

Wasted Food: The Problem & Solutions





San Diego Food System Alliance

Developing an equitable, healthy, and sustainable food system in San Diego County



**PROMOTING
COLLABORATION**



INFLUENCING POLICY



**CATALYZING
TRANSFORMATION**



○ Save The Food
 *San Diego*

San Diego Food System Alliance is leading an initiative across San Diego County to reduce food waste and increase food donation to people.



WHAT WE
EAT

WHAT WE
THROW OUT

In the United States, this is our pie chart.



Wasting Food Wastes Everything.



**TRASHING ONE EGG WASTES
55 GALLONS OF WATER**

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM



**EVERY AMERICAN WASTES
290 POUNDS OF FOOD A YEAR**

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM



**A FAMILY OF FOUR SPENDS \$1500
A YEAR ON FOOD THEY DON'T EAT**

COOK IT, STORE IT, SHARE IT.
JUST DON'T WASTE IT.

SAVETHEFOOD.COM

1 in 7

.....

1 in 7 people in San Diego County
are food insecure.

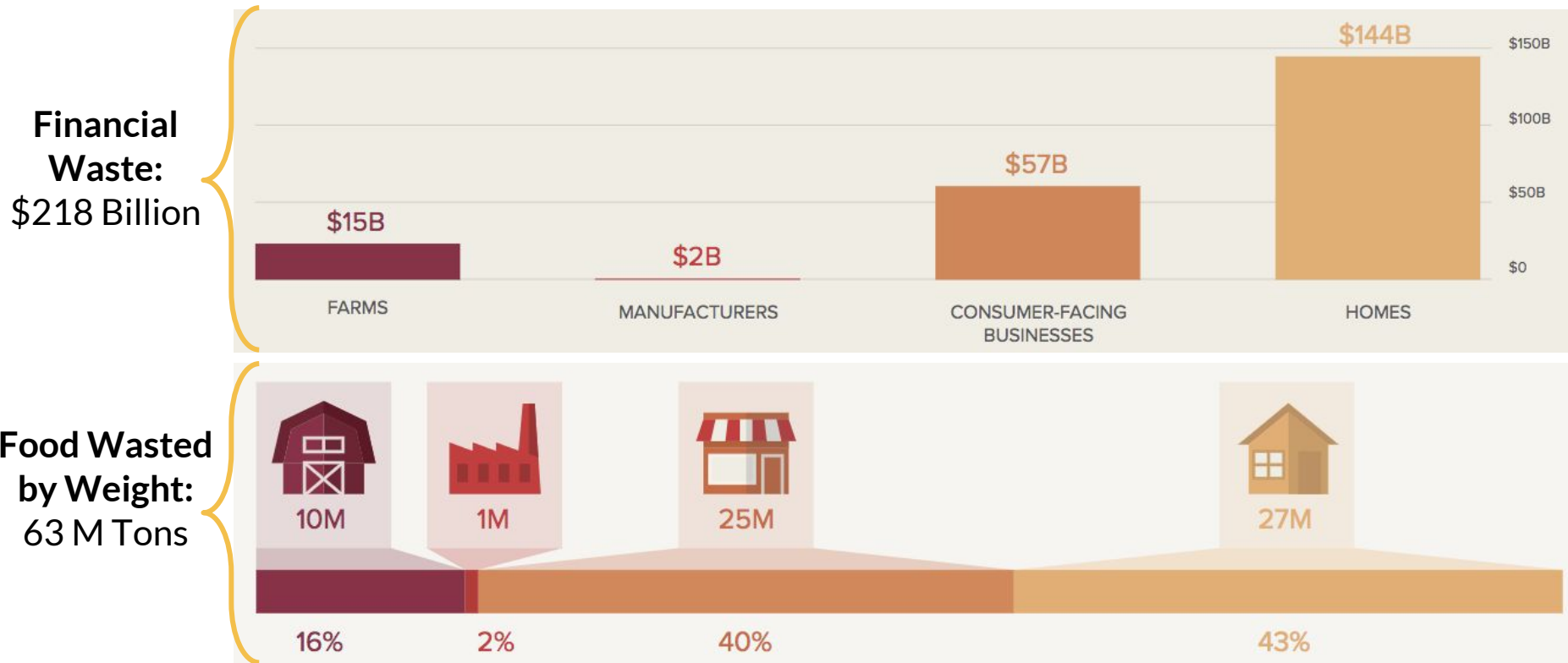
30 %

.....

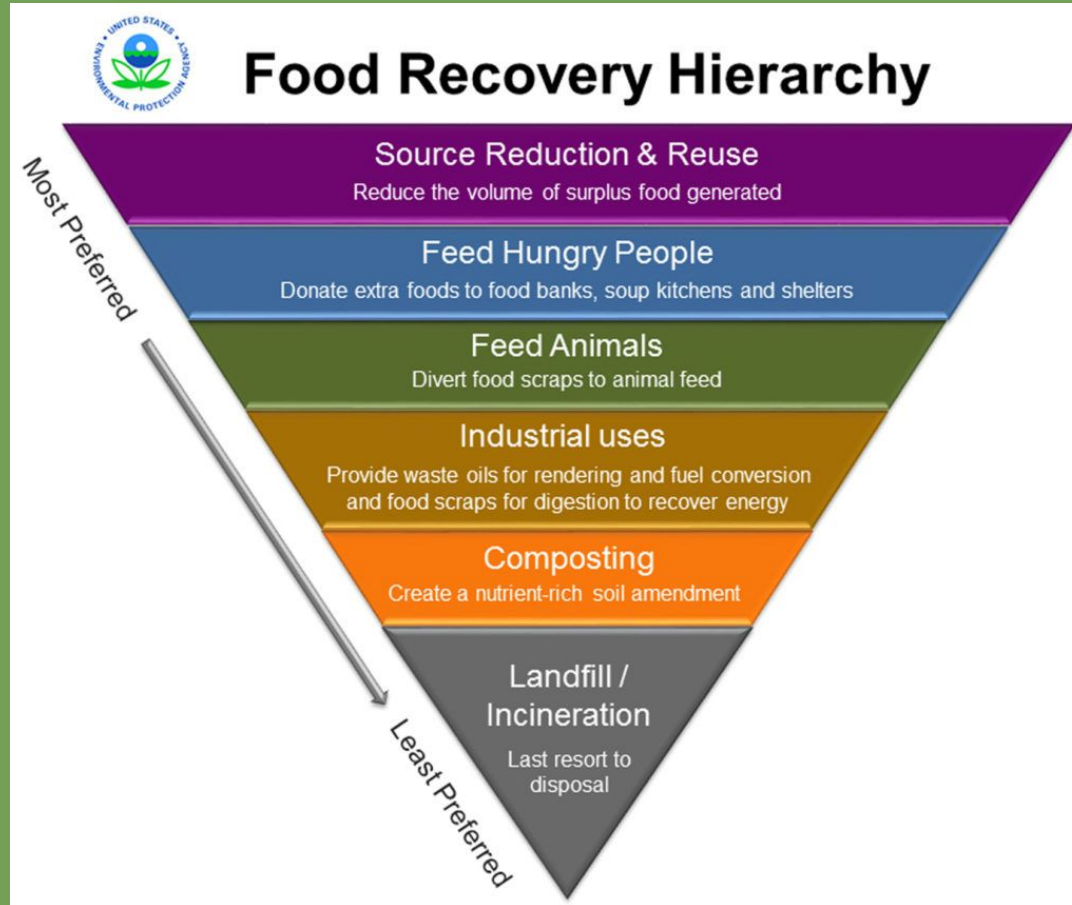
Recovering 30% of the food currently
wasted would feed all 42 million
Americans facing food insecurity.



... The financial cost of food waste is greatest for consumers, and consumers generate the most food waste.



Management Strategies for Wasted Food



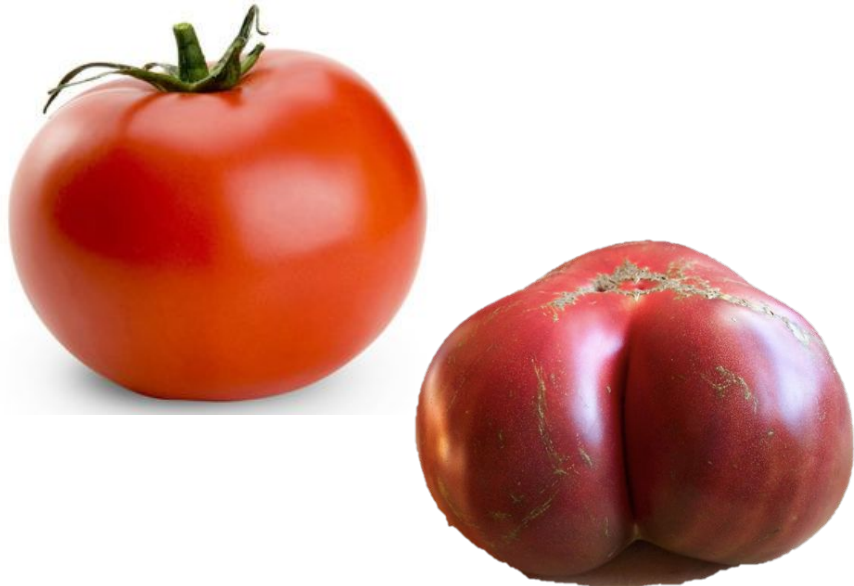
... Why do we waste food?

EXPECTATIONS

STORAGE

COOKING

PLANNING



THERE ISN'T ANY FOOD

**THERE IS JUST A BUNCH OF
INGREDIENTS TO MAKE FOOD**

... Expectations

Providing for others



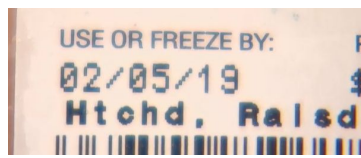
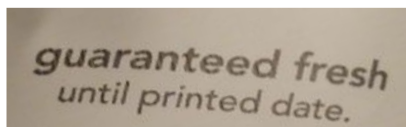
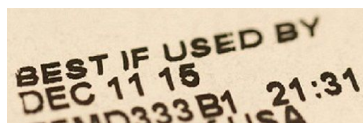
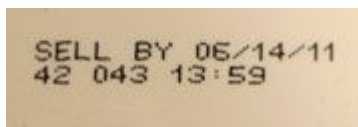
Culture of abundance



Imperfect produce



Date labels



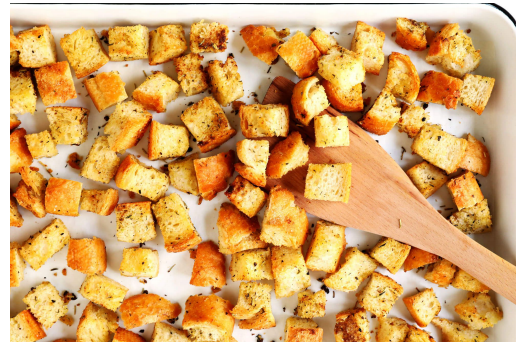
... Storage

Learn how to properly store fruits and vegetables with the
#SaveTheFood Produce Storage Guides & Fridge Demystified



... Cooking:

- Cook “from root to leaf” and “nose to tail”
- Get creative with leftovers
- Repurpose stale or almost-gone ingredients
- Pickle and preserve
- Knife skills



... Planning



SHOPPING LIST *with Meals in Mind*

- 1 Before you shop, plan the meals you'll eat at home and list items needed.
- 2 "Shop" your fridge, freezer and cupboards for ingredients first.
- 3 Note quantity of fruit and veggies needed from the store.

MEAL	ALREADY HAVE	NEED TO BUY
<i>Example: Veggie Quiche</i>	<i>Example: Mushrooms - 1 cup</i>	<i>Example: Eggs- 1 dozen</i>
.....
Mon
.....
.....
Tue
.....
.....



Share it

- Talk to family and friends about the issue of food waste to help spread awareness and to encourage behavior change that benefits us all.
- Check out savethefood.com for more information, recipes, and other tools to help reduce food waste.



sdfsa.org

Follow us **@sdfoodsyst** on Facebook, Instagram, and Twitter

Thank you!

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