

Food: Too Good to Waste
Toolkit



A WORKSHOP

[Presenter]

[Date]

[logos]



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Workshop Purpose

Examine the problem of wasted food including:

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

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.

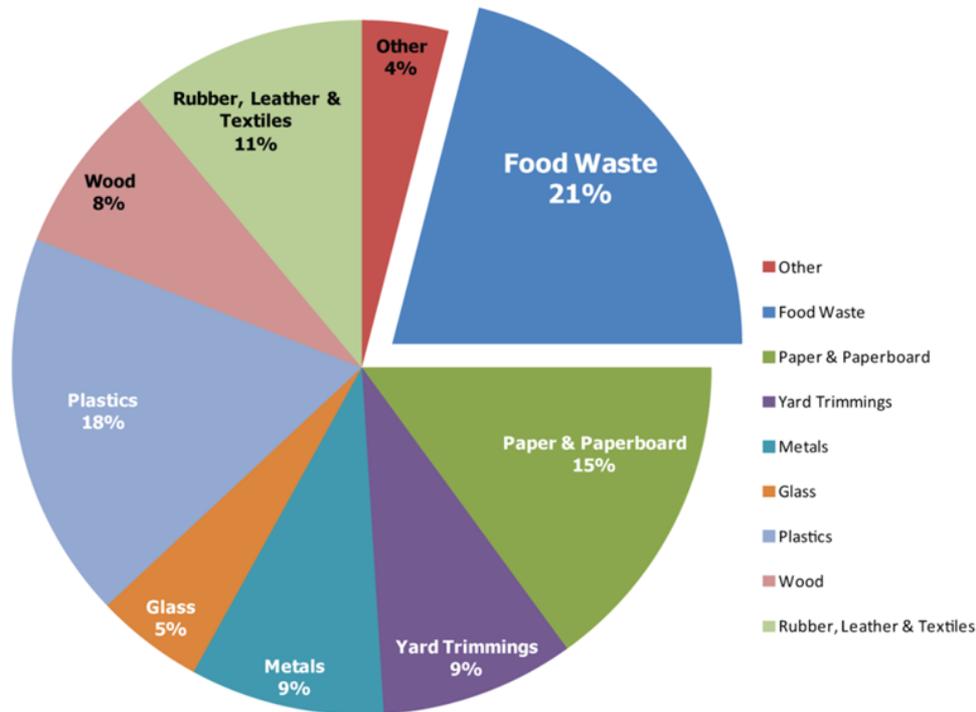
Introductions

Introduce yourself by:

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

HOW MUCH FOOD IS WASTED?

Food accounts for 21% of the American waste stream



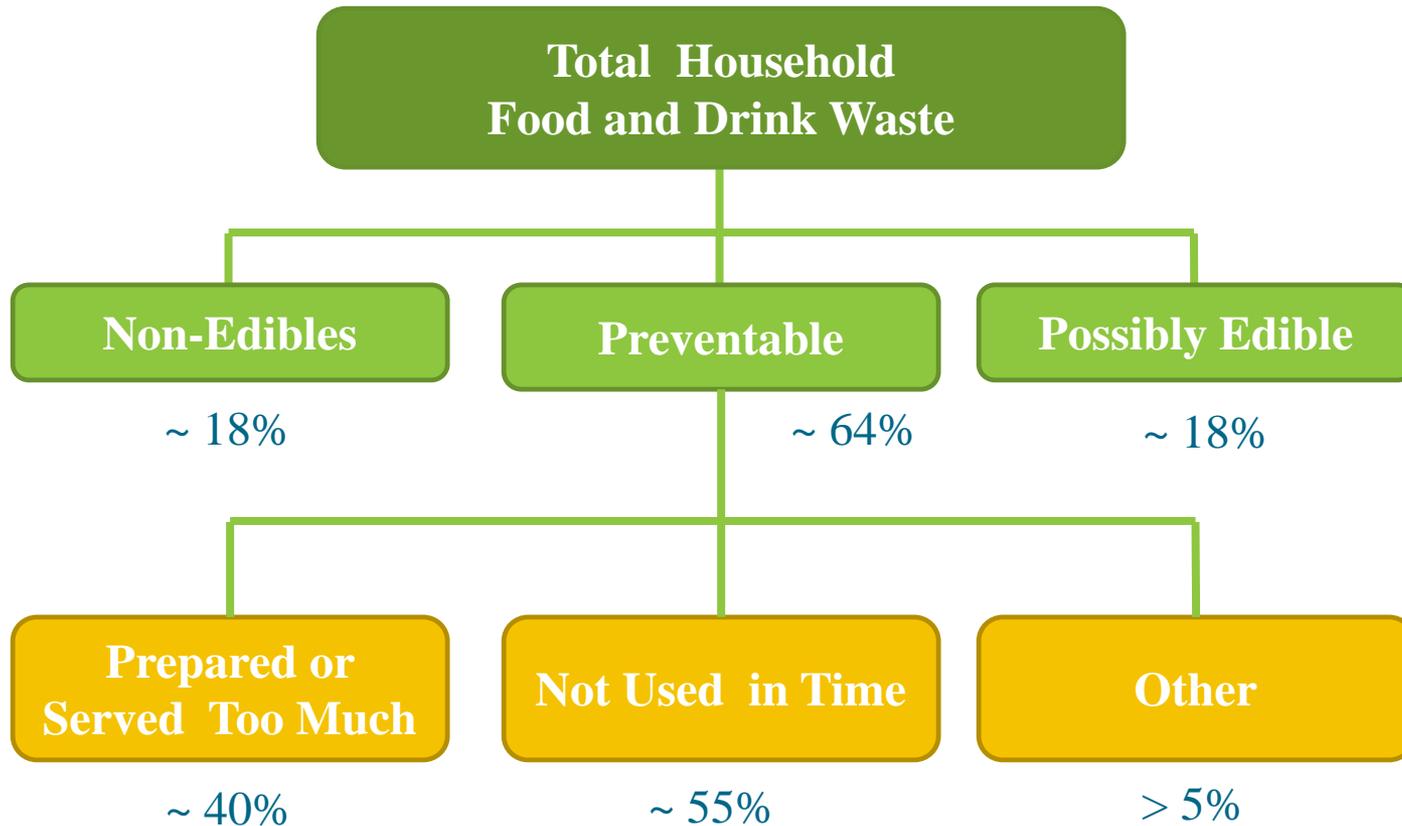
WHY WASTE HAPPENS

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

Research shows that...



- Quested and Johnson, 2009

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 \$

The estimated total value of food loss at the retail and consumer levels in United States:

- **\$161.6 BILLION in 2010**

- Buzby, Hyman and Wells

Wasted Food = Wasted Resources

U.S. food production accounts for:

- **50% of land use**
- **80% of water use**
- **10% of total energy use**

Climate Consequences

- **Food is the largest stream of materials in our landfills, accounting for 21% of the American waste stream.**
- **This large volume of disposed food is a main contributor to the roughly 18% of total U.S. methane emissions that come from landfills**

Discussion

What would keeping food from going to waste:

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

STRATEGIES TO REDUCE WASTED FOOD

SMART SHOPPING: BUY WHAT YOU NEED

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 before your next shopping trip.
- Next to fresh items on the list, note the quantity you need or number of meals you're buying for.
- 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
2% milk	Gallon	None

SMART STORAGE: KEEP FRUITS AND VEGETABLES FRESH

FRUIT AND VEGETABLE STORAGE GUIDE

INSIDE THE FRIDGE

- Apples, berries, and cherries
- Grapes, kiwi, lemons, and oranges
- Melons, 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 natural gases that hasten the spoilage of other nearby produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in different bins.
- Consider storage bags and containers designed to help extend the life of your produce.
- To prevent mold, wash berries just before eating.

SMART PREP: PREP NOW, EAT LATER



Image courtesy of Grant Cochrane/FreeDisitalPhotos.net

SMART SAVING: EAT WHAT YOU BUY



Discussion

What other strategies can you recommend?

FOOD: TOO GOOD TO WASTE CHALLENGE

Take the Challenge

Record the amount of household wasted food before and after adopting one (or more) of the four strategies



Take the Food: Too Good to Waste Challenge

I would like to take the Challenge!

Name: _____

Email: _____

Today's date: _____
