



**Department of
Environmental
Conservation**

Reducing Wasted Food Events

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Organics Reduction and Recycling, Division of Materials Management

August 5, 2020

NERC/NEWMOA Webinar

WHAT CAN YOU MAKE
WITH A BRUISED
OR OLD APPLE?



TRUE FALSE

OR

You should wash berries
before refrigerating them.

You have A LOT of cucumbers
from your garden—How can
you make them
last longer?



WHAT CAN YOU MAKE
WITH A BROWN
BANANA?



Which part or parts of
broccoli are perfectly
good to eat?



EAT OR DON'T EAT?

EAT OR DON'T EAT?

EAT OR DON'T EAT?

WHERE DO YOU STORE?



Peppers



Tomatoes



Onions

Wasted Food, Wasted Resources

PLEDGE TO FIGHT WASTED FOOD



DONATE EXTRA FOOD
FROM YOUR PANTRY
and GARDEN



MAKE A WEEKLY
MEAL PLAN and
GROCERY LIST
BEFORE SHOPPING

PROPERLY STORE,
FREEZE, and CAN
PERISHABLE GOODS



COMPOST ALL
INEDIBLE
FOOD SCRAPS

CHECK THE REFRIGERATOR,
FREEZER, and
PANTRY BEFORE
SHOPPING

VOLUNTEER AT
A LOCAL FOOD
PANTRY or
MEAL CENTER



STONY BROOK
UNIVERSITY
CENTER FOR SUSTAINABLE
COMMUNITY SOLUTIONS

Growing food and getting it from farms to
consumers takes a lot of resources
including:

- Farmer labor
- Water
- Land
- Fertilizer
- Energy to harvest, transport,
and keep food cold



\$ How much money does a typical family of
four spend on food that they never eat ?
A) \$100/year B) \$500/year C) \$1500/year



How much cropland in the US is used
to grow food that is never eaten?
A) 10 % B) 15 % C) 19 %



Which food group do we waste the most
in the US?

- A) meat and fish
- B) dairy (milk, cheese...)
- C) fruits and veggies



How much of the water used to grow food in the
US is added to crops that are never eaten?

- A) 10 % B) 15 %

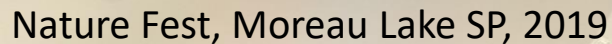
NYSAR³ Pledge Campaign

I pledge to reduce wasted food in my home by . . .

- Eating all leftovers and perishable foods first
- Checking my home before shopping
- Making a plan/grocery list before shopping
- Properly storing, freezing, and canning foods
- Cooking “nose-to-tail” and/or “root-to-leaf”
- Donating extra food from pantry and garden
- Volunteering for a local food pantry or meal center
- Composting all inedible foods scraps



<https://www.nysar3.org/page/food-recovery-121.html>



WHAT CAN YOU MAKE WITH A BRUISED OR OLD APPLE?

TRUE OR FALSE
You should wash berries before refrigerating them.

You have LOTS of cucumbers from your garden—How can you make them last longer?

WHAT CAN YOU MAKE WITH A BROWN BANANA?

Which part or parts of broccoli are perfectly good to eat?

EAT OR DON'T EAT

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WHERE DO YOU STORE?

Peppers Tomatoes Onions

Wasted Food, Wasted Resources

PLEDGE TO FIGHT WASTED FOOD

EAT ALL LEFTOVERS and PERISHABLE FOOD FIRST

DONATE EXTRA FOOD FROM YOUR PANTRY and GARDEN

MAKE A KEEKY MEAL PLAN and GROCERY LIST BEFORE SHOPPING

PROPERTY MARK, FRILLS, and CAN PERISHABLE FOODS

CHECK THE REFRIGERATOR, FREEZER, and PANTRY BEFORE SHOPPING

COMPOST ALL INEDIBLE FOOD SCRAPS

JOIN/INTER AT A LOCAL FOOD PANTRY or MEAL CENTER

Growing food and getting consumers takes a lot including:

- Farmer labor
- Water
- Land
- Fertilizer
- Energy to harvest, transport, and keep food cold

How much money does a four spend on food that t

A) \$100/year B) \$500/year

How much cropland in to grow food that is ne

A) 10% B) 15%

Which food group do we wa in the US?

A) meat and fish B) dairy (milk, C) fruits and veggies

How much of the water used to grow US is added to crops that are never

A) 10% B) 15% C) 21%



Rethink
Reuse
Recook



Recook Café



Department of
Environmental
Conservation

Repair Café, New
Paltz, NY 2019



Post-it
Easel Pad
Tadhon a fuillan mobil
Block de Hojas Repositionables

What Do You Do To Waste less Food?

- Can green tomato relish.
- Make green tomato cake!
- Weekly meal plan
- Subscription - Forks Over Knives (monthly) recipes for the week designed to be healthy, reduce waste
- Kale on barbecue (with olive oil)
- Use veggie BLP in zap ^{apple seeds} salad (from juicer)
- Apple seeds are a natural source of Pectin. You can use green juice strain) to thicken jam and jelly.
- DON'T BUY MORE PERISHABLE FOOD THAT YOU KNOW YOU WILL USE BEFORE IT SPOILS!**
- You can google recipes by ingredient to use up odds and ends in the fridge
le: "green pepper, carrot, spinach recipes" try it!
- Follow Zero Waste Chef on Instagram - Anne Marie Bonneau
- Save seeds for broth
- Ribbon cut Kale + chard to use leaves AND stems

Cook your Jack o' Lantern (steam, skin & all)
Blend or process and freeze in 2c portions to make Thanksgiving pumpkin pie also: save & roast the seeds

Bad Produce racks - take veggie & cut off bad parts & eat! Nothing wrong with it.

Whey from yogurt (drained) added to soups for thickening up.

*MY MARKET (RTE 32) - A shelf of "NOT TODAY'S" FOOD

*Please encourage food to use an alternative to the green thru-flow + plastic clay wrap used to sell whole animal meat.

*Also, if you remove items from thru-flow packaging, WITILE IN THE STORE (i.e., at the checkout counter), we we will reuse the packaging.

Watch Cow Space PLEASE!!! on Netflix

DATE - WHAT YOU COOK



NYSAR3 Conference, Otesaga Hotel, Cooperstown, NY, 2019

Learnings

- Content is accessible to target audience
- Find ways to draw people in
- People love to share about food!
- Discuss/facilitate vs educate
- Suggest concrete actions
- Chefs are great partners!



It's a journey!



Gary's "Eat Me First" Attempts



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