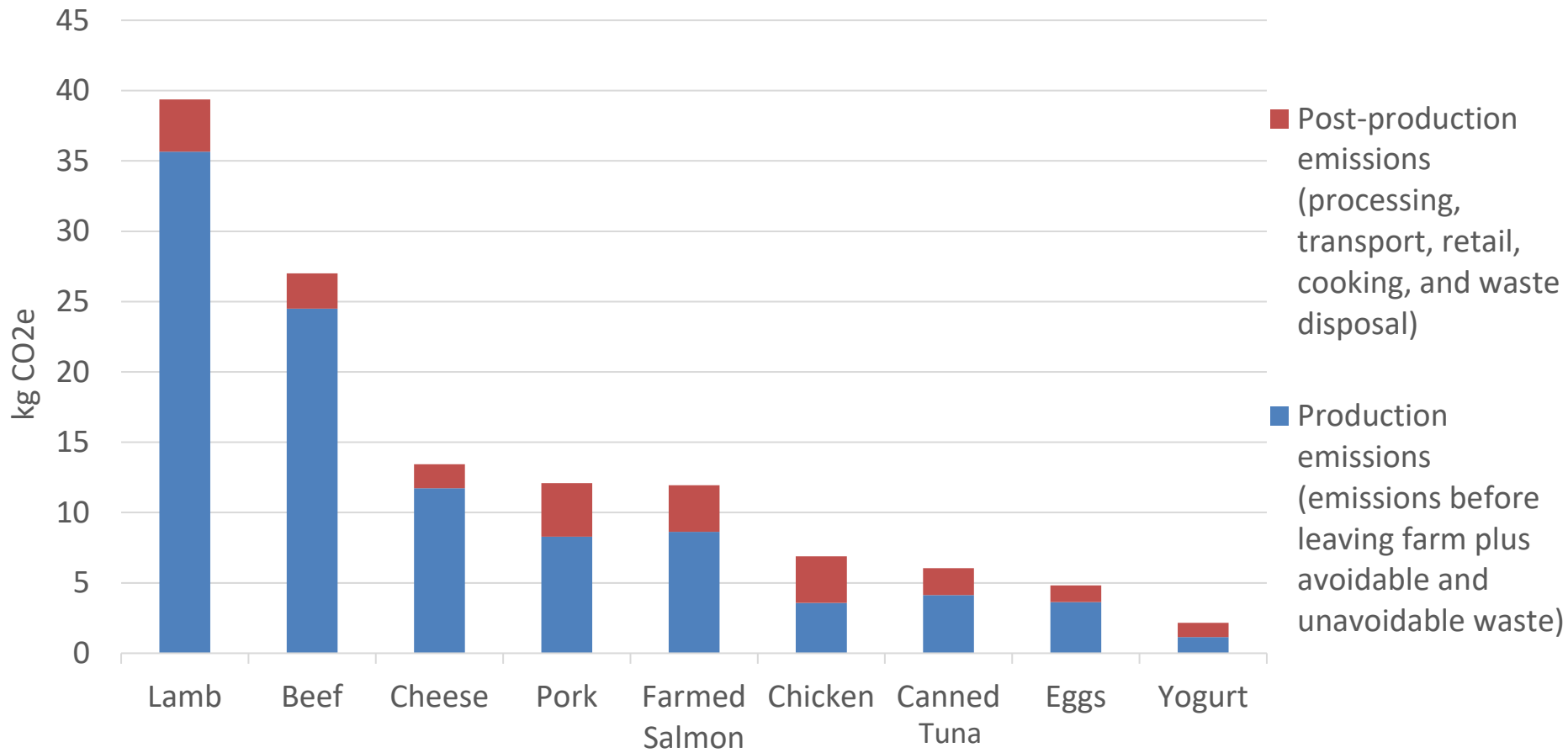
While much of our carbon pollution comes from driving and powering our homes, it's just as important to make thoughtful choices about the food and other stuff we buy.



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

Source: Multnomah County Consumption-based Inventory, 2011

Lifecycle Emissions from Common Food



Compost it

Feed the hungry

Eat your food

Bury it in a landfill

Make energy

Feed animals

1

- Eat your food

2

- Feed the hungry

3

- Feed animals

4

- Compost it

5

- Make energy

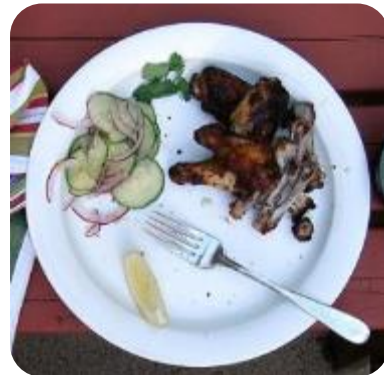
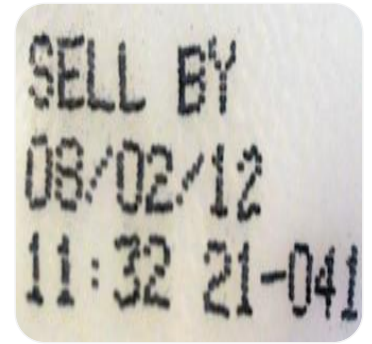
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- Bury it in a landfill

A person wearing a green sweater is holding a white plate of food over a metal trash can. The plate contains remnants of a meal, including a brown sauce, green beans, and a tomato slice. A silver fork is stuck in the food. The background is blurred, suggesting an indoor setting. A semi-transparent white box with blue text is overlaid on the right side of the image.

**What kind of
food goes bad
at your home?**

Ways food gets wasted at home



Wasting food isn't the norm for all

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.

Oregonians Are On Board With Reducing Food Waste

80%

Believe
**reducing food
waste**
is important

Believe their
**personal
actions**
can make a difference

Already doing something
and can identify

**meaningful
steps**
they are doing

And 50% Are Primed to Do More

50% of Oregonians Are Ready to Do More



Always taking 7 of 10 identified food waste reduction steps

Not already activated, but believe ***reducing food waste is important***

Believe that ***reducing food waste is not important***

Key Findings From Food Waste Diaries

- **Stop telling people what a big problem food waste is**
- **No more guilt-tripping**
- **Food impact is not understood and even misunderstood**
- **“It’s not me.”**



Wasted food prevention campaigns

Local:

Eat Smart, Waste Less



www.EatSmartWasteLess.com

State:



www.DontLetGoodFoodGoBad.org

Shop with meals in mind

AnyList 


COZIO™

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.

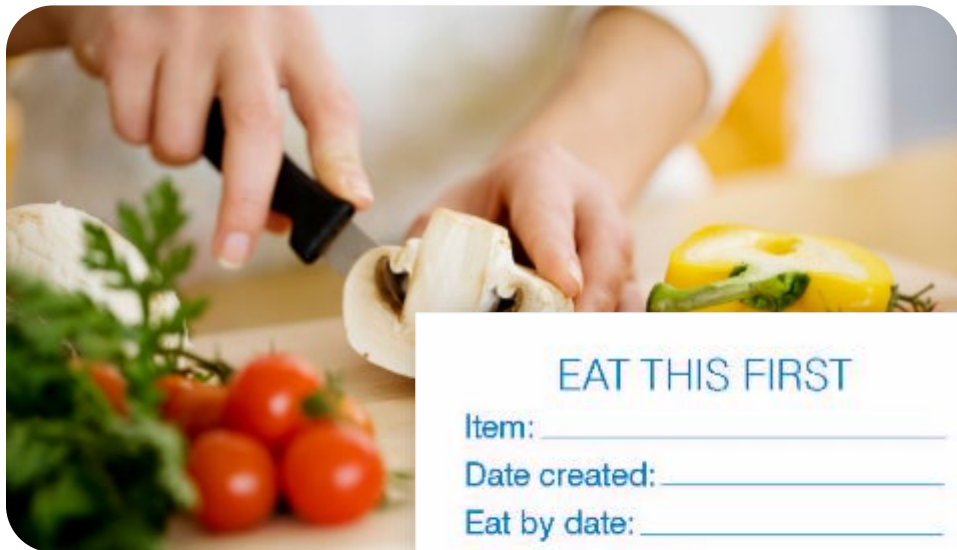
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Eat what you buy



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



Keep it fresher longer

Fruit and Vegetable Storage Guide

INSIDE THE FRIDGE:



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

ON THE COUNTER OR TABLE:



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

ONCE RIPE, STORE IN THE FRIDGE:

- Melons, melon-like squashes, peaches, pears and plums
- Avocados and tomatoes



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

Fruit and vegetable storage tips



SMART STORAGE: Do you know which fruits and vegetables stay fresh longer inside or outside the refrigerator? Help your food stay fresh and taste better by storing it in the right place so it lasts longer and saves you money.

INSIDE THE FRIDGE:

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



ONCE RIPE, STORE IN THE FRIDGE:

- Melons, melon-like squashes, peaches, pears and plums
- Avocados and tomatoes



Has your food expired?



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

BEST BY

Don't Let Good Food Go Bad

- Store food that will go bad soonest in visible part of fridge or pantry.
- Keep track of what you have at home or what you need to use up before it goes bad.
- Create meals from what you have on hand.
- Finish all your leftovers.
- Freeze for later use.
- Monitor temperature in fridge to make sure it's at best setting to preserve your food.
- Check fridge and pantry before you shop.

Food storage tips



A Freezer

Freeze bread and put slices directly in the toaster. • Butter keeps for up to 9 months. • Most fruits and vegetables freeze well. Blanch and dry vegetables first. Spread fruits and veggies in a single layer on a lined pan, freeze, then store frozen produce in air-tight containers or freezer bags. Label and date. • Freeze leftovers for a future meal. • Freeze meat in single servings for easier prep.

B Fridge

Store produce that wilts, like carrots or celery, in the high-humidity drawer. • Store produce that gets moldy, like fruit or bell peppers, in the low-humidity drawer. • The door is the warmest spot in the fridge; ok to store condiments there but not milk or other perishable items. • Don't wash berries until right before eating. • Keep fresh herbs and asparagus stem-side down in a glass of water.

C Cupboards

Store dried herbs, spices, grains, beans and cooking oil in a cool, dark, dry cupboard. • The same goes for potatoes, onions and garlic; store potatoes and onions separately to prevent sprouting.

D Countertop

Store produce like tomatoes, avocados and fruit on the counter until ripe, then store in the fridge. • Store apples and bananas separately from other fruits to slow ripening (to ripen produce faster, put it in a paper bag with an apple).

More tips to help food last longer:

Create an "Eat This First" bin in your fridge and rotate in leftovers, partially used produce, etc.

Not sure what to do with that carton of soup? Find recipes to use up leftovers or unfamiliar ingredients at foodhero.org.

Visit EatSmartWasteLess.com and SaveTheFood.com for more information.

Why Take Action?

Save money

**Protect the
environment and our
communities**

**Develop healthier
eating habits**


Waste less

How to get involved



WINNER hotdocs WINNER VIFFO A CLIFF FILM FESTIVAL WINNER FILM FESTIVAL WINNER

THE SCHOOL OF ENVIRONMENT AND SUSTAINABILITY STUDENTS' ASSOCIATION
presents the documentary screening of:



where is *your* food going?

JUST EAT IT.
A food waste story

FEB 4th | 7:00 PM | NO COST | Agriculture 2E17

FREE SNACKS WILL BE PROVIDED

Tabling at outreach event



Talks with groups







Questions?

ClackaCo Sustainability

wasteinfo@clackamas.us

503-742-4463

EatSmartWasteLess.com

DontLetGoodFoodGoBad.org