



HOUSEHOLD FOOD WASTE

THE FINAL FRONTIER

"WE WORK TO BETTER
OURSELVES AND THE
REST OF HUMANITY"



A few reminders:

Drop your questions in the Q&A as we go!

Yes, this is being recorded!

A recording of this presentation will be emailed within the next few days.

Links provided at the end of the webinar:

- ★ Request a follow-up meeting
- ★ Upcoming webinars



Food Waste at Home

\$504

Monthly avg. American household grocery expenses (2023)¹

x **31.9**

Avg. American household food waste ²

%

\$160.9

Wasted monthly (\$1,930.91/yr)

0

= 1 million dump trucks

¹ U.S. Bureau of Labor Statistics Consumer Expenditure Survey ² American Journal of Agricultural Economics



The largest emitters of greenhouse gases:

#3

Food Waste

6.7%

U.S.

13.9%



China

25.9%



15.3 M

tonnes CO₂e
released each year
from food waste



7.3M
tonnes
of food in
landfill each
year

Acids
poison the
groundwater





Annual Impacts Equivalent to:



54M

Cars driven for a year



7

Showers each day for everyone in the U.S.



120B

Lost meals—enough to feed 1/3 of the U.S. for a year

Implementing Solutions Could Achieve:*



18M

Tons of waste reduced annually



50K

Jobs created over 10 years



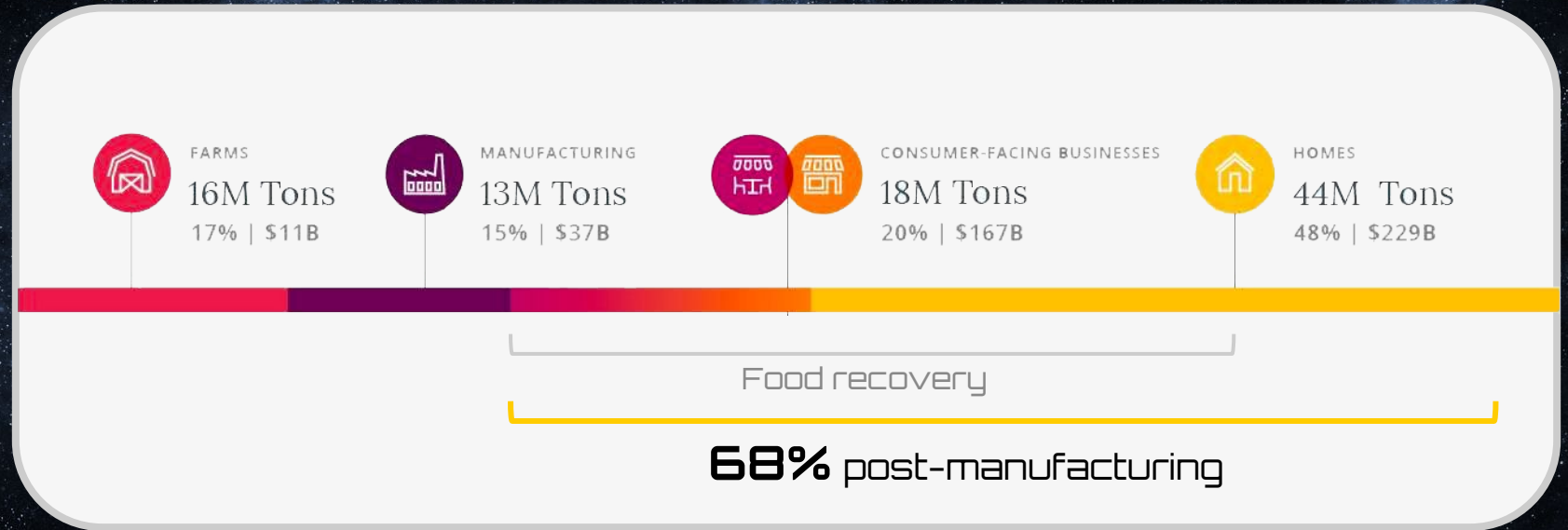
\$61B

Net financial benefit annually

*ReFED modeling



Food Waste [U.S.]



Where is household waste occurring?

➤ Locating...

- 1. People forget certain things count as food waste**
 - Coffee and milk are two of the most commonly wasted single food types
- 2. Leftovers**
 - In some households as much as 12 cups a week in waste
- 3. Produce storage**
 - Incorrect storage of fresh produce causes it to go bad faster, resulting in more food waste!
- 4. Date Label confusion**
 - 31% of households in the MITRE/Gallup study said they often or always throw away food that has passed the date on its label.

It's not about carelessness.

86% of households believe that people should do more to reduce the amount of food that is wasted.



What kind of food waster are you?



Leftover Leaver



Beverage Dumper



Bulk Buyer



Produce Perisher



Date Decider

Create a Flight Path

1. Identify your own problem areas
2. Research tips to decrease waste
 - a. Proper food storage
 - b. Repurposing: Banana bread, smoothies, etc.
3. Try out tips and see **what's sustainable for you**

*If it's not something sustainable, there's a higher chance of you abandoning it!
Start small with things easy to work into your routine, then increase from there.*



Adjust your cooking + shopping habits

- **Plan to use what you buy**
 - If you have to buy a lot (e.g. *carrots by the bag, cabbage, cauliflower*) plan several meals featuring that vegetable to ensure you eat it
 - Make a list & include quantities: “Salad greens 4 salads”
- **Only buy what you plan**
- **Shop small, shop often, shop local, shop seasonal**
- **Buying in large quantities** (e.g. *BOGO deals*) only saves money if you use all the food before it spoils
- **Only cook what you plan to eat**





Upcycled Foods



Saves 97 gallons
of water/pouch

From spent
brewing grains



Spent products from
production of things
like oatmilk, pineapple
juice, tofu & more!



.4 lbs veggies
diverted from landfill

50 gallons water
saved

1 lb CO2



If 15% of
household waste
is rind, imagine the
impact in
manufacturing



Made from
upcycled
pastries!



fruit and vegetables producing & sensitive to ethylene gas



GAS RELEASEERS

REFRIGERATE:

Apples
Apricots
Cantaloupe
Figs
Honeydew

DON'T REFRIGERATE

Avocados
Bananas, unripe
Nectarines
Peaches
Pears
Plums
Tomatoes

KEEP THESE AWAY from all gas releasers

Bananas
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Cucumbers
Eggplant
Lettuce and other leafy greens
Parsley
Peas
Peppers
Squash
Sweet potatoes
Watermelon

Food Waste: Fridge Jedi

- ★ Check your refrigerator temp: < 39°
- ★ Store things in clearly labeled plastic containers
- ★ Label things with an expiration date and follow “First In, First Out” rule
- ★ Remove the drawers from your refrigerator, or use them for condiments and keep produce at eye level
- ★ When use by dates approach, freeze leftovers, pickle or dry extra produce



You'll go hunting for condiments!



To cut or not to cut?



Pro:

Stays fresh longer

Con:

Takes more time to cook.

Could prevent you from cooking it before it goes bad



Pro:

- ★ Easier to use
- ★ Grab & go = more likely to eat not waste

Con:

Introduces bacteria

- ★ Faster spoilage
- ★ After day 7, **MUST** cook

Store cut produce correctly

In water



Carrots
Celery
Cucumbers
Ginger
Herbs
Potatoes
Onions
Winter Squash

With CO2



Lettuce
Other greens

Balance convenience & best practices

- ★ Wash fruits & vegetables thoroughly before cutting
- ★ Limit time out of the refrigerator (*from shelf, to cutting board to storage*)
- ★ Practice makes perfect: cut/cook just enough
- ★ Plan, plan, plan (*and/or allow yourself your own personal quirks*)
- ★ Store fruits & veg appropriately and check for spoilage
Remove overripe or spoiled produce immediately
- ★ Clean out your fridge once a week - be honest, eat it or toss it, don't just leave it in there.
Food waste Jedis include a “clean out the fridge dinner” once a week!



Cook outside the box

- ★ **Eat the peel** - Edible peels represent 15% of household food waste
- ★ **Use the scraps** - make a stock from veggie peelings, or try one of these recipes!

Carrot top pesto



Beet stem sauté

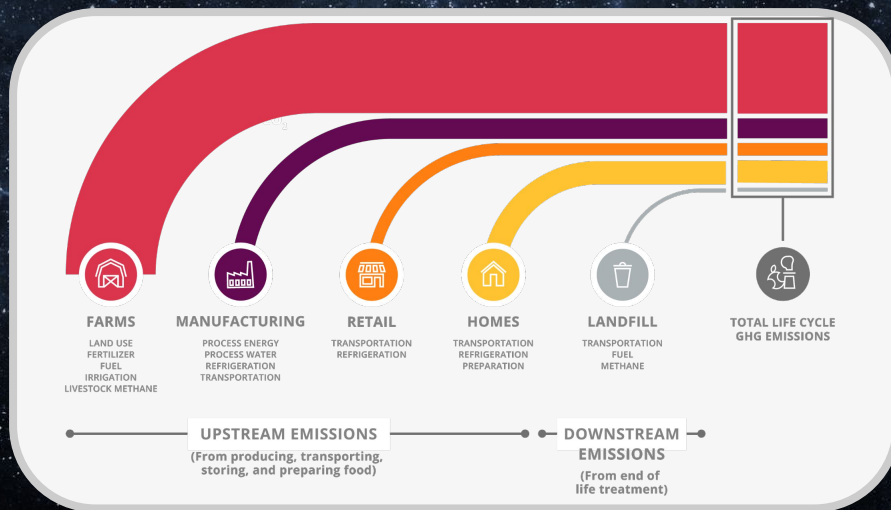


Broccoli stem hummus



Skip the landfill

- ★ **Composting is a last resort** - It doesn't eliminate upstream impact



HOW TO COMPOST

Brown materials include:

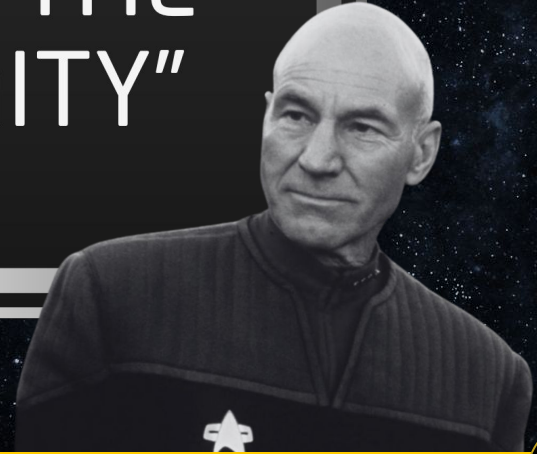
Leaves
Pine needles
Twigs, branches
Straw, hay
Paper
Dryer lint
Pinecones
Napkins
Used paper coffee filters
Wood chips
Cardboard

Green materials include:

Fruit & vegetable peels
Citrus rinds
Coffee grounds
Tea bags
Grass clippings
Eggshells
Weeds
Stale bread
Cooked plain rice, pasta



"WE WORK TO BETTER
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A  **FOOD RESCUE HERO™** WEBINAR SERIES

HOW TO START A FOOD RESCUE

Lesson **4**:

Expanding Your Nonprofit
Distribution Network

Report to class on April 24, 2025 @ 1pm ET

Guest speaker!





Advanced Data: Increase Efficiency Without Increasing Your Payroll

MAY 15 | 1PM ET



GUEST SPEAKER



Sean Hudson

Director of Data & Analytics



SAVE THE DATE

FOOD RESCUE CONFERENCE

OCT 16 + 17

THE ONLY
CONFERENCE
FOCUSED SOLELY ON
ACTIONABLE &
INNOVATIVE
FOOD RECOVERY
SOLUTIONS.





Making greater impact, together.



FoodRescueHero.org