

Food: Too Good to Waste Toolkit



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[Presenter]

[Date]

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A WORKSHOP

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Workshop Purpose

Examine the issue
of wasted food,
including:

- How much goes to waste
- Why waste happens
- Why waste matters
- Strategies to reduce waste

Food IS Too Good to Waste!

By making small shifts in how we 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.

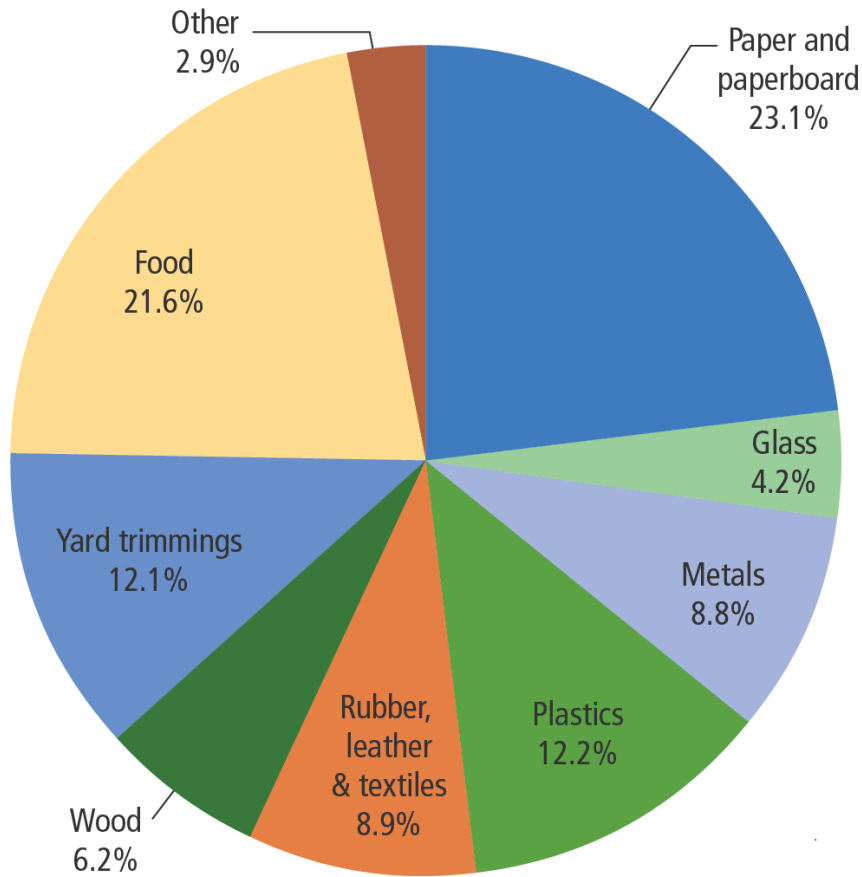
Introductions

Introduce yourself by:

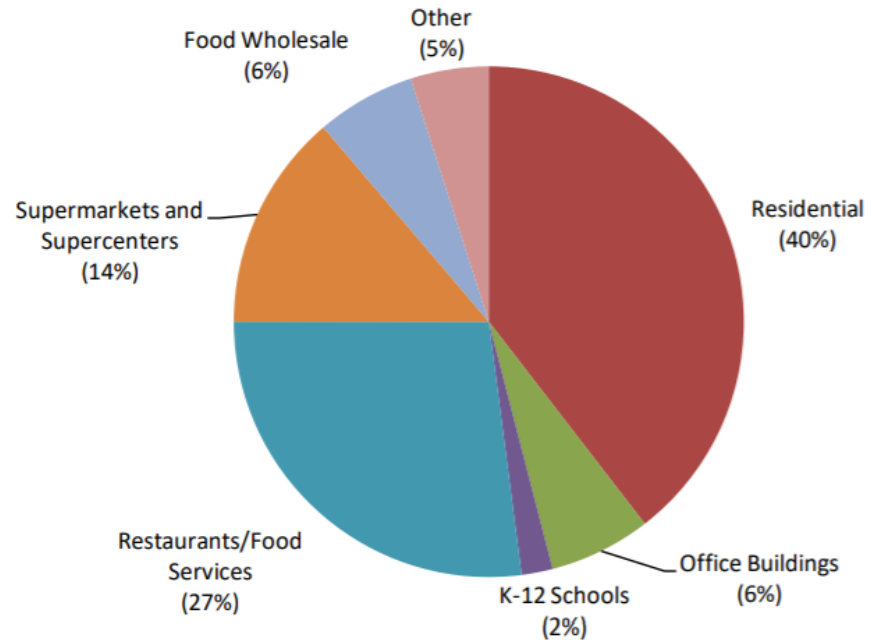
- Giving your name
- Telling a short story that illustrates why you care about wasted food

How Much Food is Wasted?

Food accounts for over 21% of the municipal solid waste we generate...



Figures from U.S. EPA



... and 40% of wasted food in the U.S. comes from households

Why Waste Happens



In one month,
a family of 4 wastes ...

Of the food waste we throw away...



Why are we tossing food?

Household Loss Reason	% of Wasted Edible Food	
	Oregon Wasted Food Study Diary (2017)	NRDC Diary (2015/16)
Moldy/Spoiled	32.1%	36%
Don't like/tired of eating	16.4%	9%
Not good as leftovers	14.1%	20%
Other	10.2%	4%
Past date	8.4%	7%
Too little to save	7.8%	7%
Worry about illness	7.4%	n/a
Contaminated¹	1.4%	n/a
Damaged (stale, soggy, freezer burned)¹	1.1%	n/a
Improperly cooked	1.0%	<1%
Unrefrigerated too long¹	<0.1%	13%



Yet ... we all
hate waste



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Brain on automatic



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Dynamic lifestyles

Complexity of Change

Additional Barriers:

- Not enough information
- Time needed to learn new skills
- Time needed to prepare fresh food
- Preference for one food type versus another

Why Wasting Food Matters

By Keeping Good Food from Going to Waste ...

We can:

- Toss less
- Eat well
- Simplify our lives
- Save money



What it
costs us
in \$

The estimated total
value of food loss at the
retail and consumer
levels in United States:

\$161.6 BILLION in 2010

Wasted Food = Wasted Resources

- Food loss and waste in the U.S. consumes considerable resources annually, including:
 - 5.9 trillion gallons **freshwater** and 665 billion KWH of **energy**, equivalent to the amount of water and electricity used by 50 million households each year;
 - 139 million acres of **land**, equivalent to the area of Florida, Georgia and the Carolinas; and
 - 14.3 billion pounds of **fertilizer**.



Climate Consequences

- Food loss and waste accounts for 8% of global anthropogenic GHG emissions.
- More than 85% of GHG emissions from landfilled food waste result from activities prior to disposal, including the production, transport, processing, and distribution of food.
- Food waste is the single most common material landfilled in the U.S., comprising 24% of landfilled municipal solid waste.
- This large volume of disposed food is a main contributor to the roughly **17%** of total U.S. anthropogenic methane emissions that come from landfills.

Discussion

What would keeping food from going to waste:

- Do for you?
- Do for the environment?
- Do for your community?

Strategies to Reduce Wasted Food

SMART SHOPPING:
BUY WHAT YOU NEED

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

SMART
STORAGE:
KEEP FRUITS
&
VEGETABLES
FRESH

FRUIT AND VEGETABLE STORAGE GUIDE

INSIDE THE FRIDGE

- Apples, berries, and cherries
- Grapes, kiwi, lemons, and oranges
- Melons, nectarines, apricots, peaches, and plums (after ripening at room temperature)
- Avocados, pears, tomatoes (after ripening at room temperature)
- Almost all vegetables and herbs

OUTSIDE THE FRIDGE

- Bananas, mangos, papayas, and pineapples: store in a cool place
- Potatoes / onions: store in a cool, dark place
- Basil and winter squashes: store at room temperature—once cut, store squashes in fridge

MORE STORAGE TIPS

- If you like your fruit at room temperature, take what you will eat for the day out of the fridge in the morning.
- Many fruits give off natural gases that hasten the spoilage of other nearby produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in different bins.
- Consider storage bags and containers designed to help extend the life of your produce.
- To prevent mold, wash berries just before eating.

SMART
PREP:

PREP NOW,
EAT LATER



Image courtesy of Grant Cochrane/FreeDisitalPhotos.net

SMART
SAVING:

EAT WHAT
YOU BUY



DISCUSSION: What other strategies can you recommend?

A blue speech bubble graphic with a white border and a dark blue shadow, pointing downwards and to the left. The text is centered within the bubble.

Food: Too Good to *Waste Challenge*

GET SMART:
TAKE THE
CHALLENGE



- Record the amount of household wasted food before and after adopting one (or more) of the four strategies.

Take the Food: Too Good to Waste Challenge!



I would like to take the Challenge!



Name:



Email:



Today's date:
