Tossed Treasures



Future of Food Initiative

America's Wasted Food Problem, and How Dietetic Professionals Can Help

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- 1. Define food waste.
- 2. Describe at least two implications of wasted food.
- 3. Identify at least two ways that Academy members can lead efforts with consumers and communities to reduce wasted food.







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Let's get social!

Twitter

- @alicehenneman
- @chrisvogliano
- @eatrightPRO
- #foodwaste



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Future of Food Resources for Members

- Toolkits <u>www.eatrightfoundation.org/toolkits-webinars</u>
 - Hunger in Our Community. What We Can Do.
 - Smart Choices. For a Healthy Planet. (English/Spanish!)
 - Tossed Treasures. How We All Can Waste Less Food. (English/Spanish!)
- Supervised Practice Concentrations:
 - Food Insecurity and Food Banking—available now! www.healthyfoodbankhub.org
 - Food Systems—under development!
- Webinars and Infographics <u>www.eatrightfoundation.org</u>
- Affiliate Presentations:
 - "Changing the Way We Look at Agriculture" 32 affiliates/DPGs (2015)
 - Food waste, food additives, and GMO presentations 10 affiliates (2016)
 - Foods of future, farming tools, and food preservation presentations
 10 affiliates (2017)

Last year our donors' generosity helped us award:

\$446,900 in student scholarships to 194 students

\$14,000 in student stipends to help 140 students attend FNCE.

\$40,000 through Home Food Safety Challenge grants to dietetics students.

www.eatrightfoundation.org



Chris Vogliano MS, RDN

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Council of Future Practice – Young Practitioner

Vegetarian Nutrition DPG – Second Century Liasion

Greater Seattle Dietetic Association - Legislative Chair



Food waste: Defined^{1,2,3}



- Food waste is defined as food that is lost, discarded, or uneaten
- Food Waste VS.
 Food Loss
 - Food waste =
 Mostly in developed
 countries
 - Food loss = Mostly in developing countries



BRC Infographic



Production, Harvest and Transportation

Pests, insects, birds, diseases, weather

Processing and Packaging

Blemishes, appearance, size, trimming

Retailers and Food Service

Consumer expectation, past best buy, overstocking

Consumers

Confusion over best buy dates, overbuying, uneaten leftovers





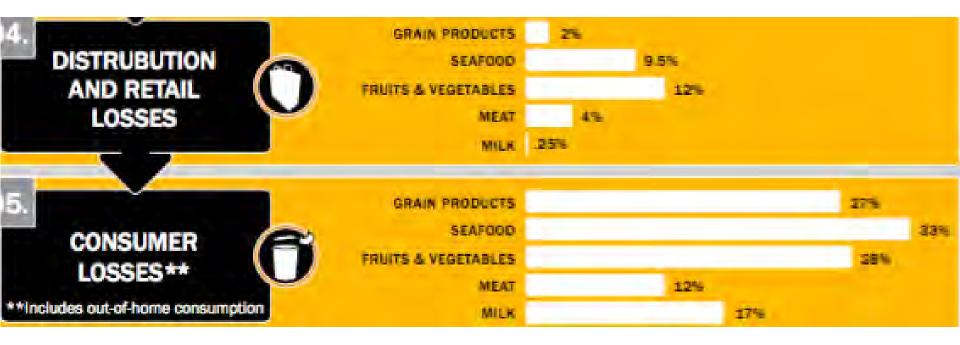


Photo credit; http://www.menorifiuti.org/tag/tmc/

Photo credit: http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/food-safety/faq-20058500



Where the greatest loss occurs³



How much are we wasting?^{2,3}

- Globally, 1/3 of the food produced for human consumption is lost or wasted
 - ~1.3 billion tons per year
- America wastes an estimated ~40% of all food
 - Number has doubled since 1970's



1 in 6 Americans are food insecure⁴

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Photo credit: USDA September 2015

Source – Feeding America Summary 2015



Our "Tossed Treasures" add up! 5,6,7

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- Wasted natural resources
- Greenhouse gas
- Wasted water



Photo credit: http://www.compostturner.cn/upload/image/food%20waste.jpg

Wasted food enters our landfills, creating methane



What can we do about it?

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EPA "Food Recovery Hierarchy" 12

Food Recovery Hierarchy

www.epa.gov/foodscraps

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

Photo credit: http://www.epa.gov/sustainable-management-food/food-recovery-hierarchy



Join the USDA Food Waste Challenge by:

- Adding your organizational objectives to reduce food waste to the USDA website by using this form:
 - http://www.usda.gov/oce/foodwaste/join.htm
- Utilizing the free resources and educational materials hosted on the USDA and EPA's websites



Wasted food around the world¹⁴



Photo credit http://growerdirect.co/img/11_Customer/customer_img1.jpg

- Chinese diners are posting pictures of empty plates online, urging friends not to order more than they can eat
- South Korea is charging for garbage removal by weight in hopes of persuading families to discard less food
- Massachusetts is barring large businesses from sending kitchen waste to landfills
- British supermarkets are improving labels and packaging so that customers throw out less of what they buy

"Ugly" fruit needs love too! 15









Photo credit; "Ugly Fruit and Veg" Instagram - https://www.instagram.com/uglyfruitandveg/ and Twitter - https://twitter.com/uglyfruitandveg/



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Key recommendations:

- 1. Choice
- 2. Time
- 3. Buying Local
- 4. Slice the Produce











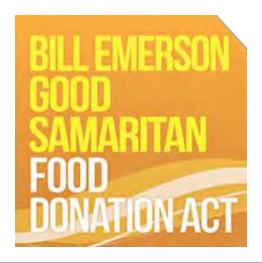
For more than 25 years, DC Central Kitchen (DCCK) has been fighting food waste by recovering leftover food and converting it into meals for hungry and at-risk families.

http://www.dccentralkitchen.org/



Bill Emerson Act = "The Good Samaritan Act"

- Protects businesses and consumers from liability when they donate to a non-profit organization
- Protects businesses and consumers from civil and criminal liability should the product donated in good faith later cause harm to the recipient



Food banks & RDNS^{18,19}



- Help to recover food
- Repurpose food unfit for sale
- Educate clients and partner agencies on "best buy" dates and how to best utilize unfamiliar foods
- Educate businesses on the Bill Emerson Act
 - Find out more at <u>www.feedingamerica.org</u>



Photo credit: http://cagardenweb.ucanr.edu/files/78558display.jpg





Alice Henneman, MS, RDN

America's Wasted Food Problem, and How Dietetic Professionals Can Help

@alicehenneman





Alice Henneman MS, RDN

- Employed by University of Nebraska–Lincoln Extension
- I have no actual or potential conflict of interest in relation to this presentation

Consumers - Decoding the Label

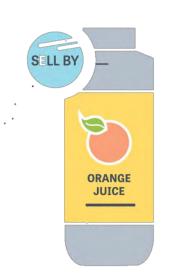


Standardizing food label dates

- No mandated labeling system confusing
- Over 90% of consumers throw out food too early, leading to massive food waste

Solutions

- Consumer education on what sell by, use by, best, by actually mean
- Some manufacturers have experimented with adding "freeze by" language onto packaging to encourage customers to take active steps to preserve food in the freezer instead of throwing it in the trash
- http://www.stilltasty.com/









Creative ways to fight wasted food





Colorado turns food waste into energy

Credit NPR





Misfit Juicery

Olympic (Rio) chef uses wasted food to feed homeless - *NYT*

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Reducing waste in food service

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Saving food saves food service money²⁰

- Academy of Nutrition and Dietetics Foundation
 - Future of Food Initiative

- Wasted food and packaging wastes money
- Tax benefits are possible through donating edible whole food (that would otherwise go to waste) to food banks or rescue organizations
- Saving food saves all the food service resources associated with the food (labor, equipment, etc.)



Technology driving change





ChowBank helps connect people donating food with the people who need it.

From ingredients to cooked food, from a grocery shelf to a conference buffet, ChowBank lists your donations and notifies those who can take them.

LeanPath™ offers simple solutions to cut your kitchen's food waste in half.

LeanPath helps commercial kitchens around the world prevent food waste with industry-leading food waste smart meters and data driven performance.

LeanPath 360 System
For colleges, Hospitals, Hotels, Casinos and other High-



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Following are a dozen ways how food service can reduce food waste...



1. Practice
"offer"

VS.
"serve"

in school
lunch
food
service²¹



2. Avoid overbuying fresh produce²²



3. Rethink or initiate proper portion control to ensure employees serve the amount of food you specify





4. Plan ahead if you anticipate a certain item won't sell — can you sell it at a reduced price? (Or convert it into something else.)



5. Change your plates ... plates and glasses with smaller volume will automatically reduce portions²³



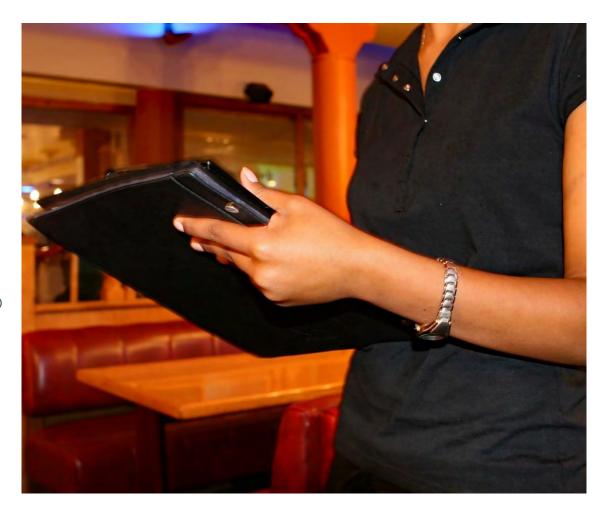
6. Discourage overloading plates through trayless dining^{24, 25}



7. Cook in smaller batches and/or use smaller service pans either less deep or a half-pan



8. Help people order foods they want and will eat through menu descriptions²⁶



The Slim by Design Diner 27



Almost any notation can catch ones eye and increase consideration and choice. Place healt hy high margin items in bold boxes or colored boxes to "call t hem out."



Section off House Favorites that are healt hy. In any section such as this, make sure the healt hier items are listed first.

Appetizers

Crisp Summer Salad with Pineapple and Avocado 6

Combine juicy pineapple and fresh, ripe avocado for our lightest and easiest summer salad.

Use colored or bolded words to highlight healthy target foods.

Chips and Salsa

Orispy tortilla chips served with homemade salsa and guacamole.

Soup of the Day

Pleaseaskyourserver.

Vegetablesand Hummus

Broccoli, carrot, and cucumber platter served with two home made hummus options.

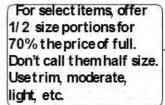
Instead of a "Healt hy" section, call things "Light and Fresh" or similar tasterelated phrases.

Cherry Tomatoes with Creamy Pesto Cheese

Plum tomatoes filled with our famous creamy pesto spread made with reduced fat cream cheese.

Light and Fresh Humboldt Fog and Roasted Beet Salad 6

Watercress, to asted pistachios, raspberry vinagirette





House Favorites

Grilled Chicken and Harvest Stew

Tender blade steak served with corn, carrots, mushrooms, potatoes, cauliflower, and onions

London Broil in Mushroom Sauce

- Trim portion 7
- Full portion 10

Pork Tenderloin, South Island Style with Mixed Cilantro salad 14

Delicious and lean porktenderfoin served with chunks of cucumber are splashed with lime juice and sprinkled with cilantro and chill

Succulent Italian Seafood Filet with whole grain rice 16

Whole, flaky white fillets in a crispy batter served with commeal flat bread.

Smoked Salmonwith broccoli

Hickory-smoked salmon, capers and chipotle peppers served with a side of sautéed greens.

Shrimp Gumbo

- Trim portion 11
- Full portion 15

Featuring okra, onions, bell pepper and dice tomatoes served over brown rice.

Use a logo or icon to draw attention to targeted item – beware using "healt hy" logos, which can sign bad taste.

Sides

Roasted Vegetables

Includes carrols, broccoli, squash and potatoes

Chef Salad

Filled with crisp greens, vegetables, hard boiled eggs, meat, and cheese

Baked SweetPotato

Topped with cinnamon and light butter.

Offer salads as the default. Fries can be substituted.

Happy Endings

Fruit Plate

Plate of grapes, strawberries, and blue berries.

Italian Sorbet

Ancient Italian frozen dessert.

Chocolate Cake

Chocolate cake with chocolate frosting paired with cool vanilla ice cream.

Descriptive words for healthy items sell 28% more (than "seafood salad").



Place healt hy items in the four corners and at the beginning of sections.



Copyright "Slim by Design" Wansink 2014





9. Get creative with scraps

- Use older bread in croutons and bread pudding
- Make one of the daily soups from leftovers
- Crumble leftover bacon for the salad bar
- Reuse cooked sausage as a pizza topping
- Freeze vegetable trimmings; make a vegetable broth from scratch when you have enough
- Use veggie scraps in a veggie burger or fried rice
- Freeze rinds of hard cheeses such as parmesan, and add to soups for extra flavor; remember to remove the rind when soup is done!

Chef Dan Barber's "garbage" meal²⁸

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 For 2 weeks, noted New York Chef Dan Barber turned his Blue Hill restaurant in Greenwich Village into a pop-up restaurant (open only a short time) called wastED

 Menus were devised from leftover items like stems, peelings, rinds and bones by an assortment of guest chefs



- 10. Track and analyze waste in your facility²⁹ some possibilities:
 - Good idea to do BEFORE you start an intervention to gauge success
 - Check trash receptacles throughout day and number of trash bags
 - Paper and pencil tracking such as EPA's Waste Logbook at http://bit.ly/2fn8vVm
 - Spread sheet such as EPA's FREE
 Food Packaging and Prevention
 Tool at http://bit.ly/2g6uu46
 - Check if there are auditing services available locally



Waste Logbook – Facil	ity:	SEPA Evaluation of the Part		
Date: Notes/Special Events Today:	Weather:			

Time	Recorded By	Food Type	Loss Reason	# of Portions	# of Quarts	# of Pounds
					PICK ONE	
	1	2		- 6		
				100	District Control	
		-				
_						
		al III				
	1					
	4					-
				TOTAL	-11	

For more information, visit www.epa.gov/foodscraps.

Special thanks to LeanPath, Inc.

11. Develop a relationship with a food donation program in your area^{31,32}



12. Make easy-tounderstand bin labels in quick serve operations where the customer is disposing of waste; for example: "bottles," "cans," "plates and silverware" and "garbage only."33





Examples of downloadable signs³⁴

Harvard has created downloadable waste reduction signage in various sizes and styles for different locations and events University-wide. A few examples below and more information at: https://green.harvard.edu/topics/waste/signage

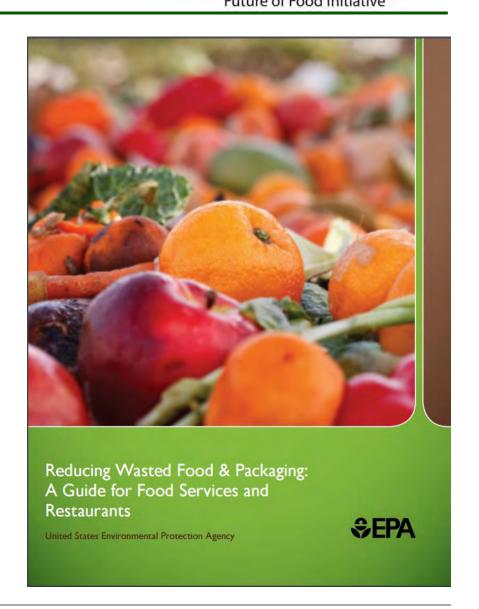








Find more suggestions from the US Environmental Protection Agency on reducing wasted food for food services and restaurants²⁰ at: http://bit.ly/2g6oOqP





Spread the message to consumers





Photo Credit: Jbloom | https://flic.kr/p/LnFjf | http://creativecommons.org/licenses/by/4.0



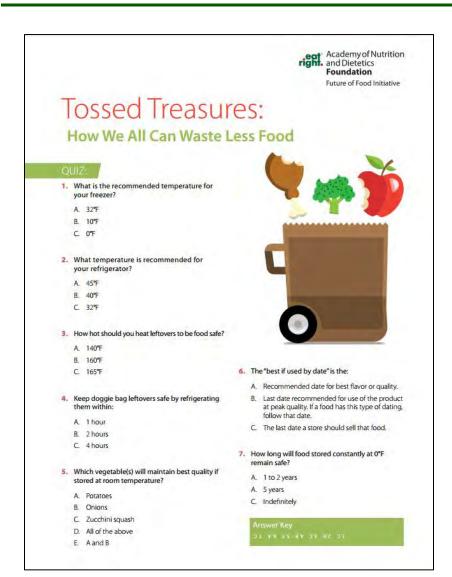
Toolkit from Academy Foundation



Download handout and PowerPoint at http://eatrightfoundation.org/toolkits-webinars

Accompanying handout









Shop refrigerator first



Keep perishable foods cold



Keep food fresh longer

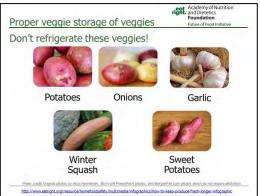


Read the label

Sample slides

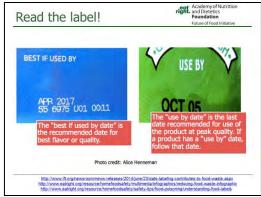




















Optional activities





The "best if used by date" is the:

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BEST IF USED BY

- Recommended date for best flavor or quality
- B. Last date recommended for use of the product at peak quality. If a food has that date

The last date a store should sell that food

APR 2017 55 6975 U01 00:11 Photo credit: Alice Henneman this type of dating, follow

Sample question



container

beans

Photo credit: Microsoft PowerPoint photos and original photos by Alice Henneman

Foods to include in makeover

Cooked dried

right. Academy of Nutrition and Dietetics Foundation

Recommended Resources

Future of Food Initiative

Reports

- 1. Wasted: How America is losing up to 40 percent of its food from farm to fork to landfill Natural Resources Defense Council. http://www.nrdc.org/food/files/wasted-food-ip.pdf
- 2. Food and Agriculture Organization of the United Nations. Food wastage foodprint: impacts on natural resources: summary report. http://www.fao.org/docrep/018/i3347e/i3347e.pdf
- 3. Academy of Nutrition and Dietetics Foundation. The State of America's Wasted Food & Opportunities to Make a Difference. http://eatrightfoundation.org/wp-content/uploads/2016/09/The-State-of-Americas-Food-Waste-Report.pdf

Websites

- 1. Your ultimate shelf life guide http://www.stilltasty.com/
- 2. USDA Food Waste Challenge http://www.usda.gov/oce/foodwaste/
- Feeding America <u>www.feedingamerica.org</u>
- 4. Waste No Food www.wastenofood.org
- 5. Sustainable America www.ivaluefood.com

Apps

- 1. Is My Food Safe? answers food safety questions
- Love Food Hate Waste <u>www.lovefoodhatewaste.com</u>
- 3. Green Egg Shopper helps shoppers reduce food waste

Other

- 1. Food: Too Good to Waste Starter Kits www.westcoastclimateforum.com/food
- 2. Academy of Nutrition and Dietetics Infographics:
 http://bit.ly/Refrigerator-Freezer-Storage-Chart
 http://www.eatright.org/resource/homefoodsafety/multimedia/infographics/how-to-keep-produce-fresh-longer-infographic



Thank you!

Please complete this short online feedback survey: https://www.surveymonkey.com/r/fdwastewebinar



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