



A WORKSHOP

[Presenter]

[Date]

[logos]

Workshop Purpose

Examine the problem of food waste including:

- How much goes to waste
- Why waste happens
- Why waste matters
- Strategies to reduce waste

Pilot Purpose

By making small shifts in how we shop, store and prepare food, we can toss less, eat well, simplify our lives, save money and keep the valuable resources used to produce and distribute food from going to waste.

Introductions

Introduce yourself by:

- Giving your name
- Telling a short story that illustrates why you care about food waste

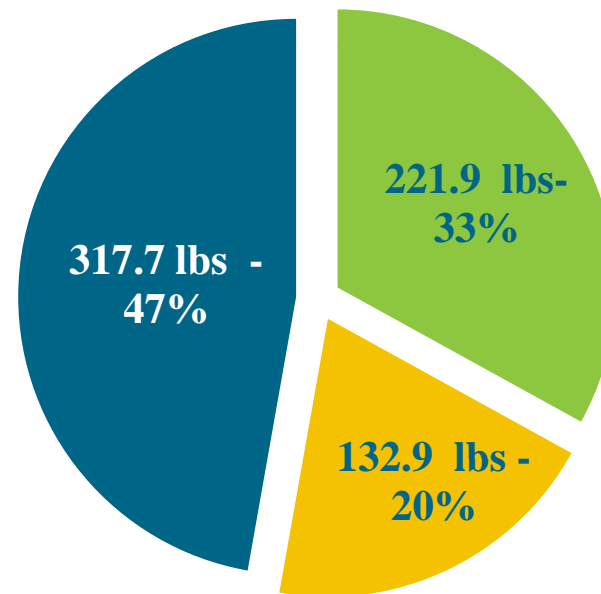
HOW MUCH FOOD GOES TO WASTE?



1/3 of the world's food goes to waste

- It's even more in the U.S. – 40%
- Almost half of that is thrown away by consumers

U.S. Total Per Capita Losses (in lbs), 2008
(total loss = 672.5 lbs.)



■ Primary Level ■ Retail Level ■ Consumer Level

In one month, a family of 4 wastes ...

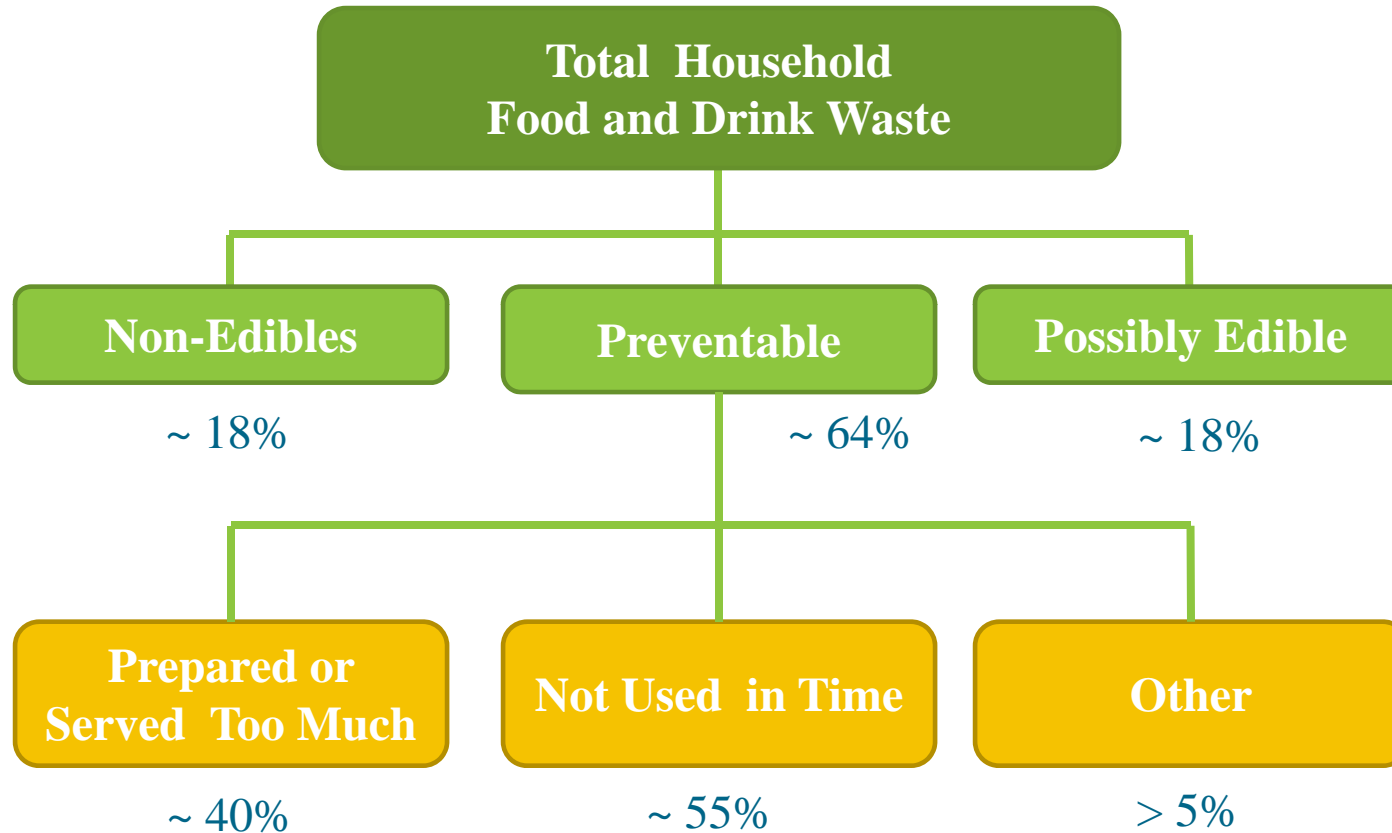


Bill Marsh and Kari Haskell/The New York Times; Photograph by Tony Cenicola/The New York Times

WHY WASTE HAPPENS



Research shows that...



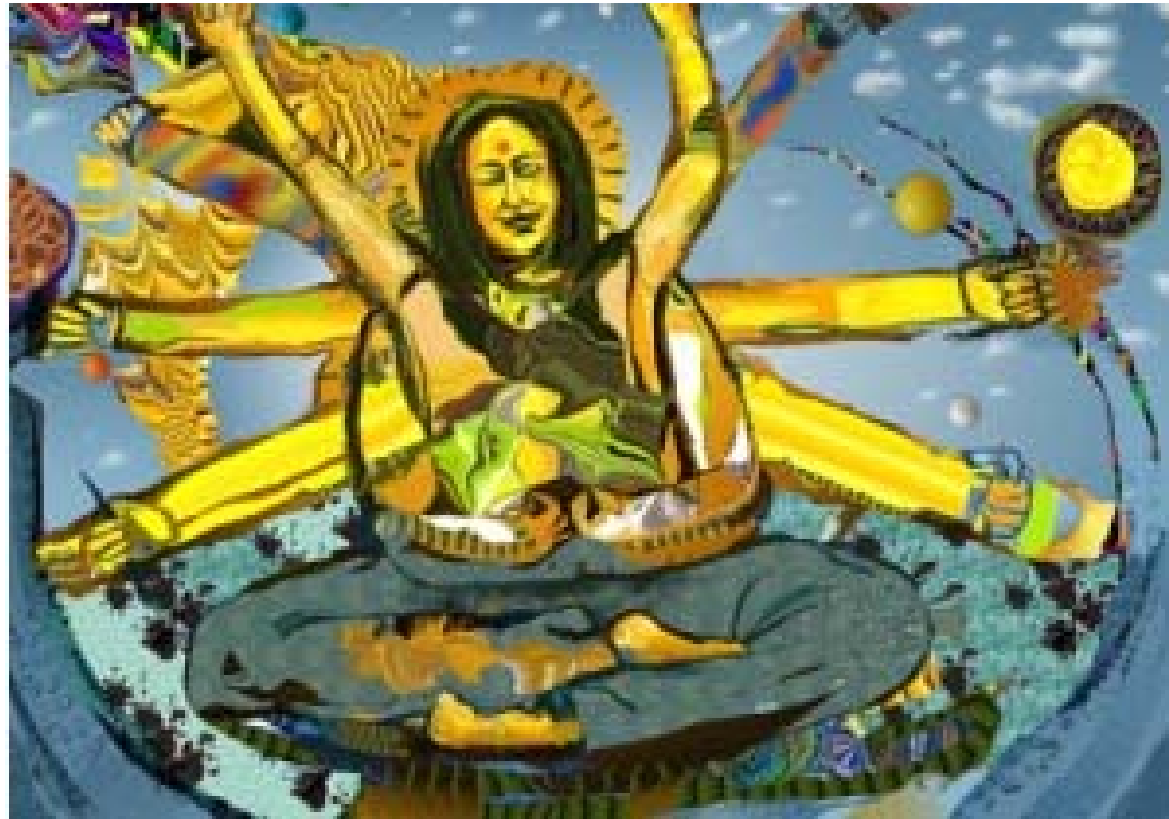
Yet ... we all hate waste



Brain on automatic



Dynamic lifestyles



Artist: Beverly Naidus

Complexity of Change

Additional Barriers:

- Not enough information
- Time needed to learn new skills
- Time needed to prepare fresh food
- Preference for one food type versus another

WHY WASTING FOOD MATTERS



By Keeping Good Food from Going to Waste ...

We can:

- Toss less
- Eat well
- Simplify our lives
- Save money



JBloom, Fight Food Waste in the Home, January 17, 2008, Via Flickr, Creative Commons

What it costs us in \$

Total annual cost of food waste in United States:

- \$125 to \$166 BILLION

Wasted Food = Wasted Resources

U.S. food waste accounts for:

- A quarter of our fresh water use
- Enough energy to power the entire country for more than a week
- Enough land to feed the world's hungry twice over



Climate Consequences

Life cycle analysis shows:

- 811 lbs. GHG emissions per capita per year due to food waste in U.S.
- Equivalent to 2% of net GHG emissions or taking 1 out of 14 cars off the road
- Food waste in landfills accounts for 25% of methane gas emissions.

Discussion

What would keeping food from going to waste:

- Do for you?
- Do for the environment?
- Do for your community?

5 STRATEGIES TO REDUCE FOOD WASTE



MAKE A LIST WITH MEALS IN MIND

SMART STRATEGY:
Make a Shopping List
with Meals in Mind



- Think about how many meals you'll eat at home this week and how long until you'll go shopping
- Note a quantity or the number of meals you're buying for next to fresh items
- Shop your kitchen first and note items you already have

FOOD ITEM	AMOUNT NEEDED	ALREADY HAVE
Salad Greens	Lunch for a week	Enough for one lunch

BUY ONLY WHAT YOU
EXPECT TO USE



KEEP FRUITS AND VEGETABLES FRESH

FRUIT AND VEGETABLE STORAGE GUIDE



INSIDE THE FRIDGE

- Apples, berries, and cherries
- Grapes, kiwi, lemons, and oranges
- Nectarines, apricots, peaches, and plums (after ripening at room temperature)
- Avocados, pears, tomatoes (after ripening at room temperature)
- Almost all vegetables and herbs

OUTSIDE THE FRIDGE

- Bananas, mangos, papayas, and pineapples: store in a cool place
- Potatoes / onions: store in a cool, dark place
- Basil and winter squashes: store at room temperature—once cut, store squashes in fridge

MORE STORAGE TIPS

- If you like your fruit at room temperature, take what you will eat for the day out of the fridge in the morning.
- Many fruits give off gases that hasten the spoilage of other produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in different bins.
- Check out storage bags and containers designed to help extend the life of your produce.
- To prevent mold, wash berries just before eating.

FOR MORE TIPS VISIT: <http://makedirtnotwaste.org/prevent-wasted-food>
LEARN HOW TO STORE WITHOUT PLASTIC: <http://ecologycenter.org/factsheets/veggie-storage.pdf>



PREP PERISHABLES SOONER THAN LATER



Image courtesy of Grant Cochrane/FreeDisitalPhotos.net

EAT WHAT NEEDS EATING FIRST



Discussion

What other strategies can you recommend?

KEEPING GOOD FOOD FROM GOING TO WASTE CHALLENGE



Food Waste Photo Diary



Document instances of food waste with photos

Photo #	Food Description	Weight (in oz.)	Thoughts on why this food item went to waste	Possible Strategies
55	Limp carrot, small, starting to rot	0.5	Hidden at bottom of vegetable bin under other produce	C and D

Impact Analysis

Record the amount of household food waste before and after adopting one of the five strategies



Keeping Good Food from Going to Waste Challenge

name: _____

email: _____

today's date: _____

I would like to take the challenge!

____ Food Waste Photo Diary

____ Impact Analysis

