Food: Too Good to Waste

Megan Curtis-Murphy
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Food is simply too good to waste!

- Costs US $165 billion annually.
- Contributes to 14% of domestic GHG emissions.
- Single largest and least recovered waste stream in the US.

(Sources: USDA, EPA. Photo Credit: Jonathan Bloom)
EPA’s Sustainable Food Management Program

Food Recovery Challenge
Focus: Commercial Food Waste Reduction

Food: Too Good to Waste
Focus: Residential Food Waste Reduction

CHANGING HOW WE THINK ABOUT OUR RESOURCES FOR A BETTER TOMORROW

www.epa.gov/smm
EPA’s Sustainable Food Management Program

Food Recovery Challenge
Focus: Commercial Food Waste Reduction

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Food Recovery Hierarchy

Source Reduction
Reduce the volume of surplus food generated

Feed Hungry People
Donate extra food to food banks, soup kitchens and shelters

Feed Animals
Divert food scraps to animal feed

Industrial Uses
Provide waste oils for rendering and fuel conversion and food scraps for digestion to recover energy

Composting
Create a nutrient-rich soil amendment

Landfill/Incineration
Last resort to disposal

www.epa.gov/foodscrapes

CHANGING HOW WE THINK ABOUT OUR RESOURCES FOR A BETTER TOMORROW

www.epa.gov/smm
## Community-Based Social Marketing Pilot Design

<table>
<thead>
<tr>
<th>Behaviors</th>
<th>Benefits</th>
<th>Barriers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Smart Shopping</strong>: Buy what you need</td>
<td>Waste aversion</td>
<td>Dynamic lifestyle</td>
</tr>
<tr>
<td></td>
<td>Saving money</td>
<td>Time</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Automatic behavior</td>
</tr>
<tr>
<td><strong>Smart Storage</strong>: Keep Fruits and Vegetables Fresh</td>
<td>Waste aversion</td>
<td>Knowledge</td>
</tr>
<tr>
<td></td>
<td>Health</td>
<td>Time</td>
</tr>
<tr>
<td></td>
<td>Saving money</td>
<td>Not enough room in fridge</td>
</tr>
<tr>
<td><strong>Smart Prep</strong>: Prep now, eat later</td>
<td>Convenience</td>
<td>Skills</td>
</tr>
<tr>
<td></td>
<td>Saving money</td>
<td>Knowledge</td>
</tr>
<tr>
<td></td>
<td>Health</td>
<td></td>
</tr>
<tr>
<td><strong>Smart Eating</strong>: Eat what you buy</td>
<td>Waste aversion</td>
<td>Gratification</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Convenience</td>
</tr>
</tbody>
</table>
Measurement Bag

“Get Smart”
Measurement raises household awareness!
# Fruit and Vegetable Storage Guide

## 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.

For more tips visit: [http://makedirtnotwaste.org/prevent-wasted-food](http://makedirtnotwaste.org/prevent-wasted-food)

Shopping List Template

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.

<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>Gallon</td>
<td>None</td>
</tr>
</tbody>
</table>

EPA United States Environmental Protection Agency
“Eat Me First” Prompt
**Workshop Purpose**

Examine the problem of food waste including:

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

Original Implementing Partners:
• King County (WA)
• San Benito County (CA)
• Boulder County (CO)

Results:
Initial data indicates that pilot implementation could influence a 25% decrease in household food waste.

Recent/Future Implementing Communities:
• Palo Alto (CA)
• Oakland (CA)
• Chula Vista (CA)
• Honolulu (HI)
• Gresham and OR Metro (OR)
• King County scale-up (WA)
• Thurston County (WA)
• University City District, Philadelphia (PA)
• Sustainable Jersey City (NJ)
• Rhode Island Food Policy Council (RI)
• Minnesota Pollution Control Authority
• University of Denver (CO)
Opportunities to Get Involved

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Visit the website to access the Food: Too Good to Waste Toolkit http://www.westcoastclimateforum.com/food

www.epa.gov/smm