

## Love Your Leftovers Content

### Let's Be Food Waste Free!

In WA, our Waste Authority tells us we average 4kg of wasted food per household per week!

The Food and Agricultural Organisation of the United Nations puts food lost and wasted at **one-third of all food produced**.

### Today, let's see what we can do to change that!

There are SO many strategies here, no one needs them all, pick the ones that suit you and your life.

### 1. Loving Your Food Sources

Avoiding food waste starts with the food we bring into our homes and where and how we get it.

The greenest way to source food is to grow your own. I'm not suggesting you need to go home and dig a whole veggie patch, although you could! But why not pick one thing to grow?

#### Growing Food

Start with herbs

- Rosemary very easy
- Chives, Mint, spring onion etc. great in pots
- Citrus trees do well in pots

Veggies

- Can be grown in pots or beds
- 'Pots/beds' can be made of anything
- Grow micro greens inside if space is short or with kids for fun
  
- Regrow for free - you can regrow lots of veggies from the 'ends' for example spring onions, leeks, celery, bok choy, place them in some water and once they start reshooting plant them in your garden or a pot in the sunshine.

Bonus you can give fruit or herb plants as waste-free, local, gifts MONEY SAVING BONUS  
Or swap for other food



Benefits of growing your own:

- Harvest on demand
- Zero waste
- Zero food miles
- Always fresh
- Packaging-free
- Organic

#### **Action 1:**

*What food item can you easily grow at home that you use regularly and often waste?*

*Where will you grow it? (You can plant it near your worm farm!)*

*What will you grow it in?*

*Where will you get the original plant?*

*When will you get it and when will you plant it?*

Join our online [eco-community](#) and to post your aim there.

Post again when you have planted your plant, when you have harvested from it etc. share photos.

You might be able to get a plant at the local community gardens, Dunsborough Swap, Shuffle & Share or outside Dunsborough Growers Market (heirloom).

Why not post on FB groups and ask if someone would mind sharing (zero-waste and adapted to local conditions).

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*We've lost touch with food, it is so readily available in and out of season, in large supermarkets year round. We might not have the same respect and reverence for it that people once did.*

*Every time food is wasted, so is the energy that went into producing it. All of the environmental costs of fertilising, irrigating, and packing & transporting the food to the supermarket etc.*

*By growing your own food and processing your own food waste through your worm farm, you are getting back in touch with the time, energy, fertilisation, water costs etc of food production.*

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Loving being a 'localvore' - eat local food from...

- grow carts / farm stalls
- community gardens - consider joining your local community garden and sourcing some of your food from there, hyper-local and packaging-free!
- neighbours
- friends
- Swap Shuffle Share
- local markets
- community dinner

Link visits to these with places you already go or make them a fun outing with a friend to check them out for the first time.

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*Food is considered waste, if once edible, it is not eaten*

*If 1/3 of all food produced is wasted that = 8% of all human caused greenhouse gas emissions  
If food waste were a country it would be the 3rd largest emitter in the world!*

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## **2. Love Buying Food:**

- Never shop when hungry
- Check your pantry/fridge
- Meal plan
- Shop from a list (love your list)
- Order online to avoid impulse buying
- Buy the ugly fruit - that no one else will buy
- Buy from bulk food stores to save money and avoid waste (Dunsborough Growers, Prana, Big Prana - previously BGs)

*Consider your new worm farm when buying items now - for example, you might want to consider...*

- Loose tea/plastic free teabags e.g. Tea Pigs - sustainable and plastic free
- Or making coffee from beans or grounds (not pods) so your worms can have some.

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*Imagine walking out of Coles with 5 bags of shopping and putting 4 in your car and one straight in the bin! That's the 'War on Waste' stat - 1 on 5 bags goes in the bin.*

*A recent ABC news article suggested this is costing households between \$2,000 - 3,000 so imagine how much money you're going to save from now on!*

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### **3. Love Storing Food**

The next part of avoiding food waste is to keep your food fresh and edible for as long as possible.

Here are just some examples to give you ideas - but look at what you waste and google how to store those because there are different ways and you can choose what works best for you. Try something and if it doesn't work try something else.

#### **Store Fruit & Veg well**

Google techniques for the things you waste.

For example, for me carrots, organic carrots often have to buy whole bag, didn't use fast enough

- Store carrots / celery submerged in water
- Slice bread and freeze half straightaway
- Freeze milk in smaller quantities or ice cube trays of you only use it for coffee
- Same with orange juice or similar.

#### **Love Your Fridge**

- Read the manual - if you still have it read it, if not google your make/model - it will tell you the best temperature to have it set at AND how/where to store items.
- e.g. the door is the least consistently cold place so might not be best for milk.

Store leftovers (anything that needs eating soon) at eye height in the fridge  
(or pack in individual portions for waste-free lunches)  
Or have a use first shelf / box

#### **Love Your Freezer**

- Again check the manual for ideal temp and usage.
- Don't let it ice up
- Love your label. Label everything you freeze.

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*'Food waste is an atrocity that is reducible, if not completely avoidable.'* - Stephen Hough

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### **4. Love Using Food**

There's a big difference between "best before" and "use-by" dates.

#### **Food Standards Rules set by the Gov.**

"Foods that must be eaten before a certain time for health or safety reasons should be marked with a use-by date. Foods should not be eaten after the use-by date and can't legally be sold after this date because they may pose a health or safety risk.

Most foods have a best-before date. You can still eat foods for a while after the best-before date as they should be safe but they may have lost some quality. Foods that have a best-

before date can legally be sold after that date provided the food is fit for human consumption.”

I've looked and mostly we have best before dates - which mean just that - it's best before that date, but can still be used after. You decide what is right for you. A good sniff often helps.

Use the **whole food** – for example, the broccoli stem is just as good as the florets, chop it small and add it to whatever you're cooking.

**Batch Cook** and freeze in individual portions for an easy, quick, waste-free meals

**Freeze fast** – freeze food before it goes bad. You can freeze so many things, for example, chop herbs and freeze in butter in ice cube trays.

Make **stews, soups, stir-fries or stock** with food items that are not so fresh - see Jess for this!

**'Eat your Pantry'** - At the end of each month/week. Instead of shopping use whatever you already have. You might be surprised at what great meals you can make.

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*Every year around \$1 trillion (US) worth of food is dumped in landfill - making food the number 1 item found there.*

*If food waste is sent to landfill, it is covered over and it breaks down anaerobically and releases methane - a potent, and in this case avoidable, greenhouse gas.*

*By disposing of any 'waste' food you do have in your new worm farm - you allow it to break down naturally and aerobically, thus not creating methane and keeping the carbon down here in the soil, not up there in the atmosphere warming us.*

*Food waste in our worm farm reduces GHG emissions by 50% AND puts carbon back into the soil.*

*(Also you could feed some chickens, use ShareWaste, freeze it and take it to a community garden but...)*

So while our worm farms, which you have made, are an excellent alternative to landfill - they are still a last resort - we need to eat the food wherever possible.

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## **5. Love Saving Food:**

If food needs using before it spoils if you **cook it you restart the timer**, as it were. You can cook it today and turn it into something else tomorrow, or cook it and then freeze it even if you can't eat it right now.

**Freeze** bananas (or turn into ice cream) and other fruit / berries / veg for smoothies.

Zucchini - grate and freeze for bolognese or zucchini slice (Jess has great GF recipe that I use all the time).

Avo - mash with or without lemon, freeze in small portions for guacamole or to add to smoothies  
Cucumber grate, freeze use for tzatziki

Why not make a heap of pesto when your basil is good and freeze it in ice cubes trays.

Squeeze lemons and limes and freeze the juice in ice cubes or freeze them in slices for drinks.

**Preserve** foods eg by pickling, canning, making jams/sources.

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*Australia's food waste accounts for about 3 per cent of Australia's annual greenhouse gas emissions. (ABS)*

### **Knowledge - Know yourself**

What are your personal food waste trolls? Knowledge is power. Once you know them, you can tame them. Mine is bread! Think of the food you regularly waste now...

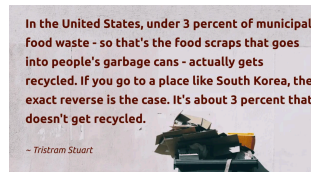
#### **2nd post it:**

*What is your biggest food waste troll?*

*How will you tame him?*

*When will you start?*

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## **6. Love Food**

The **number 1** thing you can do to improve the impact you have on the planet is reduce your food waste.

Whatever diet you choose meat-eating, vegan, pescatarian, vegetarian there are many factors that influence the footprint of your food (which meats you eat, how often, pasture-raised, seafood source, if your food is organic, local, home-grown etc).

BUT whatever you choose to eat,

**Avoiding food waste ranks top** in the [Project Drawdown](#) list of solutions to climate change. This list records what we can do to reduce carbon emissions in order of impact and reducing food waste is the most effective thing we can do and something we can easily address at home.

### **What is your greatest reason for wanting to avoid food waste?**

For me it is land use and environmental impact...

- Food land costs

*(Half of the fertile land on Earth is now farmed & we will reach peak farm by about 2040 some think we already have) - David Attenborough 'A Life on Our Planet'*

Food production usually causes a lot of environmental problems...

Deforestation, soil degradation, fertiliser and pesticides - carbon costs and damage in manufacture and then as run off in the environment, loss of biodiversity etc.

We need to switch to regenerative agriculture and allow as much farm land to return to nature as possible and grow our own food.

For you it might be financial, it might be the health benefits of going your own food, it might be the reduction in GHG by not relying on landfill for your food waste.

### **Next steps...**

1. *Sign up to our newsletter using the form at the bottom of the website (only sent 1x per month) includes dates of Swap, Shuffle, Share, Repair CoOp, other workshops etc.*
2. *Follow the link at the bottom of the website to join our FaceBook Eco-Community and announce your organic waste goals to the group. This is a safe space to practice promoting avoiding food waste and to share your ideas or get support.*

3. *Have a look at our other resources - e.g. decluttering - my fav service!*

*We then invite you to join us again for a coffee morning, to share with everyone how you have been getting on (if you want to), we can answer any questions that have come up and we can help address any problems you've encountered.*

*We will also have guest speakers talking to us about local sustainable living. And a **door prize** of a free workshop with Alisa!*

*The number 1 thing you can do to help our planet and reduce climate change is not waste food. And now you are all experts in that, the next thing you can do, is show others that you are doing it, make it normal, help others do it, share it on your social media, or with your friends and family.*

**Finally...**

55% of all food organics (3.1 million tonnes) came from households (Australian Bureau of Statistics)

So we are responsible for most of this waste - more than supermarkets, restaurants & cafes, more than farms...us. Well we were, but that's all going to change now!

*Because the GREAT news about food waste - we can eat the problem!*

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