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LessIsMore.org



Courtesy of Lil'Orphan Hammies

REDUCE YOUR FOOD WASTE



SANTA BARBARA COUNTY
**Resource Recovery &
Waste Management Division**
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www.LessIsMore.org

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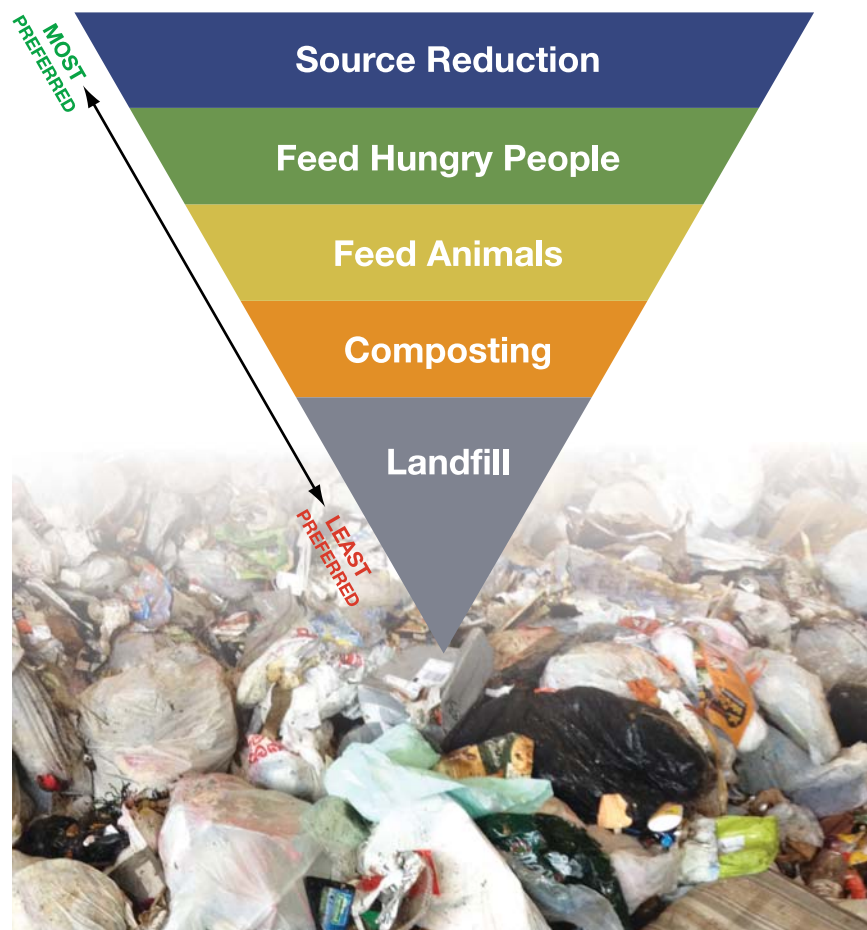
Reduce Your Food-Print

In America, an astonishing 40% of our food is landfilled.

This waste is generated at each step of the way:
at the farm, the store, and at the consumer level.

In Santa Barbara County, 20% of what is landfilled is food.

FOOD RECOVERY HIERARCHY



BROUGHT TO YOU BY YOUR
Resource Recovery and
Waste Management Division
of the Santa Barbara County
Public Works Department

*You have the power to
reduce the amount of waste
entering our landfill.*

Reduce Is the First Step

As you can see from the hierarchy, the most preferred method of reducing your food waste is **preventing waste at its source**. The U.S. Environmental Protection Agency estimates that a family of four can save more than \$2,000 a year by implementing simple methods to reduce waste.

SIMPLE WAYS TO REDUCE FOOD WASTE

- **Inventory and use** what you have before you buy more.
- **Make a plan** before you go shopping. Only buy what you will use.
- **Be creative** by using the edible parts of foods that you normally throw away (e.g. make stock for soups and sauces, sauté beet tops, make croutons from stale bread).
- **Donate** healthy, safe, and untouched foods to food banks.
- **Freeze, preserve, or can** surplus fruits and vegetables.
- **Know how much food** you're actually wasting by measuring your waste.
- **Reduce plate waste.** Start with a small serving—only what you can eat.



See pages 4-9 to learn more about feeding people or animals in your community with the food waste you can't reduce.



Visit LessIsMore.org for more information.

FOOD EXPIRATION GUIDELINES

The dates on products are not always food safety dates. Consider this before you throw out your food:

Best By, Best Before, Best if Used By:

Found on shelf stable products like peanut butter or mustard. These dates are provided voluntarily by the manufacturer and tell you how long a product is likely to remain at its absolute best flavor and quality when unopened.



Use-By: This is the final date that a manufacturer vouches for a product's quality.



Sell-By: Found on perishables like eggs, meat and dairy products. This date tells stores how long they can display a product. Buy the product before this date expires, and you can still store beyond this date following safe storage procedures.



Expires-On: Found on infant formula and baby foods. Use these products before the expiration date has passed.



With the exception of infant formula, all foods have a life beyond their printed date.

Visit LessIsMore.org for more information.



Donate Your Food

WHAT TYPES OF FOOD CAN BE DONATED?

Prepared and unprepared food, as well as perishable and non-perishable food, which is not spoiled and is not past the “use by,” “best if used by,” “sell by,” or “expires on” dates can be donated. There are a variety of ways that food can be donated in your community, and the following provides some guidelines for not wasting your leftover food:

Unprepared Foods

—Packaged foods:

- Bread
- Cereals
- Whole grains such as barley, buckwheat, oats, rice, quinoa, and wheat
- Nuts
- Dried beans, lentils, and pasta
- Coffee and tea



—Produce and canned goods:

- Fruits and vegetables
- Beans
- Tuna
- Soups
- Juices



—General criteria for donations:

- In original packaging
- Unopened
- Not past expiration date
- No candy or soda
- No home canned foods
- No pet food



Produce that is donated should not be spoiled and should be edible for at least a few days after it is donated.



Prepared Foods

Prepared foods typically include leftovers from events and surplus foods from restaurants, caterers, hotels, and grocery stores that have delicatessens.

—A few typical examples:

- Entrees
- Casseroles
- Salads
- Soups
- Sandwiches
- Pre-packaged meals
- Bakery items



—General criteria for donations:

- Same criteria as donations of unprepared food
- Food placed in food-safe plastic bags or food-safe, sanitized, shallow containers with a depth or width of less than four inches
- Immediately refrigerate or freeze the food to ensure that the temperature is 41° or lower within four hours



SHELF LIFE STANDARDS

METHOD	TEMPERATURE	MAXIMUM STORAGE TIME
Cooler	35°F to 41°	72 hours
Freezer	0° F ± 10° F	1 week

All donated food must be labeled, and each label should include the donor name and location, description of the food item, and the date and time the food was saved.



WHERE CAN YOU DONATE FOOD?

Community and Social Service Organizations

Before donating food, **please call ahead** to confirm that your food will be accepted.

Every location listed accepts donations of **Unprepared food**.

SOUTH COUNTY

Catholic Charities

941 Walnut Avenue
Carpinteria, CA 93013
(805) 684-8621

www.catholiccharitiesla.org

Catholic Charities

609 East Haley Street
Santa Barbara, CA 93103
(805) 965-7045

www.catholiccharitiesla.org

Food Bank of Santa Barbara County

4554 Hollister Avenue
Santa Barbara, CA 93110
(805) 967-5741

www.foodbanksbc.org

Good Shepherd Lutheran Church

380 North Fairview Avenue
Goleta, CA 93117
(805) 967-1416

www.gslcms.org

Pacific Pride Foundation Necessities of Life Project

126 East Haley Street,
Suite A-11
Santa Barbara, CA 93101
(805) 963-3636

www.pacificpridefoundation.org



Salvation Army Hospitality House

423 Chapala Street
Santa Barbara, CA 93101
(805) 962-6281

www.usw.salvationarmy.org

Unity Shoppe

1219 State Street
Santa Barbara, CA 93101
(805) 965-1422
or (800) 252-8542

www.unityshoppe.org

UCSB Associated Students Food Bank

University Center 3167A
Santa Barbara, CA 93106
(805) 893-2276

www.foodbank.as.ucsb.edu

These two South County locations accept donations of **Prepared** as well as **Unprepared food**.

Casa Esperanza Community Kitchen of Santa Barbara

816 Cacique Street
Santa Barbara, CA 93103
(805) 884-8481

<http://casa-esperanza.org>

Prepared food only accepted
from organizations.

Santa Barbara Rescue Mission

535 East Yanonali Street
Santa Barbara, CA 93103
(805) 966-1316, ext. 223

NORTH COUNTY

Catholic Charities

325 North 2nd Street
Lompoc, CA 93436
(805) 736-6226 or (805) 737-4140

www.catholiccharitiesla.org

Catholic Charities

607 West Main Street
Santa Maria, CA 93458
(805) 922-2059

www.catholiccharitiesla.org

Central Coast Rescue Mission

1207 North McClelland
Santa Maria, CA 93456
(805) 614-0220

www.centralcoastrescuemission.org

Food Bank of Santa Barbara County

490 West Foster Road
Santa Maria, CA 93455
(805) 937-3422

www.foodbanksbc.org



Pacific Pride Foundation Necessities of Life Project

819 West Church Street
Santa Maria, CA 93458
(805) 349-9947, ext. 106

www.pacificpridefoundation.org

Vandenberg Air Force Base Food Pantry

Building 10525, Nebraska Avenue
Vandenberg Air Force Base, CA 93437
(805) 606-2960

Donations accepted from anyone
with base access.



LIABILITY PROTECTION

A federal law, the Bill Emerson Good Samaritan Food Donation Act (Act), protects good faith food donors from civil and criminal liability should a product later cause harm to its recipient. The Act, which became effective on October 1, 1996, is designed to encourage donations of food and grocery products to nonprofit organizations, such as homeless shelters, soup kitchens, social service organizations, and churches for distribution to needy individuals.

TAX BENEFITS FOR DONATING FOOD

Under Assembly Bill 152, a “qualified taxpayer” who donates fresh fruits or vegetables to a food bank in California may receive a tax credit up to 10 percent. Also, under Section 170e3 of the Internal Revenue Code, an enhanced tax deduction is available to businesses that donate wholesome food to 501(c)3 nonprofit organizations that serve the poor and needy.

Consult with your attorney or a tax consultant to determine the applicability of these tax laws to your organization and situation.

DONATIONS FROM HOUSEHOLD FRUIT TREES

Households that have five or more fruit trees may contact the Food Bank of Santa Barbara County (Food Bank) to have their fruit harvested. Households with fewer than five fruit trees are encouraged to pick the fruit when it is ripe and bring it to the Food Bank. If a person needs tools or equipment to harvest the fruit, he/she should contact the Food Bank.



FOOD SCRAPS FOR ANIMALS

Another option for preventing/reducing food waste is to donate food scraps for animals.

The following organizations accept surplus food for use by animals:

Bunnies Urgently Needing Shelter (BUNS)

5743 Overpass Road
Santa Barbara, CA 93111
(805) 683-0521 (leave message) or
(805) 681-5825 (County Animal Shelter Office)
<http://www.bunssb.org/>

Accepts fresh greens and vegetables e.g. beets, broccoli, carrots, celery, lettuce.

Lil' Orphan Hammies

P.O. Box 924
Solvang, CA 93464
(805) 693-9953
Sue Parkinson, Founder
<http://lilorphanhammies.org/home>

Accepts fresh produce and bread products.



Courtesy of BUNS



Courtesy of Lil' Orphan Hammies

Food for Thought:

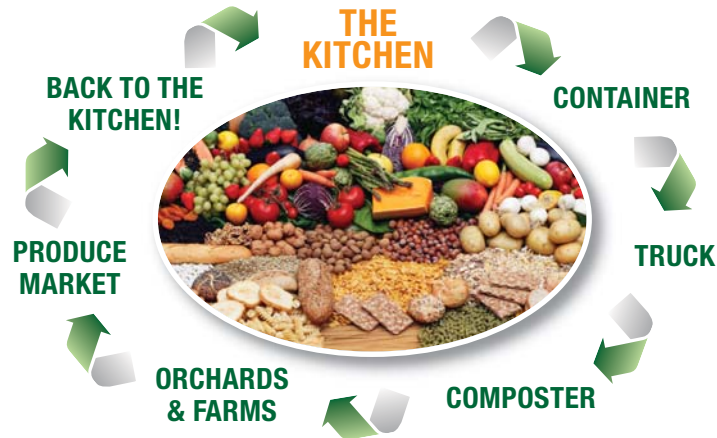
THERE'S MORE TO FOOD THAN YOU THOUGHT.

It takes a tremendous amount of effort to grow, process, distribute, sell and consume food. Wasting less food reduces the use of water, energy and land. Another reason to consider the choices offered in this guide.



Business Food Scraps Collection

Does your business end up with leftover food scraps?
 Would you like that material to find a local reuse as compost?
 Are you willing to make the effort to see that happen?
 Is your business located in the South Coast?



If you answered **YES** to the questions above, please see the contacts listed below and call to **find out how to participate** in a pilot food waste collection service.

Our new program collects food scraps and transports the material to a local site where it will be processed into compost, which will nourish local agriculture. **Staff will work with your business to:**

1. **Identify the amount** of acceptable food scraps your business generates.
2. **Provide guidelines** to help your staff understand what materials go into the designated containers.
3. **Analyze your trash bill** to help your business add the new food collection service at minimal or no extra cost.
4. **Assist with periodic monitoring** and feedback to help keep the program on track.

CALL TO FIND OUT HOW TO PARTICIPATE:

882-3600 — *South Coast unincorporated areas (Isla Vista, Summerland, Montecito)*
 564-5627 — *City of Santa Barbara* OR 961-7565 — *City of Goleta*



Visit LessIsMore.org for more information.

WHAT WILL BE COLLECTED IN THIS PROGRAM?

YES!

- ▶ Most types of food scraps or food that has gone bad.
- ▶ Used paper products like paper towels and paper bags.
- ▶ Biodegradable plastic bags, and utensils like plates, knives and forks that are certified as compostable*.

NO!

- ✘ NO meat, bones or fish.
- ✘ NO metals, glass, plastics or any other materials that are not readily biodegradable.
- ✘ NO liquids, oils or grease.
- ✘ Nothing from the bathroom, thank you very much!

**We encourage a bagless system as the best way to conserve resources and help keep the materials free of contamination. If businesses do want to use compostable bags or other products, look for this seal of approval from the Biodegradable Products Institute in purchasing biodegradable bags, plates and utensils.*



Visit LessIsMore.org for more information.



Compost

Composting your food is an important part of the food best use hierarchy! Any food related waste thrown in the trash is currently landfilled. As an alternative, **try composting**. It is easy and will improve the health and appearance of your yard, save money on fertilizers, and help preserve natural resources while protecting the health of our planet.

What is Compost?

Composting is the natural breakdown of something once living, like food, into a useful and nutrient rich soil amendment. The County recommends composting in your own backyard using an **aerobic composting method** or a **worm bin** depending on your space and material that you have.

WE PROVIDE RESOURCES TO GET YOU STARTED

Follow these simple steps to create compost:

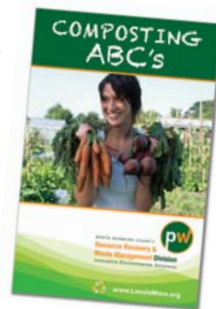
1. **Download our free composting booklet.** Learn how to reduce your waste and create your own system.
2. **Choose the composting system best for you.**



Earth Machine Composting Bins are available year-round for half price, only \$45!
Get them at these two locations:

South Coast Recycling and Transfer Station:
4430 Calle Real, Santa Barbara
Open Mon.-Sat., 7a.m.– 5p.m., Phone: 681-4345

North County Public Works Building:
620 W. Foster Road, Orcutt
Open Mon.-Fri., 8a.m.– 5p.m., Phone: 739-8750



3. **Attend a free and fun workshop** with our composting specialist. These workshops are offered in the spring in convenient locations countywide.

Visit LessIsMore.org/Compost or call our Composting Specialist at 882-3600 to learn more!

You Can Make a Difference

Organic material that you put into the trash will be landfilled.

Don't Forget...
Your hand is the last hand to ever touch what you throw into the trash.

Keep Food Waste out of our Landfill!



By reducing the amount of food that you waste, you are:

1. **Saving money.**
2. **Providing food** to those in need.
3. **Creating a nutrient rich soil amendment.**
4. **Reducing the use of resources** such as water, energy and land.
5. **Reducing the production of methane,** a potent greenhouse gas.
6. **Saving valuable landfill space.**



CONTACTS & RESOURCES

- Visit Santa Barbara County Resource Recovery & Waste Management Division: LessIsMore.org
- Call Santa Barbara County Resource Recovery & Waste Management Division: **882-3600**
- Visit U.S. Environmental Protection Agency: www.epa.gov/waste/conserve/foodwaste
- Visit Natural Resources Defense Council: www.nrdc.org/food/food-waste.asp
- Visit the links or call the numbers provided in this booklet.