



STOP FoodWaste.ie

WORKPLACE TRAINING

Workshop



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



The Bigger Picture

- **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**



**There's
more to
food waste
than
wasted
food.**

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**

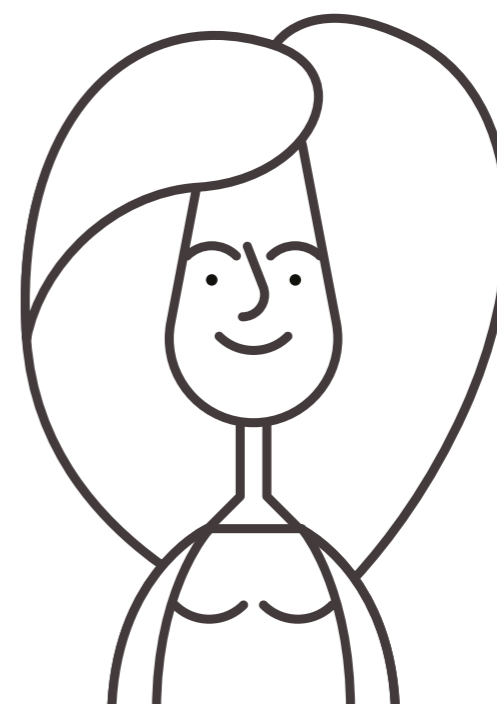
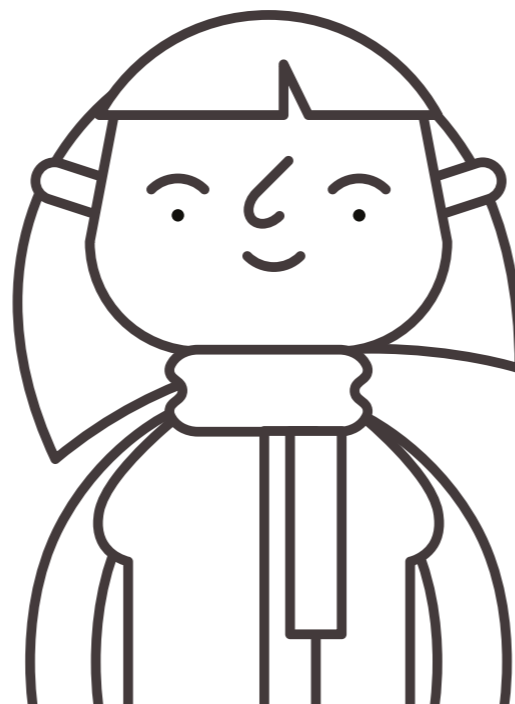
So what can you do?

Buy local

Eat less meat

Reduce the food you waste

Buy foods that are in season



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



Commerce

- Over preparation
- Serving too much



Consumers

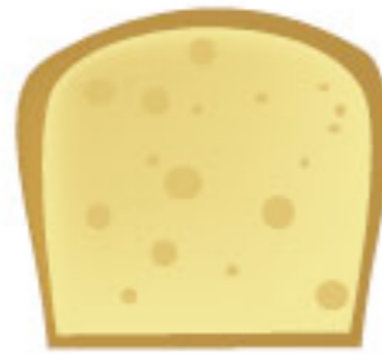
- **Buying too much**
- **Cooking too much**
- **Improper storage**
- **Over serving**
- **Not reusing good food**
- **Disposing wasted food as rubbish**



**"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



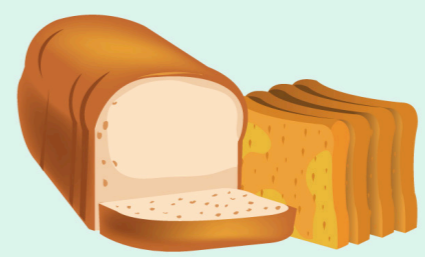
Almost 50% of what we buy we throw out

Fruit & Veg



Almost 25% of these are thrown out

Bread



20% of bread and bakery is wasted

Meat & fish



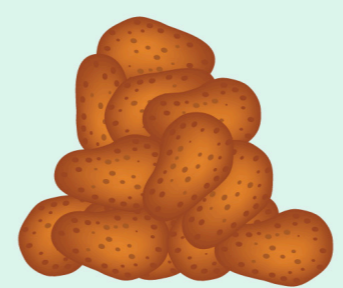
10% of these expensive products get dumped

Yogurts & dairy



10% of these go down the drain

Potatoes



This is the vegetable that we waste most

Bananas & Apples

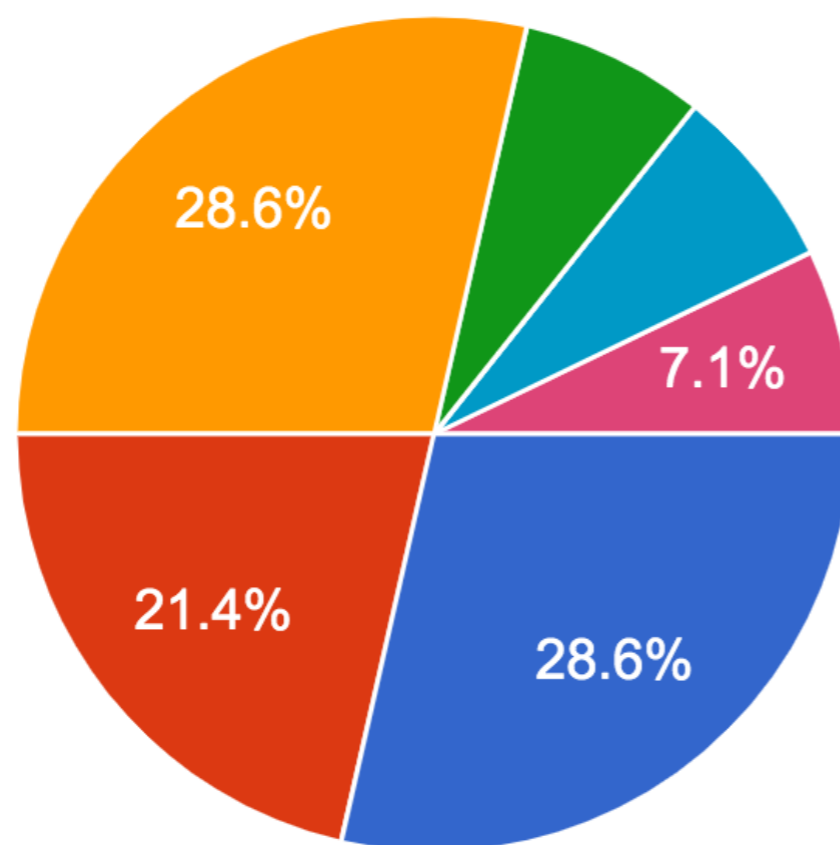


These are the fruits we waste the most

From the survey... the main types of food you waste

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

14 responses

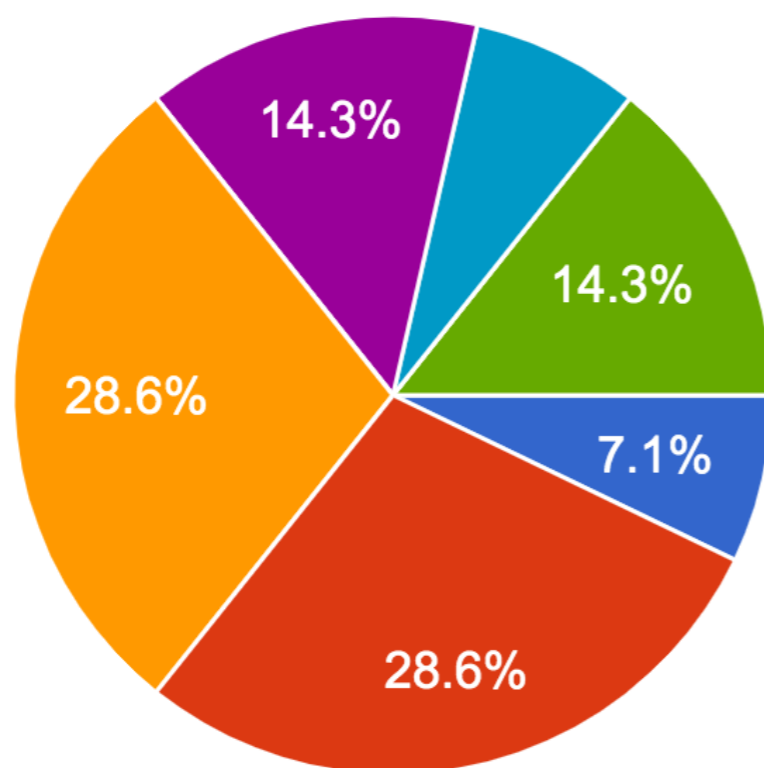


- Bread/bakery
- Fruit
- Vegetables
- Meat/fish
- Dairy
- Salad
- Store-cupboard ingredients

From the survey... the main reasons you waste food

12. The main reason we throw out food is:

14 responses



- We purchase more than we really need
- Plans change so we don't get to use it
- It passes the 'use by' date
- We need space for more recent pur...
- It passes the 'best before' date
- We cook too much
- We serve too much
- We keep leftovers but don't use the...
- 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

Weekly Food Waste Recording Sheet  epa

Food Thrown Out

DATE	Food waste type	Details	Where it ended up	Why it was thrown out	Weight
	Yogurt Plate scrapings Bread	1/2 tub Leftovers 1/4 loaf slice pan	Down the sink Dog bowl Bin	Out of date Unusable Mouldy	100 gms 450 gms 50 gms
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					

What was the most

Total weight for week

Multiply by €2*

Total cost of waste

(including purchasing and disposal)

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.



Mon



Tues



Wed



Thur



Fri



Sat

Step 2: Better Planning

Use internet sites and apps to help you with meal planning

Check out:

www.foodwise.com.au/recipe-room/meal-planner/

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!

ENTER

GOING IN



Outside creep slowly past the **Oversized Shopping Trolleys**
The he larger the trolley, the more you'll spend so 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. BEWAREY!

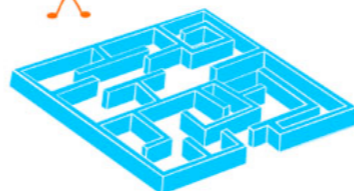


Know your enemy... THE SAMPLE STATIONS

Designed to slow you down and expose new products use the free samples to your advantage. Eat these 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!



Be calm when the STORE LAYOUT CHANGES!

Shelves changing position is often done on purpose, because if you don't know where the items are, you'll end up spending more time in the store, again, stay focused on your list!!

GETTING OUT

Get in and get out of THE BACK-OF-SHOP-TRAP

Dairy products, eggs, meat, snacks and bottled are usually at the back of the shop so you see 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 gourmet brands. These smaller brands usually don't have the budgets to pay for more favourable placement.

MID - The "bull's eye" zone. There's no advantage for the supermarket to show you the lowest-priced item in the most effective spot. So here you tend to see higher-priced items or items with the highest markup.

Kid's eye level - As if shopping with kids wasn't hard enough there are products specifically located with kids appeal. As anyone who shops with kids will know they will react and reach 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 the 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!



EXIT!!!

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

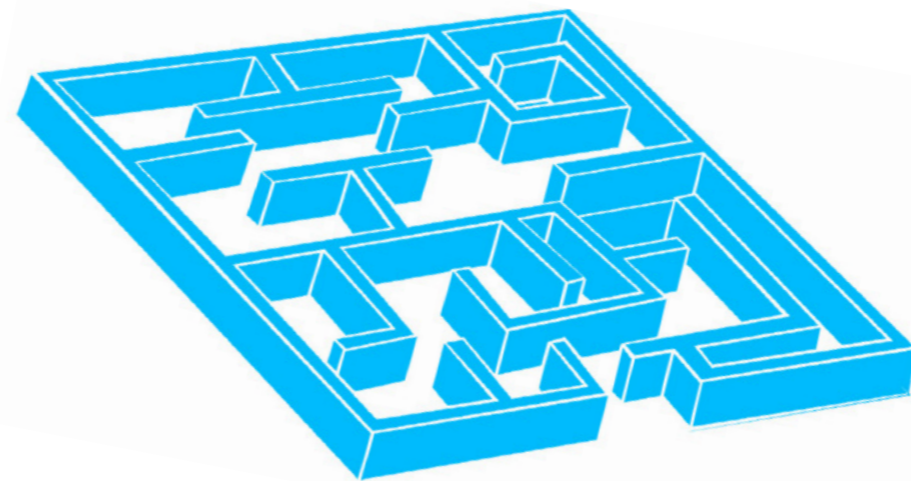
Bogofs – “Buy One, Get One Free” often go to waste but we buy them because they are such an amazing deal:

- 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

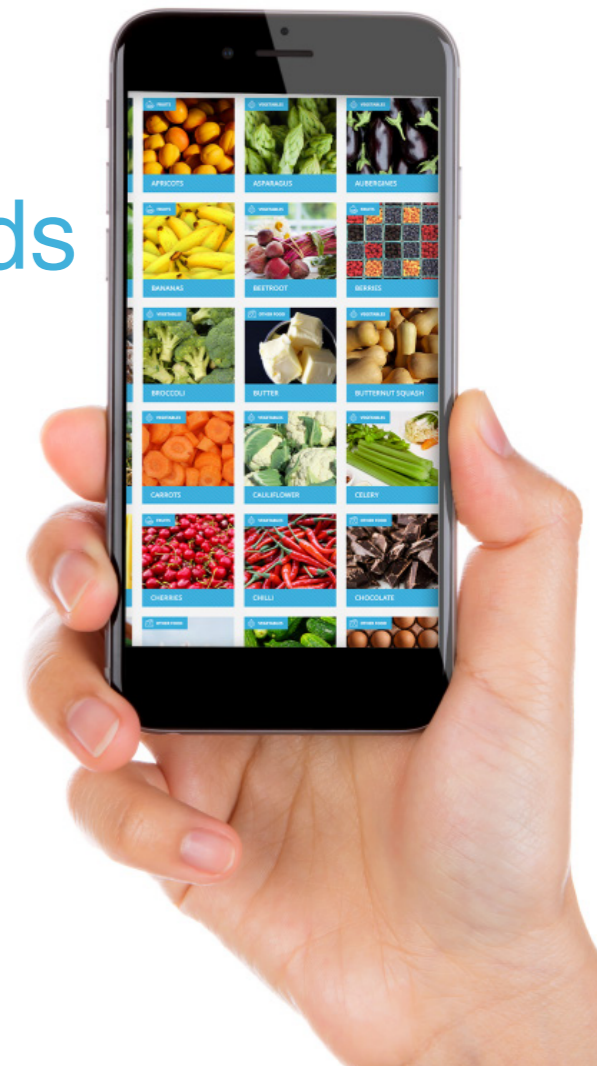


Step 4: Savvy Storage

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



Step 4: Savvy Storage

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



Step 4: Savvy Storage

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??





USE BY

A deadline

Refers to food safety

Food may be unsafe to eat after this date

BEST BEFORE

A guideline

Refers to food quality

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

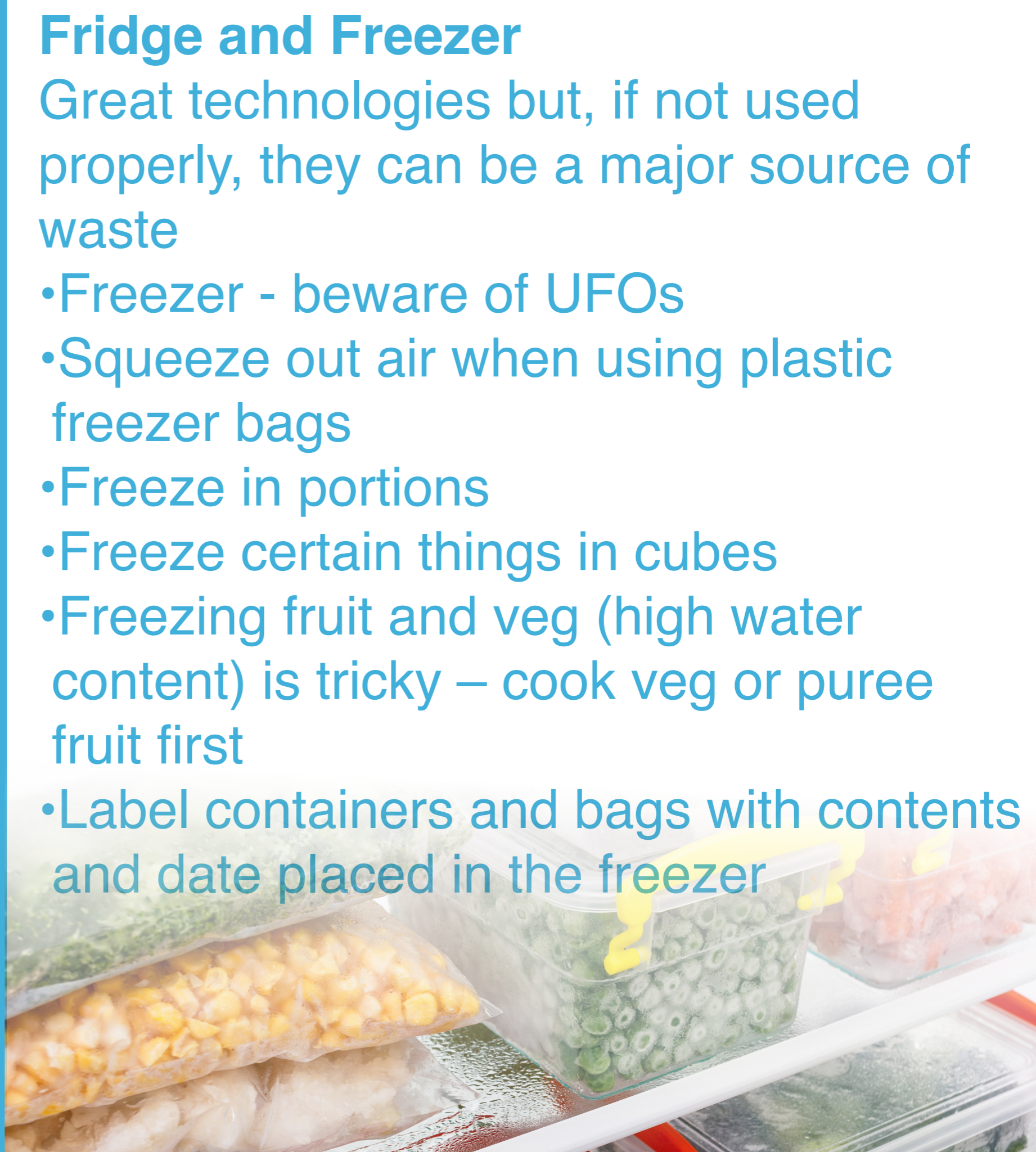
■ Stored Naked

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



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