



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?


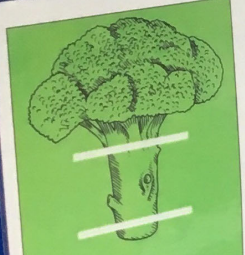


TRUE or FALSE
You should wash berries before refrigerating them.

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

EAT ALL LEFTOVERS and PERISHABLE FOOD FIRST

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

CHECK THE REFRIGERATOR, FREEZER, and PANTRY BEFORE SHOPPING


COMPOST ALL INEDIBLE FOOD SCRAPS

VOLUNTEER AT A LOCAL FOOD PANTRY or MEAL CENTER

NYSAR SYRACUSE 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>



Nature Fest, Moreau Lake SP, 2019

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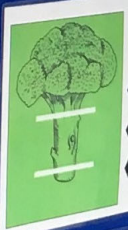


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WHERE DO YOU STORE?

Peppers	Tomatoes	Onions
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Wasted Food, Wasted Resources

PLEDGE TO FIGHT WASTED FOOD



DONATE EXTRA FOOD FROM YOUR PANTRY and GARDEN

PROPERLY STORE, FREEZE, and CAN FERMENTABLE GOODS

COMPOST ALL INEDIBLE FOOD SCRAPS

EAT ALL LEFTOVERS and FERMENTABLE FOOD FIRST!

MAKE A WEEKLY MEAL PLAN and GROCERY LIST - BEFORE SHOPPING

CHECK THE REFRIGERATOR, FREEZER, and PANTRY BEFORE SHOPPING

VOLUNTEER 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 family of four spend on food that is wasted each year?

- A) \$100/year B) \$500/year C) \$1000/year

How much cropland in the US is used to grow food that is never eaten?

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

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

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



Rethink
Reuse
Recook



Recook Café



Department of
Environmental
Conservation

Repair Café, New Paltz, NY 2019



Post-it
 Easy Pad
 Tablets & feuilles mobiles
 Block de feuilles adhésives
 3M

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 Bp in zip ^{stock} ^{meal} ^{stock} (from juices)
- Apple seeds are a natural source of Pectin. You can use from (most strain) to thicken jam and jelly.
- ^{Apple seeds} **DONT 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 Perreault
- Save beets for broth
- Ribbon cut ~~#####~~ Kale + chard to use leaves AND stems

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

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

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

*MY MARKET (RTS 32) - A shelf of "NOT TODAY'S" FOOD
 Watch out for eating - no hoarding!

* Please encourage Sui to use an alternative to the green shower pan & plastic clay wrap used to sell these discounted items.

* Also, if you remove items from the program packages WILLIE IN THE STORE (i.e., at the checkout counter), she will reuse the packaging.

Watch Cow Sprac PLEASE!!! ON NETS!!!

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

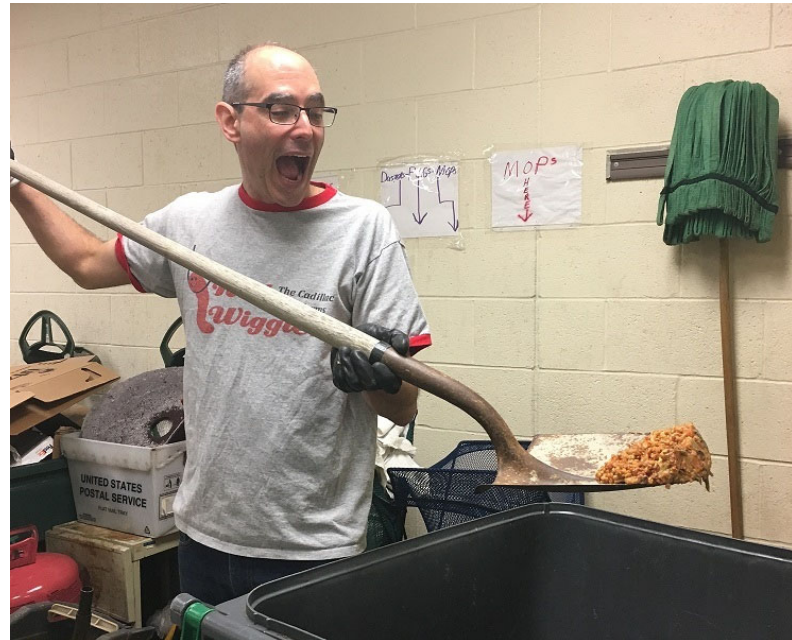


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