



Food is Too Good To Waste

Welcome to our kitchen table

Make yourself comfortable.
We'll be starting shortly!



Neighbors, businesses, civic leaders -- working together for our shared home.

Sustainable, Resilient, Climate Protecting

Today's Focus

**Local
Economy**



**Promoting
Local Business**

**Energy
Conservation**



**Reduce
Energy Use &
Waste**

**Clean
Energy**



**Town,
Schools,
Homes**

**Reduce
Waste**



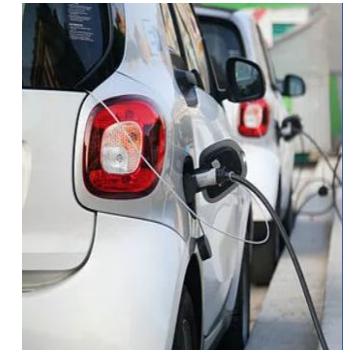
**In Food and
Products**

**Clean Air &
Water**



**Keep Our Air
& Water
Clean**

**Clean
Transportation**



**Clean Energy &
Charging
Stations**



Quick Poll

- How many of us are feeling pinched by inflation?
- How many are tracking what we spend; or keeping a budget?
- How many are changing what, where, or how often we buy?

Let's Talk About It!

- What's your Kitchen Story?
- Planning Ahead
- Getting the Goods
- Counter, Pantry, Fridge, and Freezer
- Love the Leftovers
- Food Safety
- Food Dating
- Trash to Treasure
- Q/A
- Co-create with us!





**Stories we
share ...**

Imagine

Tossing 1 of your 4
grocery bags directly in
the garbage

*Frank Yiannas - the FDA's Deputy
Commissioner of Food Policy and
Response*



**FOOD WASTE IS A
DIRTY SHAME**

**1 in 4 Bags of
Groceries is
Wasted**

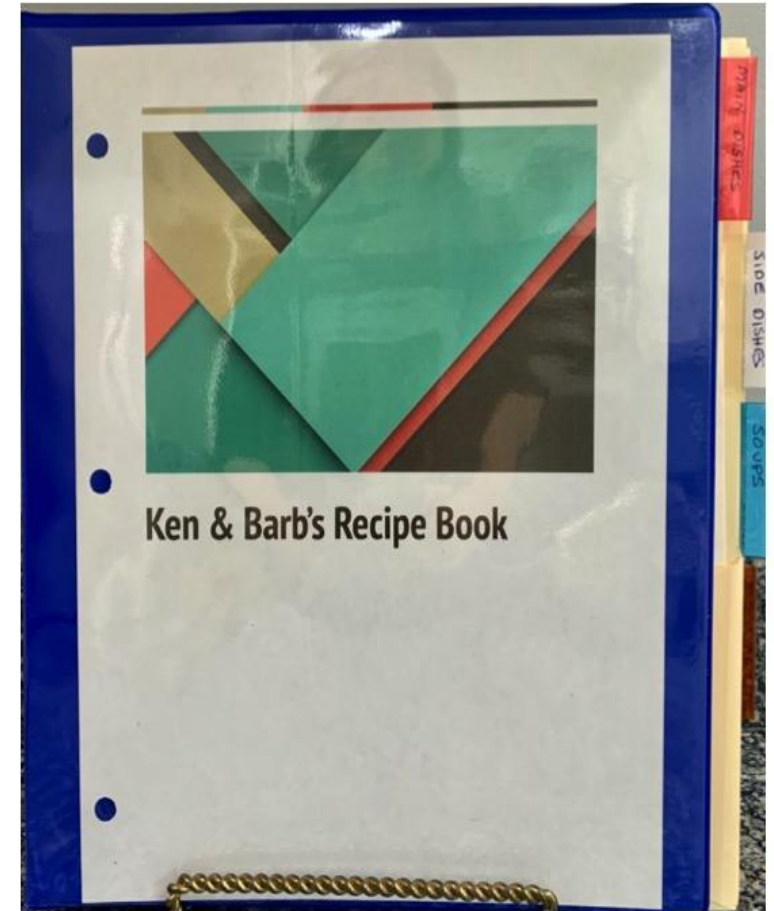
**20% OF RESIDENTIAL WASTE IN
CT IS FOOD WASTE**

Planning Ahead



What's on
your plate
this week?

©This One Click



On Paper ...

- See what you already have
- Write down your meals
- List out recipes to try
- Think about your schedule
- Plan to use leftovers
- Make a grocery list
- Build your shopping list as you go
- Plan with a combination of fresh, frozen, and non-perishable items



The image shows a digital form titled "CREATE A GROCERY GAME PLAN WEEKLY CALENDAR". It features a grid for planning meals over a week. The columns represent the days of the week (SUN, MON, TUE, WED, THU, FRI, SAT). The rows represent the meals of the day (BREAKFAST, LUNCH, DINNER, SNACKS). Below the grid is a section for "NOTES" with three horizontal lines for writing.

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

NOTES:

<https://www.myplate.gov/myplate-kitchen>

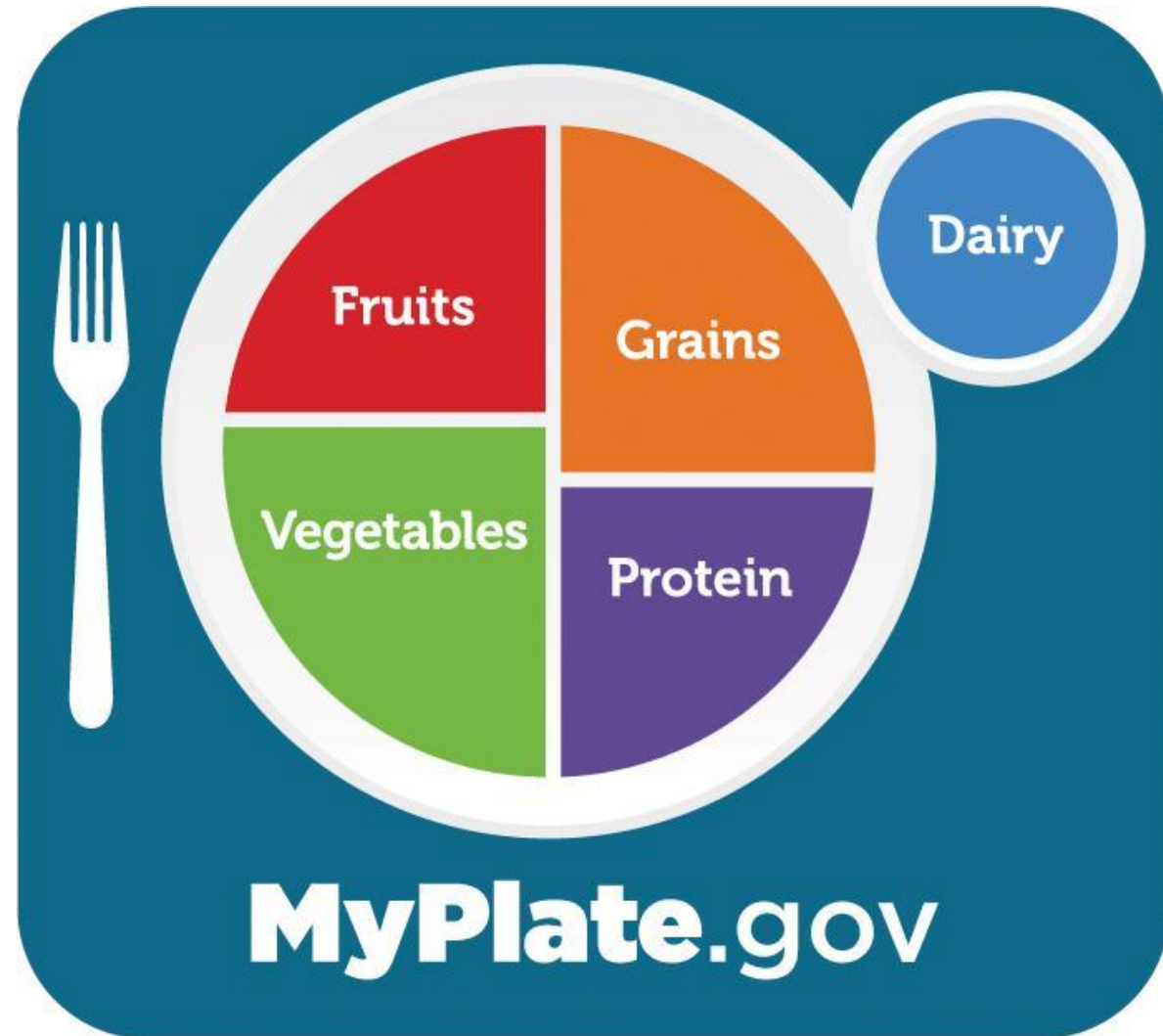
On the Plate ...

Portion management is good for your health and good for reducing plate waste, too.

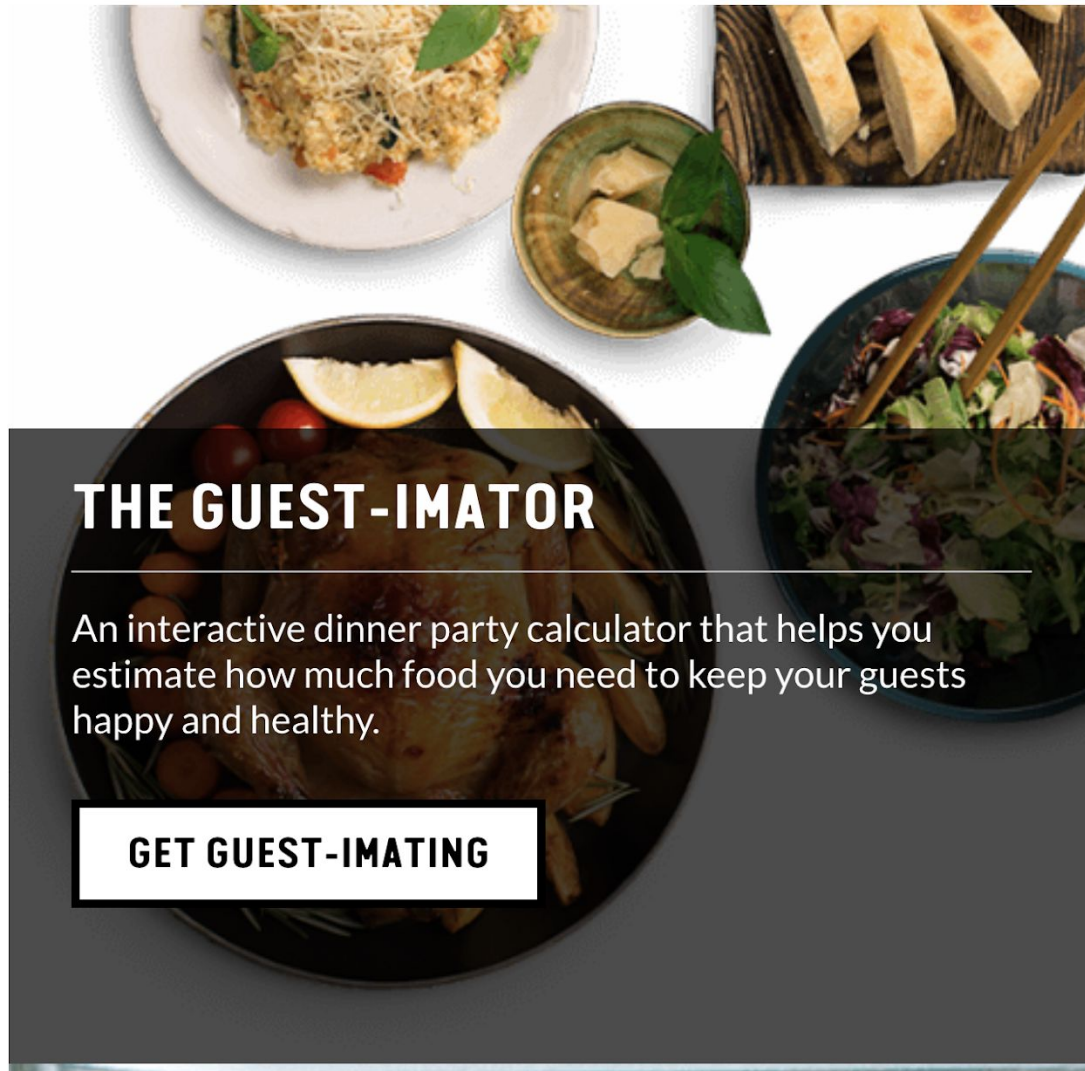
MyPlate

- [Healthy Eating](#) Healthy food portions for different life stages
- [Recipes](#) Choose recipes and save your favorites in a Cookbook
- [Healthy Eating on a Budget](#) Tips and strategies to make low-cost healthy meals

<https://www.myplate.gov>



Serve Smart: SaveTheFood.com



GUEST-IMATOR

- **Calculator** for parties - estimates how much food you need to keep your guests happy and healthy
- **Who are you expecting?**
 - Number of small, avg and big eaters
 - How many leftovers do you want?
- **Choose:** main dish, sides, dessert
- **Quantity** determines how much is needed of each item
- **Hints & tips** and access to **recipes**

<https://savethefood.com>

Shopping Tips

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Getting the Goods

Be Wary of Promotions

- **Promotions Encourage**
 - Purchase of unusual items not needed
 - Large portions that end up in the trash

Avoid Impulse and Bulk Buys

- Especially produce and dairy that spoils quickly
- **Don't buy more food than can be used before it spoils**



Storage – Room Temperature Foods

Counter, Rack, Basket

Potatoes, Yams, Ginger Root

Rutabagas, Winter Squashes

Onions/Garlic/Shallots

Melons, Pineapple, Stone Fruits,
Avocados – until ripe

Tomatoes – until ripe

Bananas

In the Pantry

Canned Goods (unopened)

Jarred / Bottled Goods (*unopened*)

Cooking Oils

Dry Goods

Salt, Sugar, Coffee, Tea

Dry Spices

Storage - Refrigerator

- ▶ Avoid “Overpacking”
 - Cold air must circulate around refrigerated foods to keep them properly chilled.
- ▶ Check Your Fridge Often
 - What needs to be used soon or removed
- ▶ Rotate What’s In Your Fridge
 - Move more perishable foods with more current “Best Used By” dates closer to the front.
- ▶ Use clear, or labeled, containers to store leftovers
 - Helps you see what you have



Feng Shui for Your Fridge - Avoid Contamination!

- ▶ **Top Shelves** – Put foods that require lower cooking temperatures
- ▶ **Bottom Shelf** – Put raw meat, preferably in a sealed container (especially poultry)*
- ▶ **Door** – This is the warmest part of the refrigerator. Do not store eggs here.
- ▶ **Safe Zone** – Keep all parts of refrigerator **between 34°F and 40°F**

Keep food safe

Some foods carry bacteria. Indirect contact between foods can cause cross-contamination.



Use separate utensils and chopping boards for raw and cooked foods



Store raw food and cooked food separately, or cooked above raw



Store food in date order – Use the oldest food first and dispose of out of date food



All stored food should be kept wrapped or in sealed containers

** Reason: If something leaks or spills it won't contaminate food that may not get heated to a temperature hot enough to kill harmful germs.*

Using Your Crisper

► How Do Refrigerator Crisper Drawers Work?

- Humidity control knob opens or closes a window in the drawer.
- Low humidity = window completely open.
- High humidity = window completely closed.

► LOW Humidity Drawer

- **Fruits** except for strawberries & watermelon

► HIGH Humidity Drawer

- **Vegetables & greens**
- Strawberries & watermelon go here.



Ethylene Gas: What is it and Why do we Care?

- **What is ethylene?** It is a gas released by some fruits & vegetables that causes produce to ripen faster. Some fruits & vegetables are more sensitive to ethylene than others.
- **Why should I care?** Fruits & vegetables that are stored incorrectly spoil quickly, resulting in food waste and extra expense for you.



Separate foods that produce ethylene from foods impacted by ethylene.

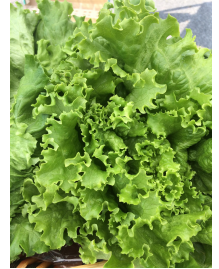
Separate these foods for best storage

Ethylene producing foods

- Apples, Pears
- Plums
- Apricots
- Tomatoes
- Avocado
- Cantaloupe
- Ripe bananas
- Mango
- Papaya

Foods impacted by ethylene

- Carrots
- Cabbage, Broccoli, Cauliflower
- Unripe bananas
- Lettuce
- Potatoes
- Peas
- Cucumber
- Eggplant
- Okra



Do not store fruits & vegetables that produce ethylene with those that are sensitive to ethylene.

Produce Tips



Apples

- Lasts longer in refrigerator
- Separate any with bruises from other apples (or they will cause others to brown)
- Store apples stems up
- Don't store near bananas and avocados - they speed ripening.



Asparagus

- Remove rubber bands put in jar with 1" of water
- Store on refrigerator
- Toughens quickly when not chilled



Carrots

- Store in a breathable bag in vegetable (high humidity) drawer
- Cut carrots submerge in water on a shelf in the refrigerator
- Revive floppy carrots in water - keeps them crunchy

Produce Tips



Celery

- Remove from plastic bag
- Wrap tightly in tin foil (Saw on Better CT segment)
- Refrigerate standing in a jar with water



Green Beans/peas

- Store in refrigerator
- Unwashed in breathable bag
- Eat within 3-5 days



Mushrooms

- Keep in original pkg or brown paper bag
- Avoid plastic bags-lack of air flow will speed spoilage
- Store in lowest part of the refrigerator

Produce Tips



Bananas

- Wrap with saran where stems connect to each other to slow ripening
- Don't store near apples & other fruit



Avocado

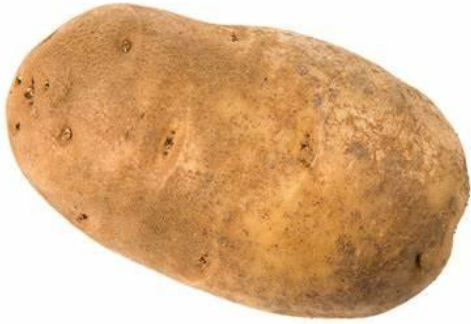
- Store on counter until ripe
- Refrigerate when ripe
- Once cut, keep the pit in and rub with lemon or oil to reduce browning.



Tomatoes

- Do not wash until ready to use.
- Store on counter away from direct sunlight
- Place with stem end up
- Once fully ripe, place tomatoes in a bag and store them in the refrigerator to prolong shelf life

Produce Tips



Potatoes

- Store in a Cool Dark Dry Well-Ventilated area away from sunlight
- In mesh, paper, burlap or perforated plastic bag
- Don't store near Onions - cause potatoes to spoil
- Store potatoes with an apple to avoid early sprouting



Onions

- Store whole onions in a cool, dark, dry, well-ventilated place
- Store in hanging sack to promote ventilation - never in plastic
- Don't store near potatoes - causes them to sprout.
- Once cut keep skin on and store in airtight container in refrigerator



Lettuce

- Store in the refrigerator
- Open box and place paper towel covering the top
- Flip the box over and refrigerate in vegetable bin

Storage - Freezer

□ Label Foods That Go Into The Freezer

- What is it?
- What date did it go into the freezer?

□ Freeze in small flat bags

- Easier to stack and see what you have.

□ Make Robust Use Of Your Freezer

- Leftovers such as soups, stews, “saucy” casseroles (e.g., enchiladas), do well in the freezer.
- When wrapped well, breads, other baked goods, berries, sliced fruit, firm cheeses, along with meat and poultry can all be frozen successfully. Also herbs in ice cubes or butter!

□ Safe Zone

- The freezer temp should always be at **0 °F** or below.



Loving Your Leftovers!

Heat and Eat

Freeze for A Future Week

Make Soups

Fill Stews or Casseroles

Sandwiches and Wraps



FOOD SAFETY

3 Ways to Defrost Frozen Food Properly:

- ▶ **In the Refrigerator:** don't leave frozen food on the counter or in the sink to defrost.
- ▶ **In Very Cold Water:** place frozen package in very cold water to defrost.
- ▶ **In the Microwave:** use defrost (or low power) setting.



More Food Safety Tips

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More Safety Tips

- ▶ **Cook to the right temperature:** Fish/Shellfish, and Hams - 145F; Steaks/Chops/Roasts - 145F + Rest at least 3 min; Eggs & Ground Meat - 160F. ALL poultry, and everything else -165F
- ▶ **Remember the 2-Hour Rule:** don't leave perishable foods out at room temperature for more than two hours, unless you're keeping hot foods hot and cold foods cold.
- ▶ **If you're eating outdoors** and the temperature is above 90° F, perishable foods shouldn't be left out for more than one hour.
- ▶ **Wipe up spills immediately** to reduce bacteria growth and cross-contamination between food items.





Quick Poll

- How many folks here have felt unsure what the dates on packaging really mean?
- How many have sometimes thrown out food because it was past the date on the label?

“Best If Used By” vs. “Sell By” vs. “Use By”



- ▶ “Best if Used By” - dates are about **quality not safety**.
- ▶ “Sell By” – Mostly on meats, is for store inventory management purposes.
- ▶ “Use by” - The only “Use by” label required and regulated in the U.S. is for baby formula.
- ▶ *84% of consumers at least occasionally discard food close to or past the date on the label*
- ▶ *37% of consumers always or usually discard food close to or past the date on the label*

With few exceptions, safety is best judged by smell, appearance, taste

General Tips

- ▶ Be aware of how much food you throw away.
- ▶ Pause before you toss. Can it be used in another recipe?
 - That half cup of quinoa could go into lunch the next day.
 - That Parmesan rind could season a pot of minestrone.
- ▶ Track your waste.
 - What lands in the trash.
 - Progress is really satisfying.
 - See it translate into savings.
- ▶ Share or donate food before it expires.
- ▶ Recycle leftover food scraps.





RESOURCES



Climate Change

- [Climate Science Center](#)
- [NASA Scientific Consensus: Earth's Climate Is Warming](#)
- [Yale Wildfires and climate change: What's the connection?](#)
- [NASA The Causes of Climate Change](#)
- [NASA Study Confirms Climate Models are Getting Future Warming Projections Right](#)
- [Yale Global warming is real, so why is it cold outside?](#)
- [NASA The Carbon Cycle](#)
- [NASA The scientific method and climate change: How scientists know](#)
- [Yale A brief introduction to climate change and sea-level rise](#)
- [Yale More CO2 in the atmosphere hurts key plants and crops more than it helps](#)

Energy

- [NRDC: Energy Efficient Home Makeover](#)
- [NRDC: Energy Issues](#)
- [International Energy Agency Executive Summary](#)
- [Eversource: Energy Saving Tips For Winter](#)

Food Waste

- [EPA Reducing Food Waste at Home](#)
- [EPA United States 2030 Food Loss and Waste Reduction Goal](#)
- [FDA Food Loss and Waste](#)
- [EPA Sustainable Management of Food](#)
- [USDA's Food Waste Activities](#)
- [FDA How to Cut Food Waste and Maintain Food Safety](#)
- [FDA Tips To Reduce Food Waste](#)
- [FDA Confused by Date Labels on Packaged Foods?](#)
- [FDA Food Waste Animated Videos](#)
- [FDA Food Facts Brochure](#)
- [Save The Food and the GUEST-ANIMATOR App](#)
- [Food Safety.gov - FoodKeeper app](#)
- [Essex Food Scrap Recycling Guide \(Does and Don'ts\)](#)
- [UC San Diego Correctly store fruits and vegetables to reduce food waste](#)
- [ASKUSDA's searchable site makes it easy to find information](#)

Presentations

- [What You May Not Know About Food Shopping and Food Waste](#)

Food Scraps and Composting

- [UConn Composting Brochure](#)
- [CT/DEEP/Composting & Organics Recycling](#)
- [EPA Composting at Home](#)

Recycling Links

- [CBS Saturday Morning Video Recycling of packaging and the need for "Extended Producer Responsibility"](#)
- [How2recycle - Recycling Plastic Wrap Store-Drop-Off](#)
- [Brochure: Recycling Bags & Film Packaging](#)
- [Recycle: A Guide to Recycling: WHAT'S IN WHAT'S OUT](#)
- [CT/DEEP/Reduce Reuse Recycle](#)
- [Recycle: Interactive Can I Recycle It? Wizard](#)
- [Video University of California "Takeout creates a lot of trash"](#)

Sustainable CT

- [SustainableCT Website](#)

Southbury Town Website

- [Southbury Town Home Page](#)
- [Public Works Department/Recycling/Transfer Station](#)