



**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



Use it Up! Hosting Workshops to Reduce Wasted Food

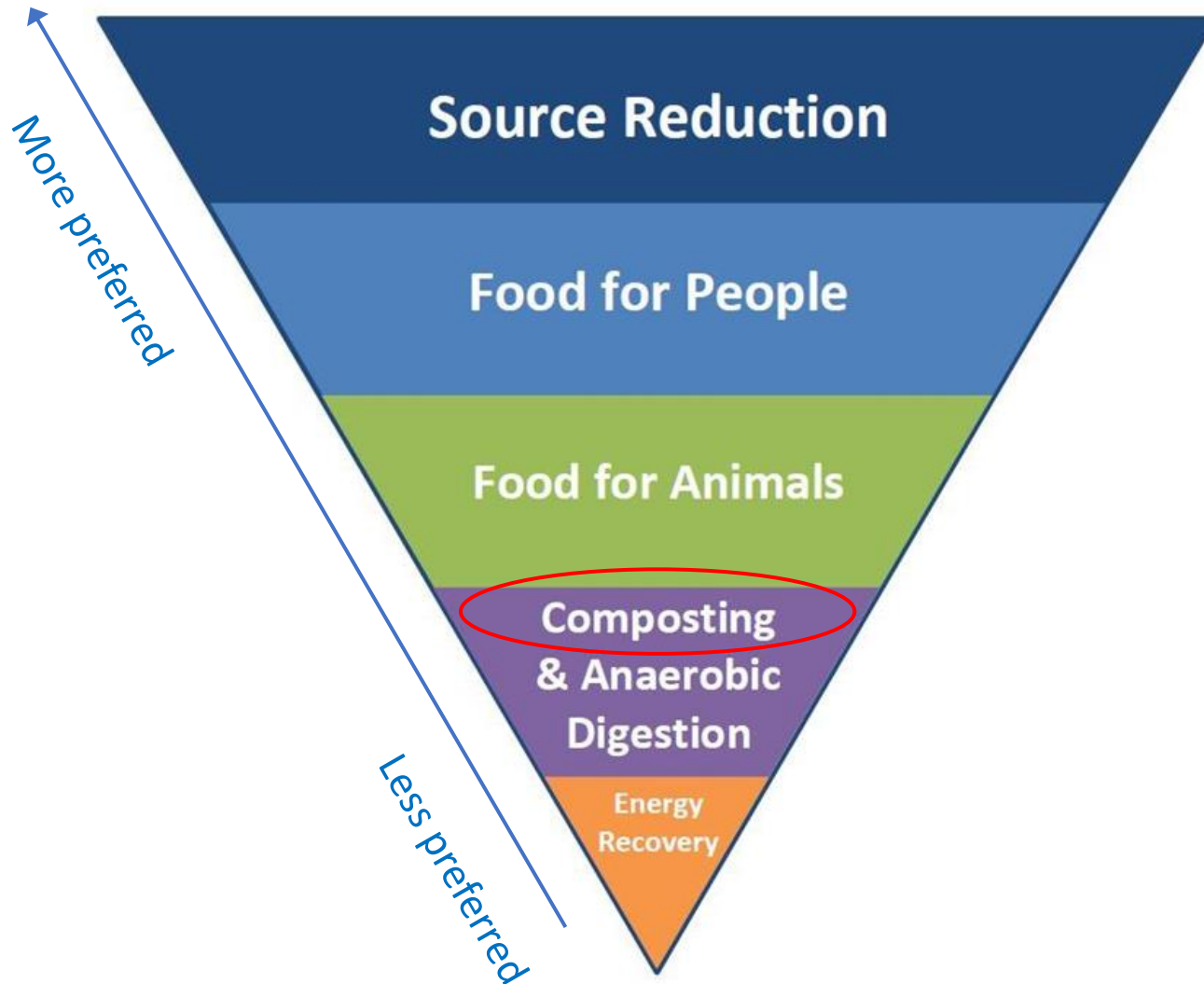
Anne Bijur



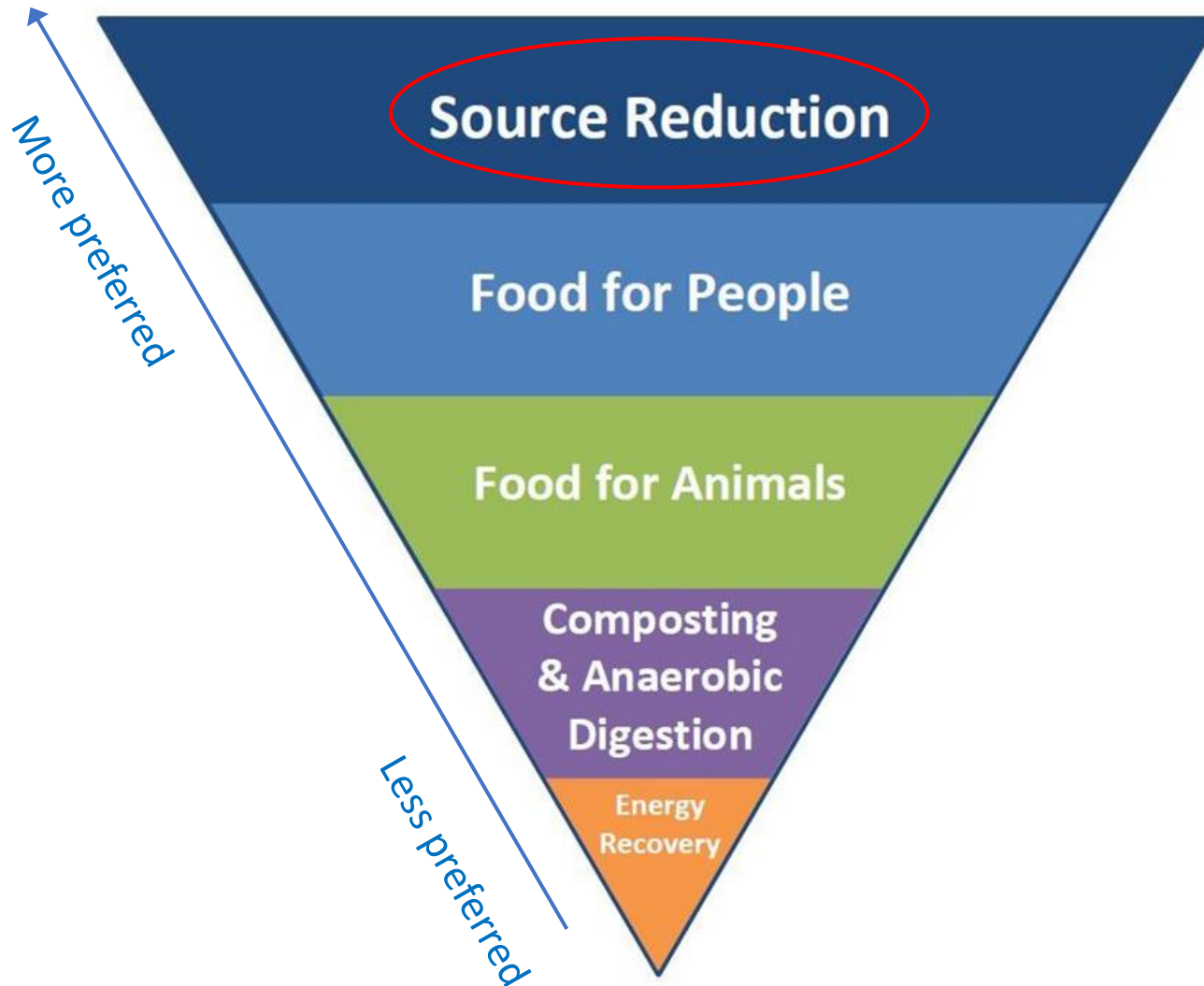
VERMONT

AGENCY OF NATURAL RESOURCES

Vermont's Universal Recycling Law & the Food Recovery Hierarchy



Vermont's Universal Recycling Law & the Food Recovery Hierarchy



Workshop Outline

The Problem

- How much food is being wasted?
- Why waste happens
- Why waste matters

Strategies to reduce wasted food

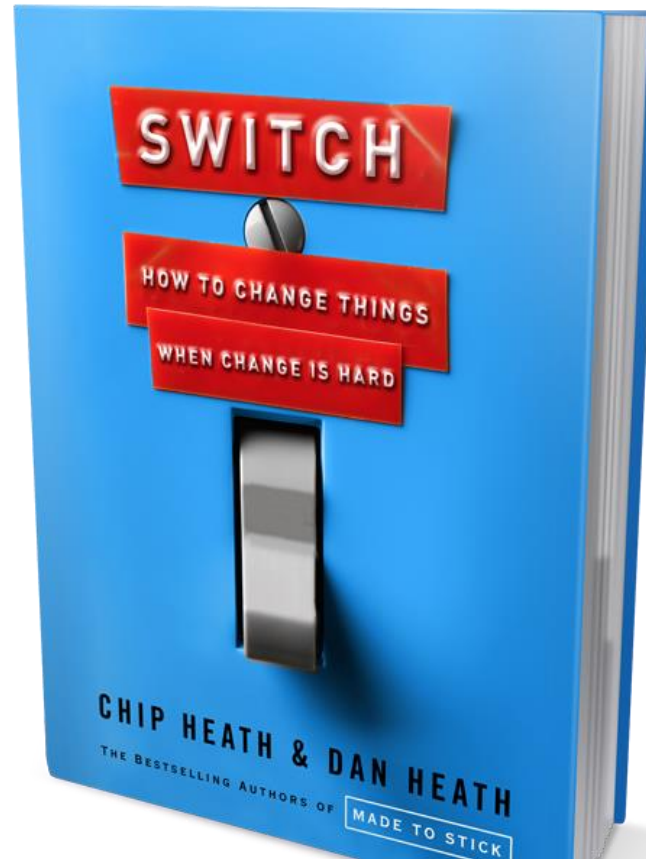
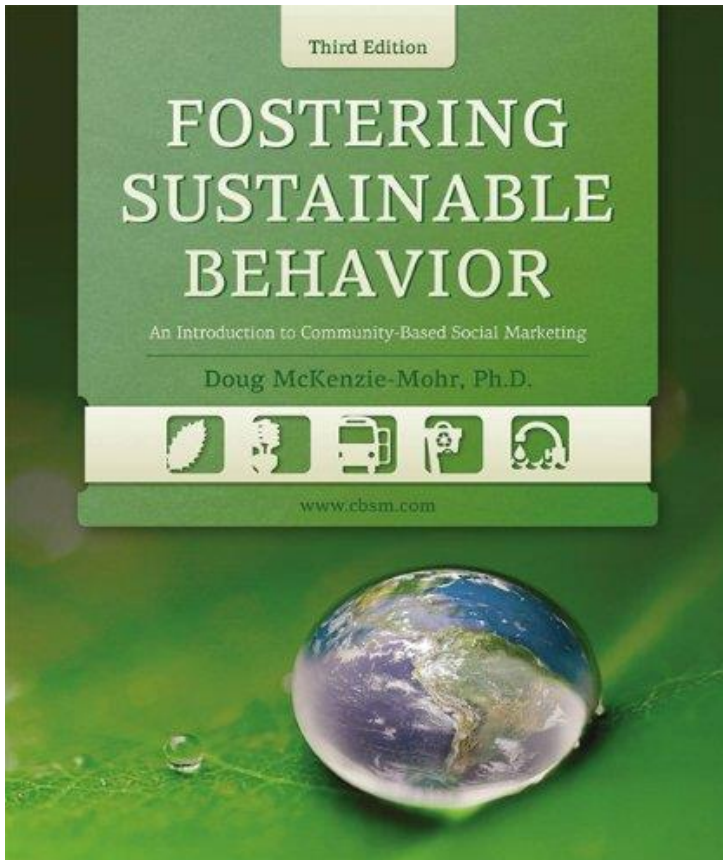
Cook and eat delicious food!

What to do with inevitable food waste

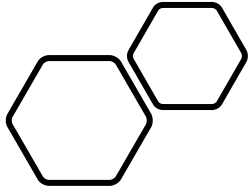
Q & A



Behavior Change & Engaging Adult Learners:



- Hands-on and fun
- Tell Stories, Visualization
- Create emotional connection
- Take a pledge, set intention
- Keep it simple



Introductions

What brought you here tonight? What do you hope to learn?

Tell us a very short story that illustrates why you care about wasted food





Love Letter to Food

MinuteEarth, MN

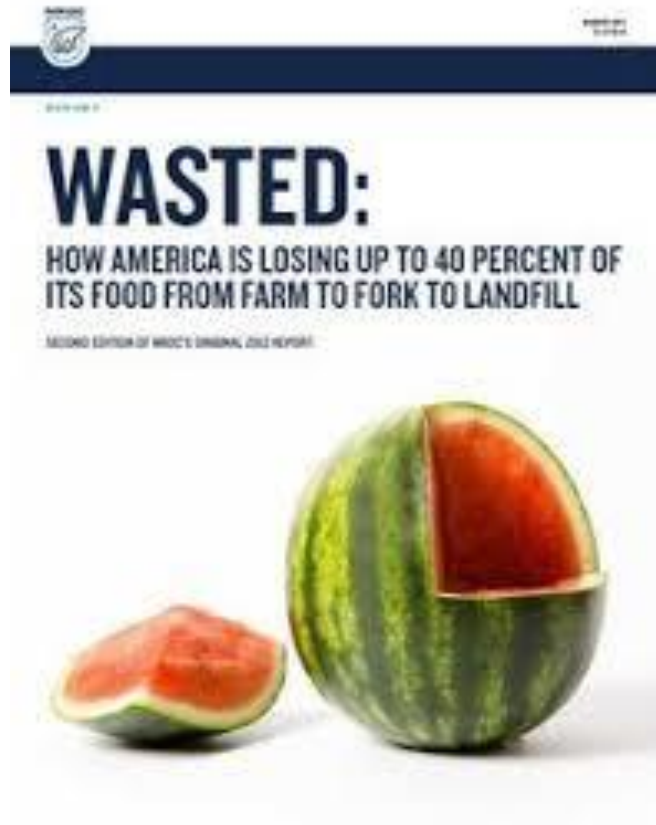
[youtube.com/watch?v=-5i-dCv7O8o&t=14s](https://www.youtube.com/watch?v=-5i-dCv7O8o&t=14s)



The Extraordinary Life and Times of a Strawberry

Save the Food & Ad Council

[youtube.com/watch?v=G0x50yzQXRU](https://www.youtube.com/watch?v=G0x50yzQXRU)



**Up to 40 percent of food
in the United States is
never eaten.**

**One in four Vermonters is
food insecure.**

ReFED Food Waste Baseline: Nearly 63M tons of waste per year



52.4 MILLION TONS
SENT TO LANDFILL

+



10.1 MILLION TONS
ON-FARM LOSS

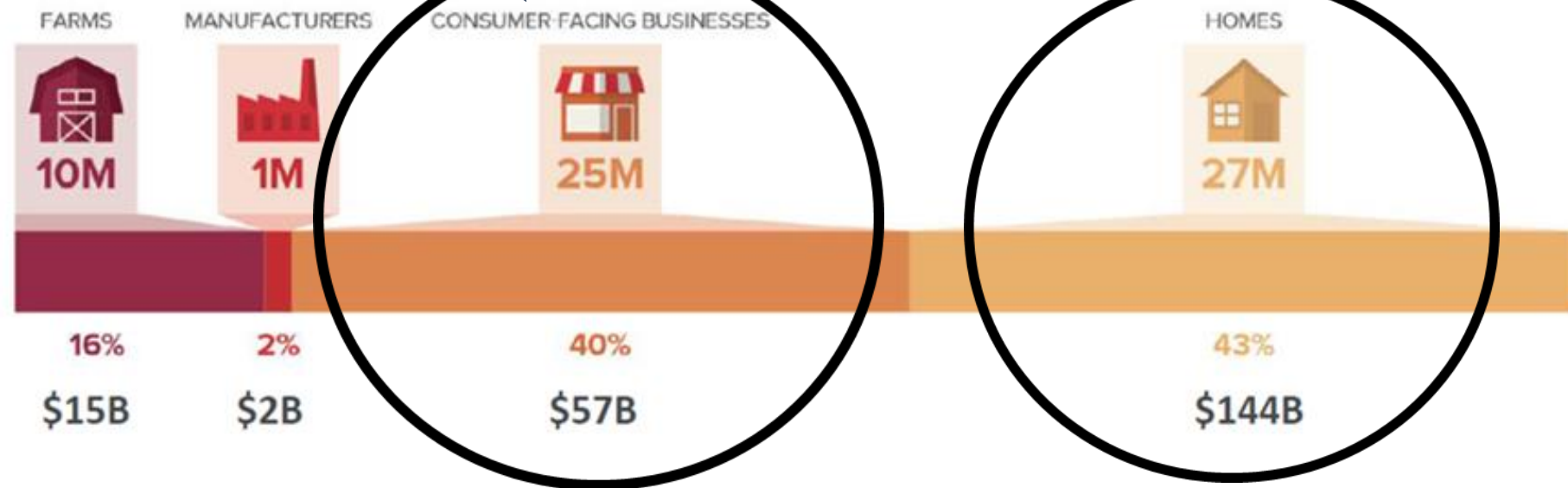
=



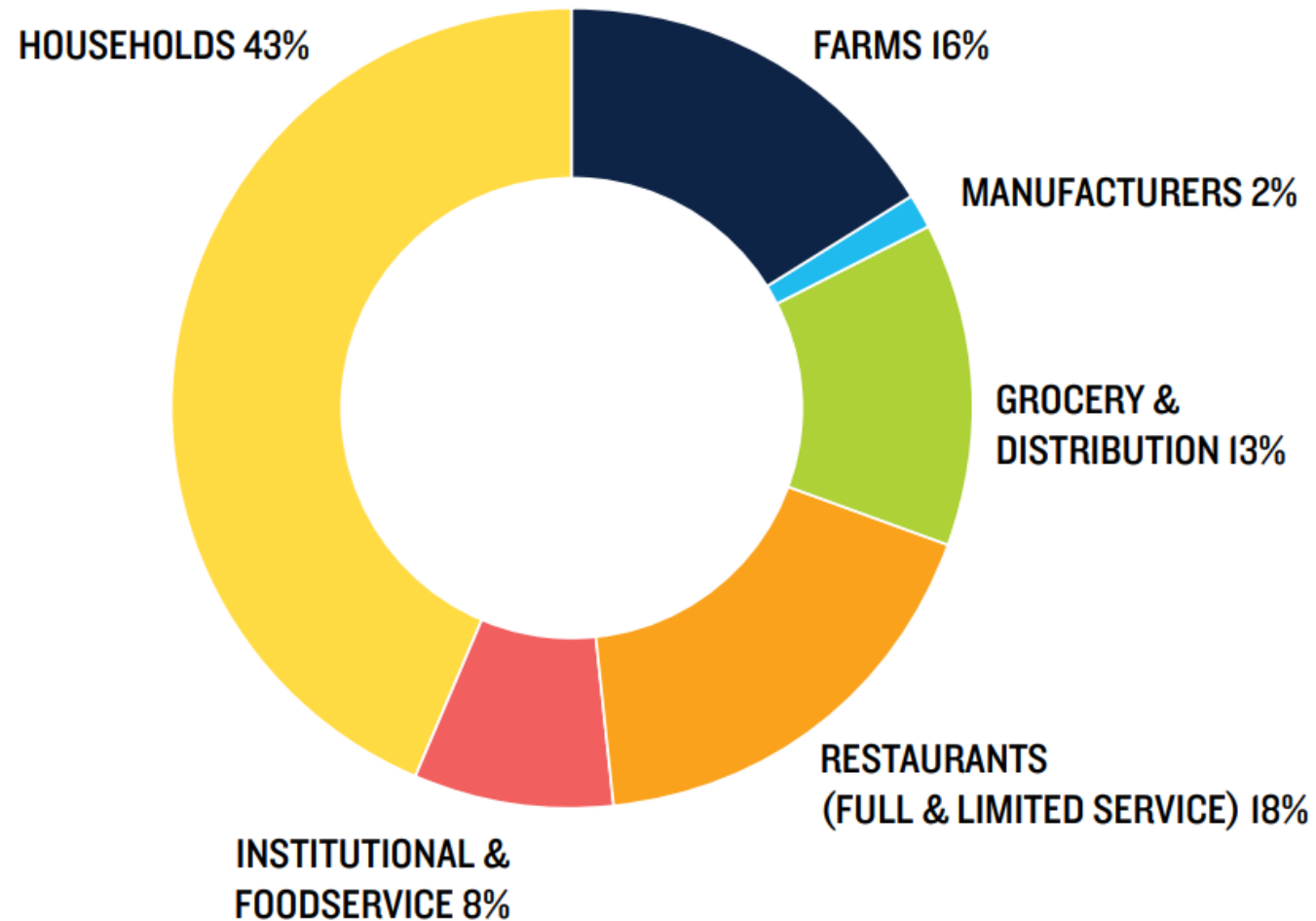
62.5 MILLION TONS
FOOD WASTED IN
THE U.S. EVERY YEAR



FOOD WASTED BY WEIGHT — 63 MILLION TONS (\$218 billion)



Where is Food Waste Generated?



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

370 MIN

1LB OF BEEF



60 MIN

1LB OF WHITE RICE



WHY WASTE MATTERS

MORE THAN JUST FOOD

THE U.S. WASTES TONS OF RESOURCES WHEN WE WASTE FOOD

2.6% OF ALL U.S. GREENHOUSE
GAS EMISSIONS ANNUALLY



37 MILLION PASSENGER VEHICLES' WORTH

21% OF THE U.S. AGRICULTURAL
WATER USAGE



MORE THAN: TEXAS + CALIFORNIA + OHIO

1,250 CALORIES PER PERSON PER DAY
THAT IS HALF OF THE RECOMMENDED DAILY INTAKE FOR ADULTS

19%
OF ALL
U.S.
CROPLANDS
THAT IS MORE
LAND THAN ALL OF
NEW MEXICO

21% OF U.S. LANDFILL
CONTENT



THE NO. 1 CONTRIBUTOR BY WEIGHT

18%
OF ALL
FARMING
FERTILIZER
WHICH CONTAINS
3.9 BILLION POUNDS
OF NUTRIENTS

\$218,000,000,000

WHICH IS EQUAL TO 1.3% OF THE U.S. GROSS DOMESTIC PRODUCT (GDP)



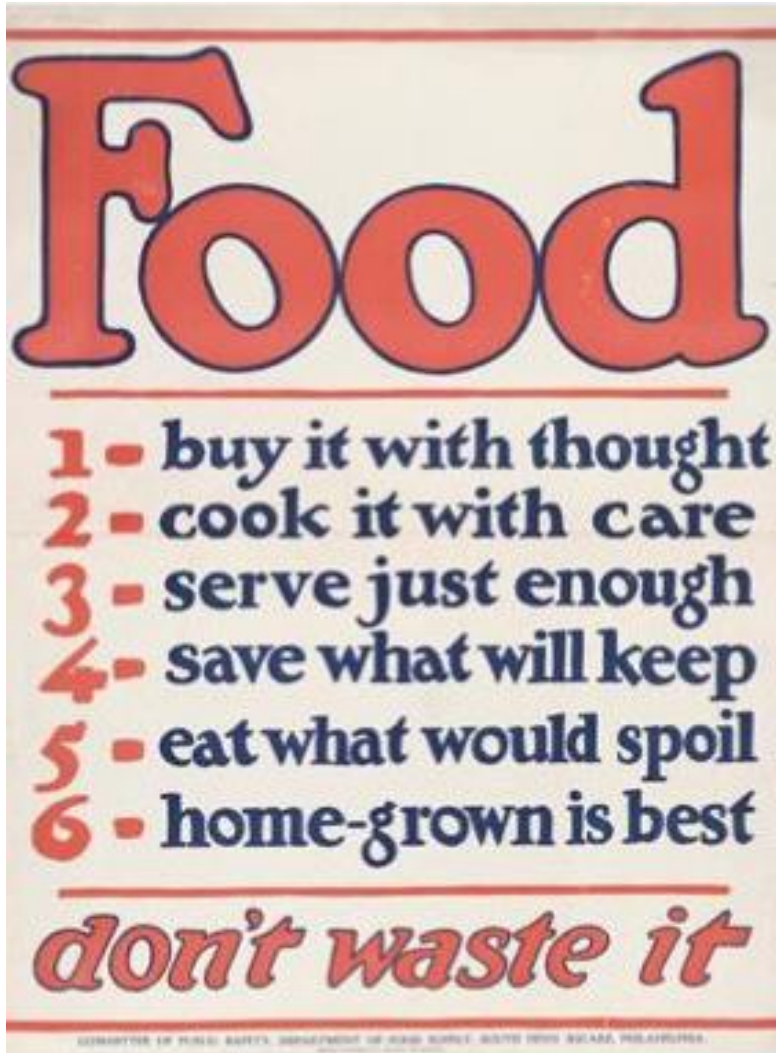
NEW YORK TIMES BESTSELLER

DRAWDOWN

THE MOST COMPREHENSIVE
PLAN EVER PROPOSED TO
REVERSE GLOBAL WARMING
EDITED BY PAUL HAWKEN



What can we do?



Strategies to Reduce Wasted Food

- Smart shopping and planning
- Proper Food Storage
- Eat Me First! Understanding spoilage and expiration dates
- Creative Cooking – Using leftovers, no-recipe and batch cooking

Purpose



By making small shifts in how we plan, 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.

Source: EPA's Food Too Good To Waste Campaign

SMART SHOPPING & PLANNING:

Buy what you need & Eat what you buy



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

INSIDE OR OUTSIDE THE FRIDGE?

Storing fruits & vegetables for maximum freshness

PROPER
STORAGE:
Where and
how to store
your food



THE REFRIGERATOR *Demystified*

Up to 40 percent of food in the U.S. is never eaten. Stocking your fridge with these tips will help make a dent in food waste, saving you money while you do it.



NEVER LET ICE BUILD UP

It forces your fridge to use more energy.

THE UPPER SHELVES

THE UPPER SHELVES ARE SLIGHTLY WARMER THAN BELOW AND ARE A GREAT PLACE TO STORE ITEMS THAT DON'T HAVE A HIGH SAFETY RISK.

GREAT FOR LEFTOVERS, DRINKS, READY-TO-EAT FOODS LIKE YOGURT OR CHEESE

THE LOWER SHELVES

FOODS WITH A HIGHER SAFETY RISK ARE BETTER OFF IN COLDEST SECTION.

THE BOTTOM SHELF IS THE COLDEST PLACE IN THE FRIDGE. STORE MEAT, POULTRY AND FISH HERE IN TRAYS TO PREVENT THEM FROM DRIPPING.

HIGH & LOW HUMIDITY DRAWERS



CARROTS, LEAFY GREENS, SPINACH, ARUGULA, BASIL, BROCCOLI, ETC...

PEARS, APPLES, GRAPES, MUSHROOMS, PEPPERS, AVOCADOS, BERRIES, ETC...

Put most veggies, particularly those that might wilt, in the high humidity drawer.

Put fruits in the low humidity drawer, along with vegetables that have a tendency to breakdown and rot.

The adjustable levers on the crisper drawers change humidity levels. If your refrigerator has these, set one to high (closed, less air coming in) and one to low (open, more air coming in).



LEAVING THE FRIDGE DOOR OPEN



when you pour milk into your cereal wastes 7% of a fridge's energy, according to Home Energy Magazine.



That's the same as 830-2000 60W light bulbs each year."

THE REFRIGERATOR DOOR IS THE WARMEST PART OF THE FRIDGE, GETTING A NICE DOSE OF WARM AIR EVERY TIME THE DOOR IS OPENED.

It's a good place for condiments. It is not a good place for anything that is even moderately perishable. Though some models may have a compartment for eggs in the door, it's probably a better idea to keep them on one of the main shelves.



40 DEGREES OR BELOW
Because bacteria grow most rapidly between 40° and 140°, your fridge should be set to maintain a temperature of 40° or below.



DO NOT OVERFILL
The fridge needs air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.

Find out more about reducing food waste at www.nrdc.org/food/wasted-food.asp

**THIS IS WHERE
FOOD WASTE ENDS.
FREEZE. PLAN. CONQUER.**

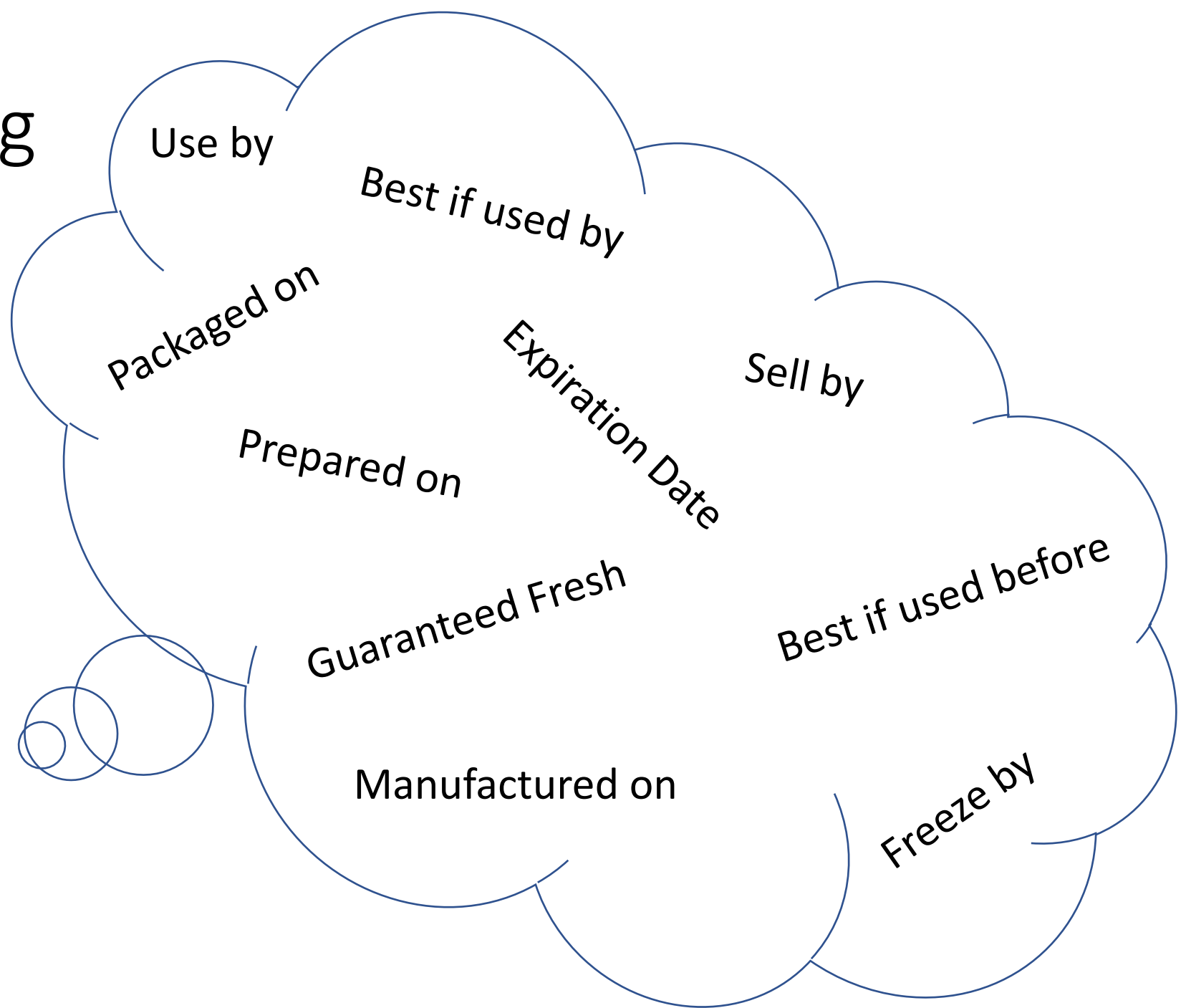


SMART STORAGE:
Use Your Freezer

Eat What You Buy



Understanding Expiration Dates





Understanding Spoilage

Food	Spoilage issue	Safe to use?	Why or why not?	How would you safely prepare this item?	Ideas for use
block of cheese	white and green spots				
strawberries	fuzzy green spots				
carrots	black skin and limp				
ground meat	slightly brown in color				
shredded cheese	green mold spots throughout				
eggs	past expiration date by four weeks				
frozen meat	white spots and dried in appearance				
tomatoes	black spots				
milk	past expiration date by four weeks				

Keep
participants
productively
occupied



Let's Cook!

Nacho Soup (tortilla soup)
Broccoli Stem Hummus
Kale Stem Pesto
Cauliflower Core Slaw
Leftover Spaghetti Pancakes (Asian style)
Aquafaba Chocolate Mousse

Hero Recipes:

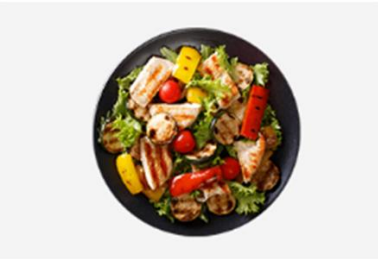
Moroccan Chickpea Stew
Kitchen Sink Chili



• stirring 1
• soup 1/1
• dish w/ egg
• double leftovers
• Chef salad
• taco salad
• salad (smiley face)
• burritos (strange) ←

• Cook less/smaller
• " less people
• Reduce waste
• New cooking ideas → Creative
• No more fridge science project
• Use up ingredients
• New ideas





THE GUEST-IMATOR

A tool that does the dinner planning for you. Just tell it who's coming and what's for dinner to find out how much to make.

[TRY IT](#)

CREATIVE COOKING: Using Up Leftovers & Portion Sizing

CREATIVE COOKING:

No-Recipe, Batch, and Scrap-Based Cooking

- Revive older foods
- Make new combinations
- Try substitutions
- Cook leaf-to-root & nose-to-tail (use entire ingredient)
- When in doubt, HERO recipes



What can I do with my food scraps?



Compost with Confidence



State law bans food scraps from the landfill starting July 2020.

1

At Home: It could save you money on trash; **or**

2

Drop-off: Transfer stations, bag drops, and compost facilities accept food scraps; **or**

3

Curbside Collection: Ask your hauler if they pick up food scraps for composting.



Questions? Contact your local waste district or town at 802recycles.com or the VT Department of Environmental Conservation at 802-828-1138.

Reduce before you compost! A family of four spends ~\$1,500 a year on food they never eat. Give yourself a raise: reduce your food waste with tips from SavetheFood.com.

Discussion

- What other food waste prevention strategies do you use?
- Are there websites, apps, or resources to help reduce food waste that you recommend?



Considerations when planning:

Goals

To charge or not to charge?

Location

Engage partners

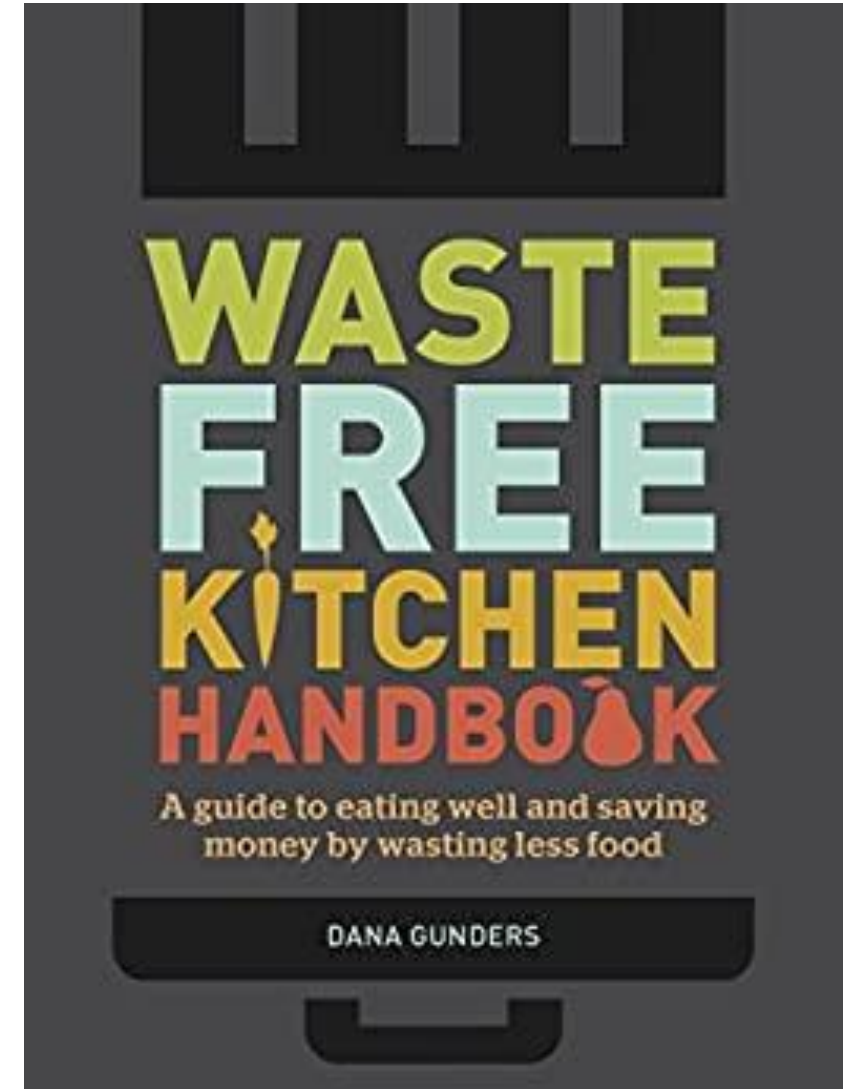
Marketing

Evaluations



The Little Things

- Be organized, watch the time
- Nametags
- Recipe Handouts
- Freebies to promote waste reduction at home
- Promote Reuse





**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



Thank You!

Anne Bijur

anne.bijur@vermont.gov

802-522-5783

Resources

- [savethefood.com](https://www.savethefood.com) – meal planning, shopping, storage, Guestimator
- [Scrapfoodwaste.org](https://www.scrapfoodwaste.org)
- [Lovefoodhatewaste.com](https://www.lovefoodhatewaste.com) – recipes for leftovers, portion planner, also an app
- [foodshift.net/reduce-your-waste/](https://www.foodshift.net/reduce-your-waste/) – tips to reduce waste, online Pledge
- [wastedfood.com](https://www.wastedfood.com) – Jonathan Bloom's blog, author of "American Wasteland: How America Throws Away Nearly Half of Its Food"