The Workshop

What topics are covered?

- Awareness - what foods we waste and why
- Meal planning and savvy shopping
- Storage so your food lasts longer
- Cooking, serving and reuse to prevent food waste
- Food preserving and home composting
The Bigger Picture

If food waste was a country, it would be the 3rd largest contributor to global warming after China and the US.

- 29.5% of annual carbon related emissions
- 14.4% of annual carbon related emissions
- 10-14% of annual carbon related emissions
• Estimates of food waste vary but best estimate is 1.3 billion tonnes worldwide per annum

• This equates to about one third of total food production volumes

• This has major ethical and social significance with growing populations and food poverty worldwide.

• Also recognised as a significant contributor to global warming
We live in a global food system and with over one third of all food produced worldwide wasted. Because of this we are using:

- more land than needed —> leads to deforestation as well as loss of carbon sink and biodiversity.
- more fertiliser
- more pesticides and herbicides —> impacting the earth’s land, water & air
- more labour required —> often low-paid or even slave labour
- more resources to run the equipment
- more water to grow food
So what can you do?

- Buy local
- Reduce the food you waste
- Buy foods that are in season
- Eat less meat

STOPFoodWaste.ie
Food Production-Farmers

- Inefficient harvesting
- Off-spec produce
- Over-production
- Mis-match between supply and demand
Food Production-Processors

- Processing residuals
- Packaging errors
- Single focus
Retail & Wholesale

• Over stocking
• Bulk & over
• Packaging
• Over preparation
• Serving too much
Consumers

- Buying too much
- Cooking too much
- Improper storage
- Over serving
- Not reusing good food
- Disposing wasted food as rubbish
"All wasted food costs money so the next time you throw something out think about how much it costs you"
12c Per Carrot
10c Per Slice
50c Per Half Head of Lettuce
30c Slice of Ham
10c Per 100ml
40c Per Orange
Householders throw out up to 1/3 of the food they buy.

This is costing between $1,000-1,500 each year per family.
What Foods Are We Throwing Out?

• There are 3 types of food waste thrown out:

• 60% is Avoidable food waste. Plate scrapings, leftovers, gone off fruit and veg, passed its date perishables, etc.

• 20% is Potentially Avoidable food waste – this are things like bread crusts, potato skins, etc.

• 20% is Unavoidable food waste – like general rubbish, some food waste is unavoidable. Examples are banana skins, chicken bones, etc.
What Foods Are We Throwing Out?

- **Salads**: Almost 50% of what we buy we throw out.
- **Fruit & Veg**: Almost 25% of these are thrown out.
- **Bread**: 20% of bread and bakery is wasted.
- **Meat & fish**: 10% of these expensive products get dumped.
- **Yogurts & dairy**: 10% of these go down the drain.
- **Potatoes**: This is the vegetable that we waste most.
- **Bananas & Apples**: These are the fruits we waste the most.
From the survey... the main types of food you waste

13. The main type of food we throw out is:

14 responses

- Bread/bakery: 28.6%
- Fruit: 21.4%
- Vegetables: 7.1%
- Meat/fish: 7.1%
- Dairy: 28.6%
- Salad: 28.6%
- Store-cupboard ingredients: 28.6%
From the survey...
the main reasons you waste food

12. The main reason we throw out food is:

- We purchase more than we really need (28.6%)
- Plans change so we don’t get to use it (14.3%)
- It passes the 'use by' date (14.3%)
- We need space for more recent purchases (14.3%)
- It passes the 'best before' date (7.1%)
- We cook too much
- We serve too much
- We keep leftovers but don't use them
- We don't like what was prepared
We all waste food for different reasons so there are different ways for each of us to Stop Food Waste.
The Stop Food Waste Programme has identified the 5 main areas where small changes can have a big impact on your food waste and reduce the food you waste.

- **Awareness** - what foods we waste and why
- **Meal planning & savvy shopping**
- **Storage** so your food lasts longer
- **Cooking, serving & reuse** to prevent food waste
- **Food preserving & home composting**
Step 1: Know Your Food Waste

To stop wasting food, you must first be aware of what and how much you throw out.

A. Separate your food waste for a week - Put all of your wasted food into a separate container to see how much you’re throwing out, including wasted food normally fed to pets.
Step 1: Know Your Food Waste

- Use any container that suits your kitchen
- Different types of caddies available but don’t need to purchase anything
- Lining them with newspaper will make it easier to clean
- Make sure that it is easily accessible
- When full, weigh it and then place in home composting system, brown bin or rubbish bin as usual
Step 1: Know Your Food Waste

B. Record your wasted food – To remember the food you throw out, make a note of it:

• What it is
• Where it ended up
• Why it was wasted
• How much, a guess is fine
Step 1: Know Your Food Waste

- Use recording sheet
- Stick it on your fridge or a press near where your caddy is.
- Don’t forget to note food that goes to animals, your home composter or liquid that goes down the drain.
- Weigh it if possible – any kitchen scales will do.
- Take pictures - they tell the best stories.
Step 1: Know Your Food Waste

C. Identify the reasons – If you know what food you are throwing out and why, you can work towards stopping it.

While the foods thrown out may vary from week to week, the reasons behind why food is wasted tend to be consistent.
Step 2: Better Planning

Good planning makes life easier, saves you money and reduces the food you waste.

A. Know your cupboard, refrigerator and freezer—Before you step outside your door, know what you already have.
Step 2: Better Planning

B. Create a meal plan – A sure way to reduce the food you waste and save money is to create a weekly meal plan.

Failure to plan is planning to waste.
Step 2: Better Planning

Use internet sites and apps to help you with meal planning

Check out:
www.supercook.com
www.recipekey.com
www.goodhousekeeping.co.uk/food/weekly-meal-planner
www.allrecipes.com
www.lovefoodhatewaste.com
Step 2: Better Planning

C. Make a shopping list – A properly planned shopping list will save you time, money and help you stop the food you waste!
Step 2: Savvy Shopping

This is where you buy your food but also where you buy the food you waste so, Buyer Beware!
Step 3: Savvy Shopping

A. Before – Be Prepared

Know what you need before you go and don’t forget your shopping list.

Shops want us to buy lots of stuff – think of it as a battle ground!

• This is the one place where you can waste food before you have even paid for it.

• Know that for every 4 bags of groceries we buy, 1 ends up in the bin!

• Don’t go hungry

• Use your list, and stick to it!

• Remember what you waste & why
How to survive the
SHOPPING BATTLEGROUND

Your mission, to get in and out of your store without overspending and overfilling your fridge. Good luck and Stop Food Waste!

GOING IN

Outside creep slowly past the Oversized Shopping Trolleys
The he larger the trolley, the more you’ll spend to grab a basket instead.

Once inside watch out for the FRESH SMELL SENSORS
Fresh smells like bread & flowers create a tempting sensory experience which often leads to over spending. Buy your fresh produce at the end of your shop.

Budget and beat THE ATM MACHINE
Set a budget before you go to the shop and bring a calculator to keep a running tally.

IN THE STORE

Show no mercy to the END CAP DISPLAYS
These displays don’t always mean a discount. A lot of times, they are only new or in season items but can be marketed to appear like a deal. BEWARE!

Know your enemy... THE SAMPLE STATIONS
Designed to slow you down and expose new products to the free samples to your advantage. Eat those at the beginning of your shop to avoid hunger driven purchases.

Avoid being trapped in... THE CENTRE ISLES
General merchandise and canned goods are located here as they draw the shopper deeper into the shop and expose them to nonessential items along the way. Stay focused on your list!

EXIT!!!

Getting Out

Get in and get out of THE BACK-OF-SHOP TRAP
Bakery products, cafe, meat, fresh and bottle are usually at the back of the shop so you are more that you need to. Avoid overspending, go straight to the very back and work your way to the front.

Know what they want you to see THE SCIENCE OF SHELF LAYOUT
TOP - Smaller and gourment brands. These smaller brands usually don’t have the budgets to pay for favourable placement.
MID - The “blind eye” zone. There’s no advantage for the supermarket to show you the lowest-priced item in the most effective spot. So have you tend to use middle-priced items or items with the highest markup.
Kids eyes level - As if shopping with kids wasn’t hard enough there are products specifically targeted with kids appeal. As someone who shops with kids know they will want and rush out to a product. If possible, leave the children at home.

Keep the blinkers on and AVOID CHECKOUT BUYS!
How often do you buy things when waiting in line? This is one of the most profitable areas in a shop. The goal is to turn waiting time into buying time. Put your blinkers on when you are in line and get out of there!
Step 3: Savvy Shopping

B. During – Be Strong
You have your list, stick to it and beware, bargain buys often go to waste.
Step 3: Savvy Shopping

Bogofs – “Buy One, Get One Free” often go to waste but we buy them because they are such an amazing deal:

• Good for non perishables and long life food products
• Share them with a neighbour, relative or colleagues
• Prepare and freeze them
• Only a deal when you use them
Step 3: Savvy Shopping

- Product placement is the shop’s weapon of choice.
- Eye level is where the expensive items are.
- Fresh product is usually around the edges of supermarkets.
- Check labels, the freshest isn’t always to the front!
- Shop backwards – get the basics first and then you’ll tend to be more careful when buying perishables.
Step 3: Savvy Shopping

How you shop can help you reduce waste:

- Trolley or basket?
- Shopping frequency
- In store or online
Step 4: Savvy Storage

Consider the foods that you waste regularly – maybe storing these differently might help.

A. Store it right -

• Knowing the right place for the right food is half the battle

• Check out the A-Z of Foods on www.stopfoodwaste.ie
Step 4: Savvy Storage

Some key discussion points:

• Keep them cool – refrigerate or not?

• Never seal

• The ethylene issue

• When in doubt, copy the shops
As soon as they are picked, fruits and vegetables start producing ethylene.

- Fruits produce it in greater quantities.
- Some fruit and veg are ethylene producers, others ethylene-sensitive.
- Place these together, especially in a confined space, the gas will speed up the ripening process of the other produce.
Step 4: Savvy Storage

A lot of bread is wasted – beware of the bread bin…

**Stale bread: a chemical process**
Faster at cooler temperatures, don’t refrigerate, but freezing works great

**Mould**
Thrives in warm, damp environment with little air circulation
Use it right - Don’t get caught out - know your dates!

Nothing worse than after spending money on good food to find it going off. Do you know your dates??
A deadline

A guideline

USE BY

BEST BEFORE

Refers to food safety

Refers to food quality

Food may be unsafe to eat after this date

Food may not be as fresh as it was before this date
Step 4: Savvy Storage

Packaging can help reduce waste

• The packaging food comes in works, especially until opened. Then follow instructions on the package.

• Bagged foods have modified air – works when unopened but use it quickly after opening.

• Try vacuum packing or using ziplock bags

• Think about the different sizes – for smaller items, the price per kg might be higher but if you don’t waste it… you save money.
How much longer does packaging make food last?

- Cucumbers
- Salads
- Sliced Meats
- Bread and Rolls

- Stored in Original Packaging
- Stored Naked
Step 4: Savvy Storage

Fridge and Freezer
Great technologies but, if not used properly, they can be a major source of waste

• Freezer - beware of UFOs
• Squeeze out air when using plastic freezer bags
• Freeze in portions
• Freeze certain things in cubes
• Freezing fruit and veg (high water content) is tricky – cook veg or puree fruit first
• Label containers and bags with contents and date placed in the freezer
Step 5: Cooking & Reuse

Now to the tastiest part of stopping food waste – the eating part!

A. Proper Portions -
Cooking too much and overloading plates leads to an overloaded bin – Adjust your cooking and serving portions to reduce waste.
Step 5: Cooking & Reuse

• Serve in large bowls- family style. Then people take what they want and less food is wasted.

• If plating up, start with a small portion and then supplement it with serving bowls.

• Many restaurants have changed plate sizes and even the scoop sizes for serving. Try the same at home.

• Kids are little people and using adult plates or bowls, even with smaller portions, usually means portions that are too big.
Step 5: Cooking & Reuse

There are many great ways to make the most of leftover foods including:

• Preserving
• Canning
• Drying
• Fermenting
• Freezing
"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found."

Calvin Trillin