Use it Up!
Hosting Workshops to Reduce Wasted Food

Anne Bijur
Vermont’s Universal Recycling Law &
the Food Recovery Hierarchy

Source Reduction

Food for People

Food for Animals

Composting
& Anaerobic Digestion

Energy Recovery

More preferred

Less preferred
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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

The Extraordinary Life and Times of a Strawberry
Save the Food & Ad Council
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 SEND 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)

- Farms: 10M, 16% ($15B)
- Manufacturers: 1M, 2% ($2B)
- Consumer-facing businesses: 25M, 40% ($57B)
- Homes: 27M, 43% ($144B)

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
Where is Food Waste Generated?

- Households: 43%
- Farms: 16%
- Manufacturers: 2%
- Grocery & Distribution: 13%
- Restaurants (Full & Limited Service): 18%
- Institutional & Foodservice: 8%

In one month, a family of 4 wastes ...
WHY WASTE HAPPENS
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

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

$218,000,000,000,000
MORE THAN: TEXAS + CALIFORNIA + OHIO
WHICH IS EQUAL TO 1.3% OF THE U.S. GROSS DOMESTIC PRODUCT (GDP)
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

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>AMOUNT NEEDED</th>
<th>ALREADY HAVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad greens</td>
<td>Lunch for a week</td>
<td>Enough for one lunch</td>
</tr>
<tr>
<td>2% milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
INSIDE OR OUTSIDE THE FRIDGE?

Storing fruits & vegetables for maximum freshness
SMART STORAGE:
Use Your Freezer
Eat What You Buy

EAT ME FIRST

Keep a tray with this sign in your fridge for things that need to be used up right away. For more tips, visit SaveTheFood.com.
Understanding Expiration Dates

- Use by
- Best if used by
- Packaged on
- Prepared on
- Expiration Date
- Guaranteed Fresh
- Manufactured on
- Sell by
- Best if used before
- Freeze by
Understanding Spoilage
<table>
<thead>
<tr>
<th>Food</th>
<th>Spoilage issue</th>
<th>Safe to use?</th>
<th>Why or why not?</th>
<th>How would you safely prepare this item?</th>
<th>Ideas for use</th>
</tr>
</thead>
<tbody>
<tr>
<td>block of cheese</td>
<td>white and green spots</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>strawberries</td>
<td>fuzzy green spots</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>carrots</td>
<td>black skin and limp</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ground meat</td>
<td>slightly brown in color</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>shredded cheese</td>
<td>green mold spots throughout</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>eggs</td>
<td>past expiration date by four weeks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>frozen meat</td>
<td>white spots and dried in appearance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>tomatoes</td>
<td>black spots</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>milk</td>
<td>past expiration date by four weeks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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
CREATIVE COOKING: Using Up Leftovers & Portion Sizing

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: 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?

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.

VTrecycles.com
@VTrecycles
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
Thank You!

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Resources

- [savethefood.com](http://savethefood.com) – meal planning, shopping, storage, Guestimator
- [Scrapfoodwaste.org](http://scrapfoodwaste.org)
- [Lovefoodhatewaste.com](http://lovefoodhatewaste.com) – recipes for leftovers, portion planner, also an app
- [foodshift.net/reduce-your-waste/](http://foodshift.net/reduce-your-waste/) – tips to reduce waste, online Pledge