



“Use By” is Dated – “End Food Waste” Initiative Engaged New American Communities to Reduce Food Waste

ONONDAGA RESOURCE RECOVERY AGENCY (OCRRA)

&

NORTHEAST WASTE MANAGEMENT OFFICIALS' ASSOCIATION (NEWMOA)

This Project is funded in part by the Environmental Protection Fund (EPF) as administered by the New York State Department of Environmental Conservation (NYSDEC).

Objectives & Targets

- ▶ Develop handouts and short videos to help residents understand what they can do to reduce food waste.
- ▶ Educate on:
 - Better meal planning tips
 - Date label myths
- ▶ Target Audience: low-income residents, recent immigrants, and those that speak English as a second language.
- ▶ Translated into 5 languages: Arabic, Nepali, Somali, Spanish, and Swahili.



#EndFoodWaste

Save \$\$\$ & Reduce Waste: PLAN AHEAD



Once a week, check your refrigerator & cabinets to note what you have:

- If it's been there for a while, plan to use it
- Think about how you can use what you already have
- Determine what you need to buy



Always make a list before going to the store, so you:

- Buy only what is on your list
- Remember to get everything you need

After shopping:

- Put new products on the shelf behind/under similar items that are already there
- This way, the older ones are seen & eaten first



Search "End Food Waste" at OCRRA.org



Deliverables

- ▶ Four handouts on food waste basics:
 - ▶ Impacts
 - ▶ Understanding food date labeling
 - ▶ Shopping for what you need
 - ▶ Tips for managing purchased food to minimize waste

Ideas to Use it Up!

MAKE A PESTO

You can make pesto out of almost any greens, but you need a blender for best results. Follow this recipe or use what you like - different cheeses, nuts, &/or greens:

- ½ cup olive oil
- 2-8 cloves garlic
- ½ cup cheese (parmesan)
- ½ cup tree nuts (pine nuts or walnuts)
- 3 cups basil (packed tight) - other ideas:
 - Greens: spinach, parsley, carrot tops, or beets
 - Stems: broccoli, kale, or beets (first boil in water until soft; drain & cool)

Put all ingredients in a blender & mix until a thick paste; add salt & pepper to taste.

Store in a glass container with a tight lid (suggestion: use a recycled jar) in the refrigerator for up to 2 weeks.

Enjoy by mixing into pasta or spreading on bread, fish, or chicken.

MAKE CHILI

A basic recipe is:

- 2 onions (chopped)
- 3-6 cloves garlic (minced)
- Chopped veggies (1 or 2 green peppers, plus other veggies like carrots, celery, broccoli, or cauliflower)
- Dried spices (2 Tbsp. ground cumin & 2 Tbsp. chili powder - plus others you like)
- 6 cups beans (3 cups dried beans soaked in water overnight or 2 large cans drained & rinsed)
- 6 cups of peeled crushed tomatoes (or 2 large cans, including juice)
- Optional: any leftover meat - cut into small pieces

In a large pot on medium-high heat, add 2 Tbsp. olive oil & onion, garlic, spices, & veggies. Stir until soft. Add tomatoes, their juice, & beans (& optional meat). Add 1 or 2 cups of water, if needed. Bring to a boil. Reduce heat & simmer 1-2 hours. Salt & pepper to taste. Optional: sprinkle with cheese.




You can try the recipe as is or customize it for the ingredients you have and like.



- ▶ Exhibits at farmers markets, festivals, and other local events in the county

- ▶ Three animated videos highlighting handout topics and composting how-to

Meal Planning & Other Tips

Mon	Tue	Wed	Thu
			
			
			
			
			

Grocery list

- Eggs
- Banana
- Salmon
- Butter
- Onion
- Flour
- Sugar

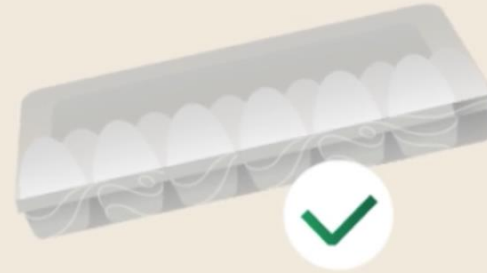
Understanding Date Labels



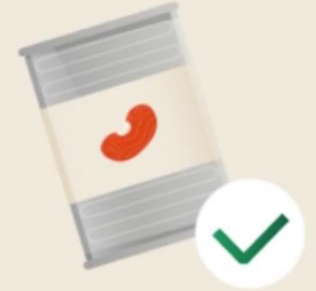
7+ days



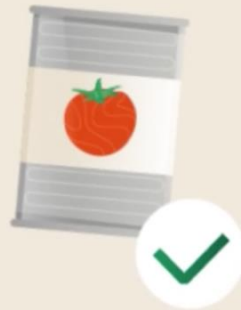
7+ days



3+ weeks



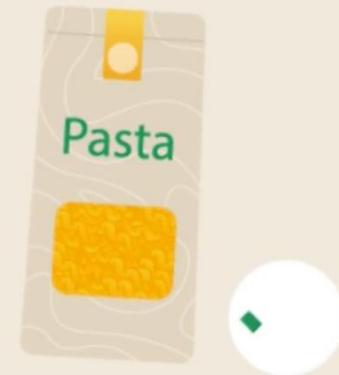
3+ months



3+ months



3+ months



3+ months



Paid for in part by the Environmental Protection Fund (EPF) as administered by the New York State Department of Environmental Conservation (DEC).



Food Demonstration Workshops



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- ▶ Three webinars in late June with live Somali, Spanish & Swahili interpreters
- ▶ Food demonstration done with the Food Bank of Central NY
- ▶ Pre-webinar survey questions:
 - How often do you go grocery shopping?
 - What do you do with your food scraps?
- ▶ Post-webinar survey questions:
 - What is something you learned that you didn't know?
 - What are you most excited to try?

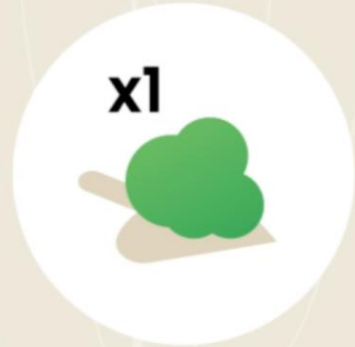
Participant Feedback

- ▶ A total of 245 handouts (176 in English, 29 in Swahili, 18 in Somali, 12 in Nepali, and 10 in Arabic)
- ▶ Many residents interacted with at Brady Farm Market indicated they shopped weekly or monthly and were unfamiliar with date labeling.

Lessons Learned

- ▶ Engage with community-based organizations during the grant writing process.
- ▶ Adapt to community needs.
- ▶ Navigating through the COVID-19 Pandemic was challenging.

Composting At Home



Resources

Handouts:

<https://ocrra.org/end-food-waste/>

<https://www.newmoa.org/solidwaste/projects/food/endfoodwaste.cfm>

Videos:

<https://youtube.com/playlist?list=PL1Xsk8hS6kIL3ZTMrGvv0sDEeOHr qwB4V>

Thank you

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