



Preventing food waste: overview and activities

Amy Maas and Alisa Reckinger

What is the biggest reason that food goes to waste at home or where you work?

Contribute
using annotate!

- Look for “view options”
- Select “annotate”
- Use the text tool

Background on food waste

We waste a lot of food...

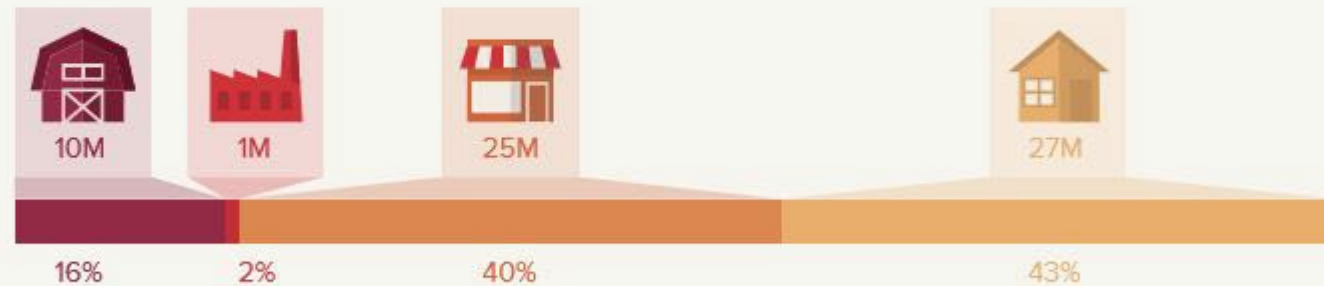
In Hennepin County, enough edible food is thrown away each year to fill Target Field 1.5 times!



...and most of that food waste happens at home and when we're on-the-go

FOOD WASTED BY WEIGHT - 63 MILLION TONS

Waste occurs throughout the supply chain, with nearly 85% occurring downstream at consumer-facing businesses and homes.



But that's good news!

We have the power to significantly reduce food waste by making changes in our kitchens, when we go shopping, and when we're out in our community



Helping reach our zero waste and climate goals

- Stop Food Waste Challenge
- Support and resources for businesses and schools
- Research into how to engage the public to reduce food waste



Learn meal planning strategies to stop spending money on food that just goes to waste.

Join the Stop Food Waste Challenge

hennepinfoodwaste.ecochallenge.org



Reasons we waste food

- Improper storage – food spoils before we can eat it
- Poor planning – buying food without a plan, getting off schedule
- Bad shopping habits – impulse buying, buying too much
- Undervaluing food – it's easy to get more
- Confusion over dates on labels – people want to be safe
- Cooking too much – forget or don't eat leftovers

Motivations to stop wasting food

To save money

The average American household throws out 40% of the food they buy, which amounts to over \$2,000 wasted per household annually.



To avoid wasting resources

FOOD WASTE CONSUMES:

 **21%**
OF ALL FRESH WATER

 **19%**
OF ALL FERTILIZER

 **18%**
OF CROPLAND

 **21%**
OF LANDFILL VOLUME

To care for the environment and future generations

Project Drawdown identifies reducing food waste as a top climate action



Reducing food waste is vital to addressing climate change. Greenhouse gas emissions associated with food waste is equivalent to 1 in 7 cars on the road, making it one of the most impactful individual actions we can take.

Stop Food Waste

hennepinfoodwaste.ecochallenge.org



To be mindful of those in need

About 11 percent of U.S. households experience food insecurity at some point.



Engaging audiences to reduce food waste

Focus on different life stages



Young adults



Families with children



Older adults

Reach people at teachable moments

- In the kitchen
- At the grocery store
- Provide resources and easy, everyday tips



Share eye-opening stats



BEST IF USED.

40% OF FOOD IN AMERICA IS WASTED

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM



BEST IF USED.

TRASHING ONE EGG WASTES 55 GALLONS OF WATER

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM



Boneless Skinless Chicken Breast

BEST IF USED.

TOTAL PRICE
\$1,500.00

ITEM #020213

A FAMILY OF FOUR SPENDS \$1500 A YEAR ON FOOD THEY DON'T EAT

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM

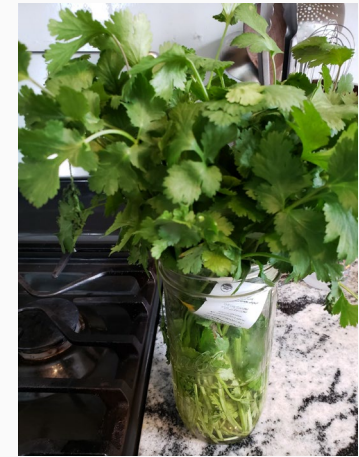


Support changes at four behavior phases

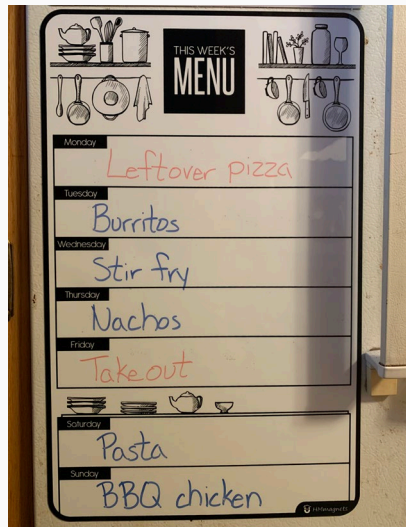
Planning



Cooking



Shopping



Storage

Activities and resources

Planning

Track wasted food

- Offer incentives
- Make it a competition
- Organize discussions
- Use as lead up to event or workshop
- Make it easy

Track what you toss

Find out what food is wasted at home and why!

Date tossed	What was it?	Why did we toss it?	Category (fruit, vegetables, bread, dairy, leftovers)	Price*	What could we do differently?

Meal planning

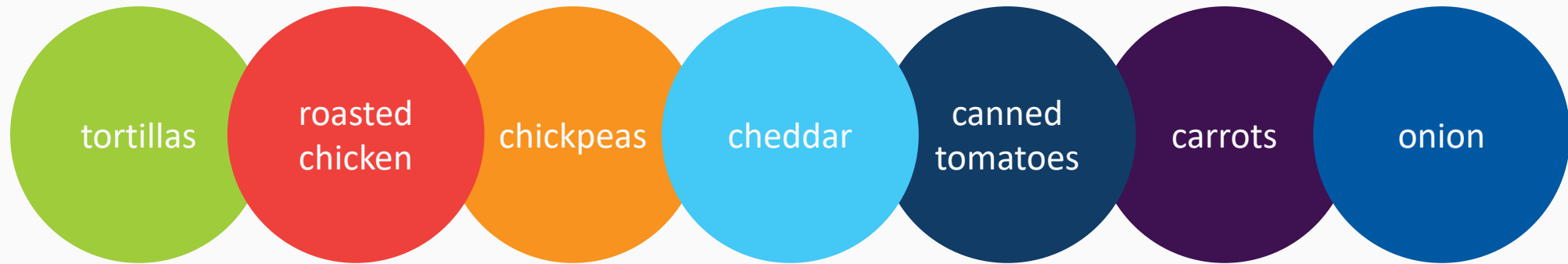
- Explore meal planning styles
 - Schedule-based: Identify specific meals for each day based on your schedule
 - Theme-based: Meatless Mondays, Taco Tuesday, pizza night
 - Ingredient-based: Start with staples, get creative about how you combine them
 - Batch cooking: Cook once, freeze or eat for multiple days
- Worksheets and apps

weekly meal planner

FOR THE WEEK OF: _____

SUNDAY	SHOPPING LIST
B	
L	
D	
MONDAY	
B	
L	
D	
TUESDAY	
B	
L	
D	
WEDNESDAY	
B	
L	
D	
THURSDAY	
B	
L	
D	
FRIDAY	
B	
L	
D	
SATURDAY	
B	
L	
D	

Ingredient challenge



Rice bowl with chickpeas, canned tomatoes, onion, and cheddar

Homemade hummus with tortilla and carrots

Tortilla “pizza” with tomato, cheddar, onion, and chicken

Wrap: chicken, cheddar, and grilled onions

Onion and cheddar quesadilla with chicken

Food inventory

- Keep track of the food you have and build your meal plan off that
- Worksheets and apps

Let's Not Waste Fridge Inventory

Item	Date	Qty	Use by	Notes
Chicken	9/14	1 lb	9/21	Stir fry
Peppers	9/10	5		Stir fry
Yogurt				
Cheese				
Milk			9/25	
Blueberries				
Black beans	9/10		9/18	Burritos
Salsa	9/12		9/20	Burritos
Sour cream	9/12		10/1	Burritos

Shopping

What is one food that you struggle buying the right amount of? Contribute using annotate

Creating a grocery list

- Shopping with meals in mind
- Grocery shopping apps
- Don't shop hungry



Buying just what you need

- Guide/steps to buying in bulk
- Packaging options – what to look for
- Grocery store tour (some stores may offer one for groups)



Cooking

Make just what you need

SMALL EATERS

◀ 2 ▶

AVERAGE EATERS

◀ 2 ▶

BIG EATERS

◀ 0 ▶

the GUEST-IMATOR

TOTAL GUESTS

4

LEFTOVER MEALS

◀ 1 ▶



6.5 OZ



12.5 OZ



5 PIECE(S)



2.5 LB(S)



1 CAKE(S)

Use what you have

Review common swaps and substitutions

SWAP THIS FOR THAT

A KEY STRATEGY FOR REDUCING WASTE—MAKE DO WITH WHAT YOU HAVE. THIS SWAP-AND-POST PAGE HELPS YOU FIND THE BEST SUBSTITUTIONS.

IF YOU DON'T HAVE:	AMOUNT	SUBSTITUTE:
Baking mix (such as Bisquick)	1 cup	1 cup pancake mix
Baking powder	1 tsp.	½ tsp. cream of tartar + ¼ tsp. baking soda
Balsamic vinegar	1 Tbsp.	1 Tbsp. cider vinegar or red wine vinegar + ½ tsp. sugar
Beer (as an ingredient)	1 cup	1 cup non-alcoholic beer OR 1 cup chicken broth
Bread crumbs	1 cup	1 cup cracker crumbs, matzo meal, OR ground oats
Broth, beef or chicken	1 cup	1 bouillon cube + 1 cup boiling water OR 1 Tbsp. soy sauce + enough water to make 1 cup OR 1 cup vegetable broth
Brown sugar, packed	1 cup	1 cup granulated sugar + 2 Tbsp. molasses
Butter	1 cup	1 cup shortening + ¼ tsp. salt, if desired
Buttermilk	1 cup	1 cup plain yogurt OR 1 Tbsp. lemon juice or vinegar + enough milk to make 1 cup (let stand 5 minutes before using)
Cheddar cheese, shredded	1 cup	1 cup shredded Colby cheese OR Co-Jack cheese
Chocolate, semisweet or bittersweet	1 oz.	3 Tbsp. semisweet or bittersweet baking pieces OR 1 oz. unsweetened chocolate + 1 Tbsp. sugar
Chocolate, unsweetened	1 oz.	3 Tbsp. unsweetened cocoa powder + 1 Tbsp. cooking oil or shortening, melted
Cornstarch (for thickening)	1 Tbsp.	2 Tbsp. all-purpose flour
Corn syrup, light	1 cup	1 cup granulated sugar + ¼ cup water
Cream cheese	1 cup	1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in a cheesecloth-lined strainer
Egg	1 whole	¼ cup refrigerated or thawed frozen egg product OR 2 egg whites OR 2 egg yolks
Flour, cake	1 cup	1 cup minus 2 Tbsp. all-purpose flour
Garlic	1 clove	½ tsp. bottled minced garlic OR ¼ tsp. garlic powder
Ginger, grated fresh	1 tsp.	¼ tsp. ground ginger
Half & half or light cream	1 cup	1 Tbsp. melted butter + enough whole milk to make 1 cup
Herbs, fresh	1 Tbsp.	1 tsp. dried herbs, crushed
Honey	1 cup	1¼ cups granulated sugar + ¼ cup water
Hot pepper sauce	1 tsp.	¾ tsp. cayenne pepper + 1 tsp. vinegar
Ketchup	1 cup	1 cup tomato sauce + 1 Tbsp. sugar + 1 tsp. vinegar
Lemon juice	1 tsp.	½ tsp. vinegar OR 1 tsp. white wine OR 1 tsp. lime juice
Mayonnaise	1 cup	1 cup sour cream OR plain yogurt
Milk	1 cup	1 cup soy milk, rice milk, or nut milk OR ¼ cup dry milk powder + 1 cup water OR ¾ cup evaporated milk + ¼ cup water
Mustard, prepared	1 Tbsp.	½ tsp. dry mustard + 2 tsp. vinegar
Onion, chopped	½ cup	2 Tbsp. dried minced onion OR ½ tsp. onion powder
Soy sauce	½ cup	¼ cup Worcestershire sauce + 1 Tbsp. water
Sugar, granulated	1 cup	1 cup packed brown sugar OR 2 cups sifted powdered sugar
Tomato sauce	2 cups	¾ cup tomato paste + 1 cup water

Reimagine leftovers

- Share or prepare recipes that are good for using up leftovers
 - Frittatas
 - Pizzas
 - Tacos
 - Stir fries
 - Salads
 - Soups



What is your favorite way to use up leftovers or odds and ends? contribute using annotate



Storage and preservation

Storage options

- Refrigerator, counter, freezer?
- Where to store in the fridge
- Tips for freezing



- Top shelf**
This area has the most consistent temperature in the fridge. Store cheese, butter, and cooked meats here.
- Freezer**
Prepare and freeze items for use throughout the month. Freeze foods you won't be able to eat in time, such as bread, sliced fruit, or meat.
- Door**
The warmest space in the fridge. Good for condiments, but **not** good for perishables (like milk and eggs)
- Bottom shelf**
The coldest part of the fridge. Store eggs, milk, and raw meat here.
- Crisper drawers**
Can help control humidity levels for better storage (e.g., high humidity for lettuce, low humidity for fruits and veggies).

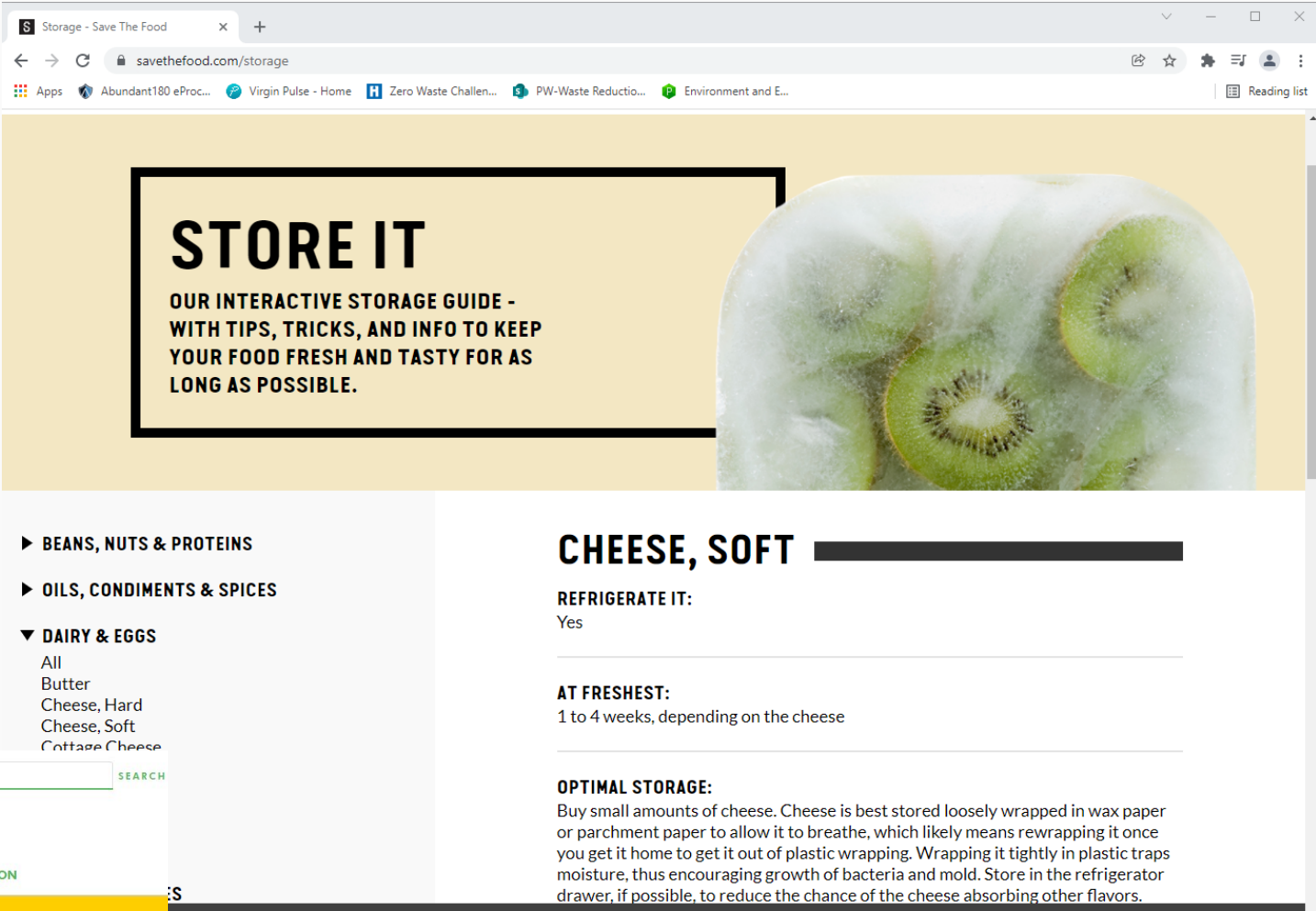


Keep fridge temp at 40 degrees or below. Bacteria do not like the cold.

Create an "Eat First" bin for the fridge so your family knows what to eat first.



Store food to
make it last



Storage - Save The Food

savethefood.com/storage

STORE IT

OUR INTERACTIVE STORAGE GUIDE - WITH TIPS, TRICKS, AND INFO TO KEEP YOUR FOOD FRESH AND TASTY FOR AS LONG AS POSSIBLE.

- ▶ BEANS, NUTS & PROTEINS
- ▶ OILS, CONDIMENTS & SPICES
- ▼ DAIRY & EGGS
 - All
 - Butter
 - Cheese, Hard
 - Cheese, Soft
 - Cottage Cheese

CHEESE, SOFT

REFRIGERATE IT:
Yes

AT FRESHEST:
1 to 4 weeks, depending on the cheese

OPTIMAL STORAGE:
Buy small amounts of cheese. Cheese is best stored loosely wrapped in wax paper or parchment paper to allow it to breathe, which likely means rewrapping it once you get it home to get it out of plastic wrapping. Wrapping it tightly in plastic traps moisture, thus encouraging growth of bacteria and mold. Store in the refrigerator drawer, if possible, to reduce the chance of the cheese absorbing other flavors.



LANGUAGE

LOVE FOOD hate waste

WHY SAVE FOOD WHAT TO DO IT ALL ADDS UP RECIPES TAKE ACTION

SEARCH

DON'T JUST EAT IT
COMPLEAT IT

Savethefood.com

lovefoodhatewaste.com

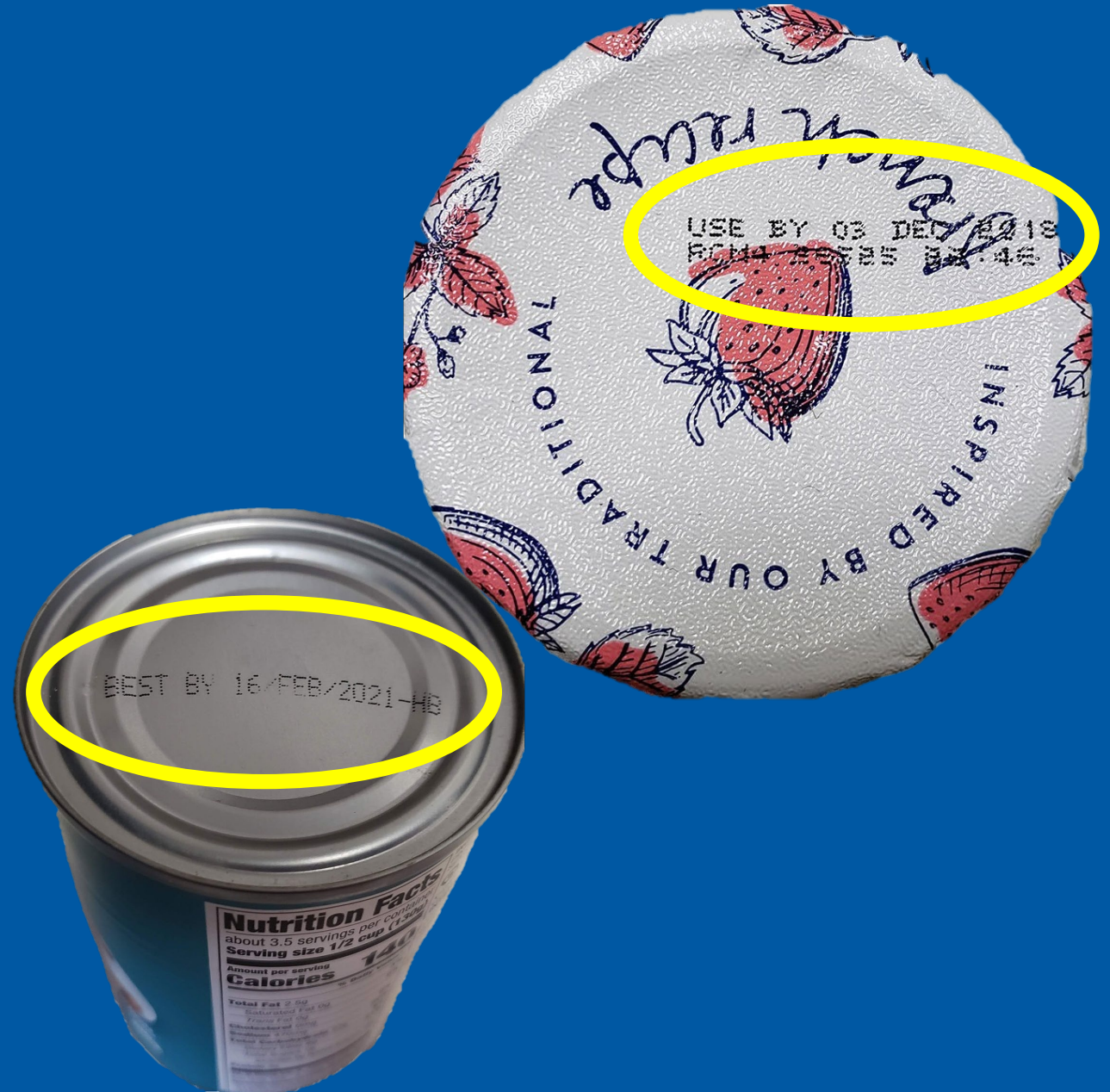
Preservation

- Freezing – most accessible (guide for how to freeze things)
- Advanced options – canning, pickling, drying



Food expiration dates

- Expires, best by, use before are all indicators of quality, not safety
- The only federally regulated food labeling is on baby formula to ensure that the nutrient levels listed on the packaging are accurate until the expiration date.



Stop Food Waste Challenge

Stop Food Waste Challenge 2022

AUGUST 1 - AUGUST 31, 2022

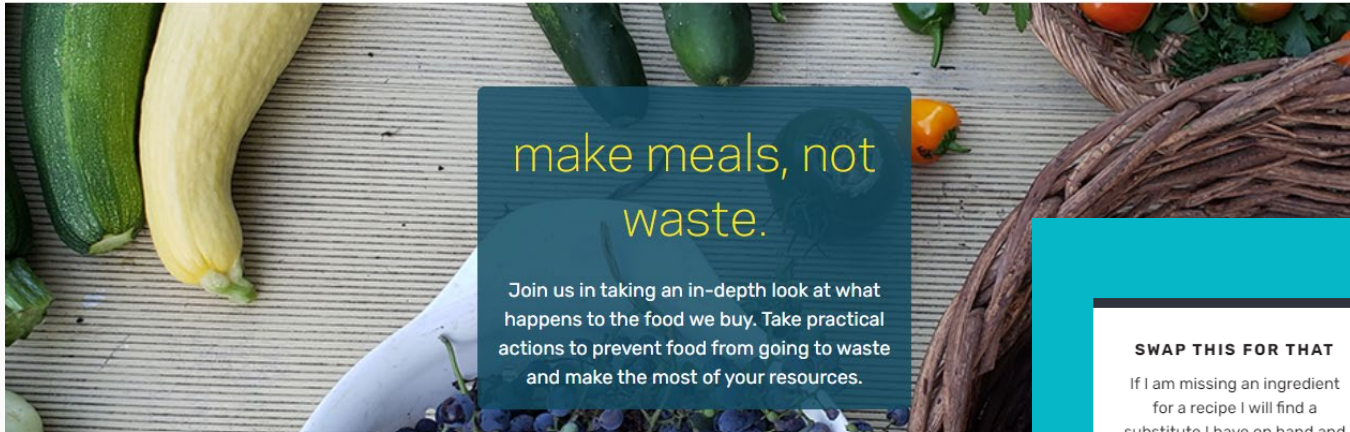
TEAMS ▾

PARTICIPANTS

PARTNERS

RESOURCES ▾

JOIN



make meals, not waste.

Join us in taking an in-depth look at what happens to the food we buy. Take practical actions to prevent food from going to waste and make the most of your resources.

<p>SWAP THIS FOR THAT</p> <p>If I am missing an ingredient for a recipe I will find a substitute I have on hand and use that instead.</p> <p>LEARN MORE</p> <p>JOIN TO SELECT</p> <p>ONE-TIME ACTION</p>	<p>REVIVE LIMP PRODUCE</p> <p>I will rescue limp produce like leafy greens or carrots by soaking them in cold water or using them in recipes where appearance doesn't matter.</p> <p>LEARN MORE</p> <p>JOIN TO SELECT</p> <p>DAILY ACTION</p>	<p>SET A TIMER</p> <p>I will set a timer to keep me on track with kitchen tasks and cooking and baking times so that I don't ruin food.</p> <p>LEARN MORE</p> <p>JOIN TO SELECT</p> <p>DAILY ACTION</p>	<p>TASTE TEST TRIAL</p> <p>When I try a new food or recipe, I will only make a small amount first to make sure my household likes it.</p> <p>LEARN MORE</p> <p>JOIN TO SELECT</p> <p>DAILY ACTION</p>
<p>REIMAGINE LEFTOVERS</p> <p>I will learn about how to repurpose my leftovers into new meals and then try it.</p> <p>LEARN MORE</p>	<p>COOK JUST ENOUGH</p> <p>I will scale down the recipe of a meal to make just the right amount for my household of (___) so we eat everything up.</p> <p>LEARN MORE</p>	<p>MAKE SOUP BROTH</p> <p>I will store vegetable scraps or bones in my freezer and use them to make veggie stock or bone broth. I will make (___) batches.</p>	<p>COOK FROM ROOT TO LEAF</p> <p>I will try (___) root-to-leaf recipes, which utilize all parts of the vegetable, such as beet greens, carrot tops, and herb stems.</p>

Partnership opportunity

- Partners help:
 - Expand our reach by promoting the challenge to their audiences
 - Strengthen engagement by creating teams of colleagues, friends, and neighbors who motivate and hold each other accountable
 - Increase our impact by offering educational events on topics that help prevent food waste



Our community cares about reducing food waste, combating climate change, and creating a healthier environment for future generations. That's why we're taking the Stop Food Waste Challenge this August.

Be part of the solution – join the challenge.

How to join:

1. Visit hennepinfoodwaste.ecochallenge.org and sign up
2. Join a team
3. Choose your actions
4. Encourage others to join!



Questions