

The Call to Care

Out of the ground the Lord
God made to grow every tree
that is pleasant to the sight
and good for food,

...The Lord God took the man
and put him in the garden of
Eden to till it and keep it.

-Genesis 2:9,15





Farm to Table to Trash

Breaking the
Cycle

No
judgement
zone



Why is food waste an environmental problem?

How big is the problem?



When food is wasted, so too is the land, water, labor, and energy

used in...

producing,
processing,
transporting,
preparing,
storing, and
disposing of the discarded food



Wasted food

generates about **8 %**
of the world's
heat trapping gases



1/3 of food
produced
on the
planet
is
lost or wasted



every year

In 2022,
the world wasted

one billion tons
of food



One *billion* meals
of edible food
is wasted
in *households*
worldwide...



every day

How is food wasted?

It depends...

In richer countries,
food waste
happens in
the kitchen



In developing
countries,
food loss happens
at harvest time

Food “loss” / Food “waste”



Food **loss**

occurs along the food supply chain...before the food reaches the consumer

Food **waste**

occurs at the retail and consumption level; this food is fit for consumption

Causes of Food Waste

Food Production

- Unharvested Crops
- Spoiled crops, pests, disease, infection, contamination

Processing and Distribution

- "Trimming"
- Spoiled/damaged product
- Overproduction

Retail

- Overstocking
- Expiration dates
- Selective consumers

Food Services and Households

- Oversized portions
- Poor Planning
- Spoiled/ruined
- Bulk Purchases



Matching Quiz % by sector



Farms

20%

Distribution & Processing

15%

Retailers / Food Service

17%

Homes

48%



USA stats

Consumer food waste accounts for more than **48%** of surplus food in the U.S.



Activity

How much of the food that you buy do you throw away?

What items do you throw away most often?





Mary's guess

items discarded most often:

- milk
- bread
- fresh produce

Fresh tomatoes bought by US Households...



each year ...

21 are thrown
away *per person*



USA stats

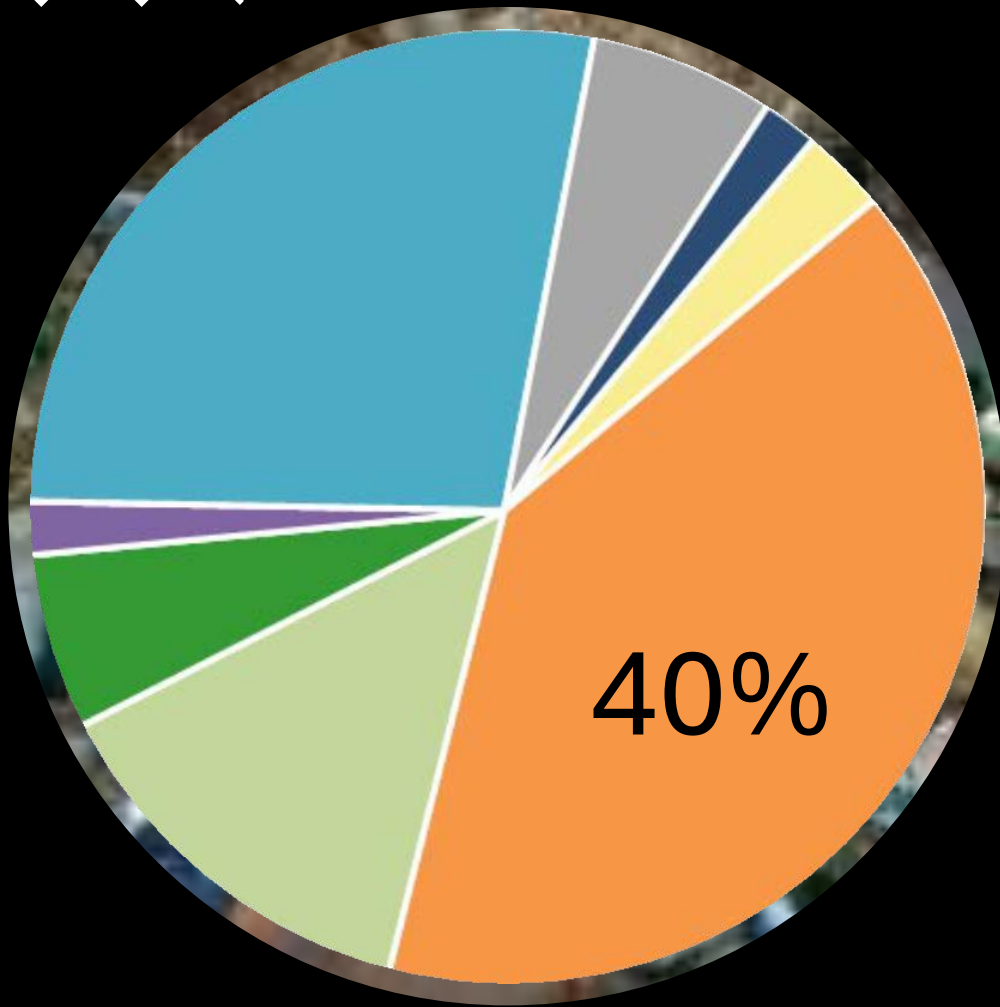
In 2022, the average American spent \$759 on food that went *uneaten*



Landfills

In 2019, EPA estimates 66 million tons of wasted food was generated in the food retail, food service, and residential sectors.

**Household contribution
%age?**

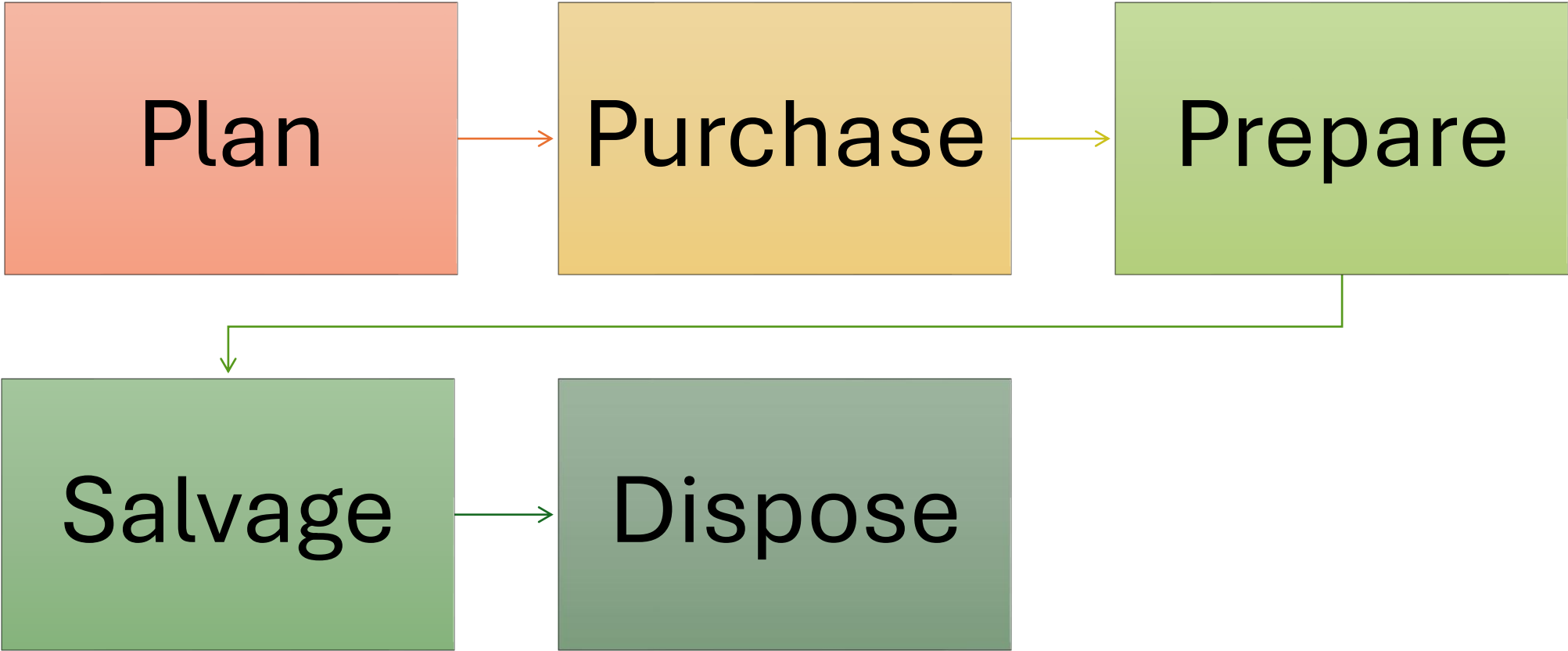


Activity

What are
the
challenges
you face?



Solutions



Plan

- Keep a running grocery list
- Plan forward
- Plan backward



Purchase

- How much?
- How often?
- In what form?
- What staples to keep in stock?



Prepare

- Substitute ingredients
- Find multiple ways to use foods, including leftovers



Activity

What are some ways you can address waste in your own household and habits?



Challenge

Choose one or more foods that might otherwise be wasted and create something that we can share for our lunch in the second session.

Think especially about foods that are nearing the end of their usable life.



