

FOOD FORWARD

Simple Tips for Reducing Food Waste



SANTA BARBARA COUNTY

**Resource Recovery &
Waste Management Division**

Innovative Environmental Solutions



www.LessIsMore.org



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Resource Recovery and
Waste Management Division
of the Santa Barbara County
Public Works Department



Visit LessIsMore.org for more information.

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Food Waste 101

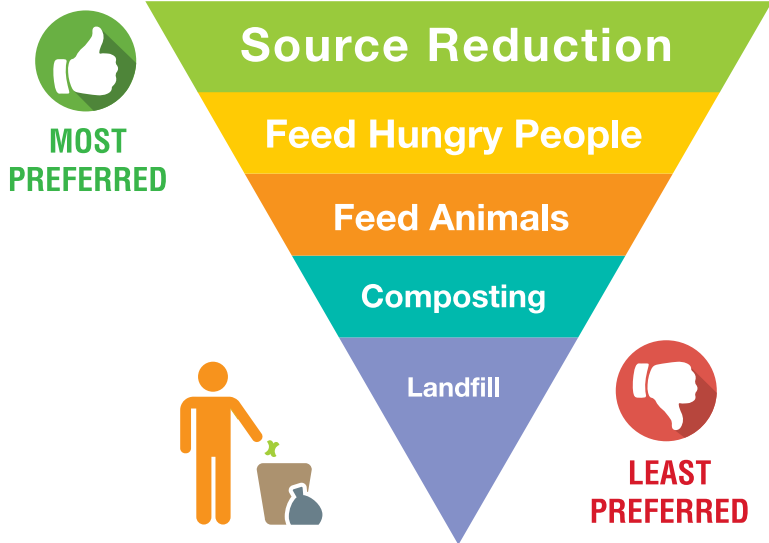
In America, an average of 40% of food is wasted. Food waste is created throughout the entire supply chain: the farm, the grocery store, and at home.

But there are many ways we can prevent wasted food.

We can buy only what we need, donate unused items, or even compost in our own backyards!



FOOD RECOVERY HIERARCHY



In Santa Barbara County, 20% of our waste is food.

These extra pounds of waste can be put back into the soil through compost, or donated to the community.

YOU HAVE THE POWER TO REDUCE FOOD WASTE!

Visit LessIsMore.org for more information.



Reduce Your Food-Print

The most preferred method of reducing your food waste is **preventing waste at its source**. The 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

TIP 1 Inventory and use what you have before you buy more.



TIP 2 Be creative by using the edible parts of foods that you normally throw away.

TIP 3 Donate healthy, safe, and untouched foods to food banks.



TIP 4 Freeze or preserve surplus fruits and vegetables.

TIP 5 Know how much food you're actually wasting by measuring your waste.

Have a green thumb?
Find ways to save seeds
or roots to regrow your
favorite snack!

TIP 6 Reduce plate waste. Start with a small serving—only what you can eat.



See Page 6 for some helpful hints on expiration dates and food safety.



Visit LessIsMore.org for more information.

Feed People, Not The Landfill

Even after planning and shopping for food that we know we will eat, there might be extras. **Spare food items that are safe to eat and unopened can be donated to local agencies.** Below are some great examples of foods that are accepted at local non-profits.

WHAT TYPES OF FOOD CAN BE DONATED?

Packaged foods:

- Bread
- Cereals
- Whole grains such as oats, rice, and quinoa
- Nuts and nut butters
- Dried beans, lentils, and pasta
- Coffee and tea

GENERAL CRITERIA FOR DONATIONS:

- In original packaging
- Unopened
- No candy or soda
- No home-canned foods

Produce and canned goods:

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



DONATE YOUR BACKYARD HARVEST!



If you have fruit trees on your property, you can donate your harvest to the **Foodbank of Santa Barbara County** or **Veggie Rescue!**

Volunteers may also be able to help pick the fruit.

Contact the Foodbank of SBC at www.foodbanksbc.org/backyardbounty or Veggie Rescue at www.veggierescue.org/get-involved to learn more.



Where Can You Donate Food?

Every location listed accepts donations of non-perishable food.
Visit www.LessIsMore.org/food-donation to see a full list
of local food recovery organizations.

SOUTH COAST

Catholic Charities

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

www.catholiccharitiesla.org

Foodbank of Santa Barbara County

4554 Hollister Avenue
Santa Barbara
(805) 967-5741

www.foodbanksbc.org

Good Shepherd Lutheran Church

380 North Fairview Avenue
Goleta
(805) 967-1416

www.gslcms.org

Salvation Army

4849 Hollister Avenue
Santa Barbara
805-964-8738

santabarbara.salvationarmy.org

Unity Shoppe

1401 Chapala Street
Santa Barbara
(805) 965-4122

www.unityshoppe.org

UCSB

Associated Students Foodbank

University of California,
Santa Barbara
University Center, Second Floor
Santa Barbara
(805) 893-2276

www.foodbank.as.ucsb.edu

QUICK TIP!

Always call ahead to
confirm that your food will
be accepted and when
you can drop it off.



Visit LessIsMore.org for more information.



BY DONATING, WE:

- Feed hungry people
- Support local non-profits
- Help the environment

NORTH COUNTY

Catholic Charities

325 North Second Street

Lompoc

(805) 736-6226

www.catholiccharitiesla.org

Catholic Charities

607 West Main Street

Santa Maria

(805) 922-2059

www.catholiccharitiesla.org

Central Coast Rescue Mission

1207 North McClelland Street

Santa Maria

(805) 614-0220

www.centralcoastrescuemission.org

Foodbank of

Santa Barbara County

490 West Foster Road

Santa Maria

(805) 937-3422

www.foodbanksbc.org

Vandenberg Air Force Base Food Pantry

Building 10525, Nebraska Avenue

Vandenberg Air Force Base

(805) 606-2960

Donations accepted from
anyone with base access.



Making Sure Your Food Is Safe

It's easy to think that food is bad based on the printed date. In reality, **food items typically last longer than we think.** With the exception of infant formula, all foods have a life beyond their printed date.

Here are some quick tips on food safety:

- Depending on the product, most shelf-stable foods like pasta and products packaged in cans will last for a year or more past their printed date. But if the package is open, rusted, smelly, torn, swollen or dented, throw it away.
- Frozen foods can also be safe for months. However, we can't guarantee that they'll taste the same. Frozen foods will get dry, so try slow cooking meats, or making soup from veggies.



THE FINE PRINT

Food safety is extremely important, especially when donating it. BUT DON'T WORRY. If you accidentally give something that is bad, the Bill Emerson Good Samaritan Food Donation Act will protect your contributions from liability as long as they were donated in good faith.

FOOD for
THOUGHT

We're wasting more than just food.

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 needed to sustain our food system.



Visit LessIsMore.org for more information.

Helping Animals and the Planet

Once our two-legged neighbors have food, we can help out our four-legged friends. **Extra produce**, from the store or our gardens, **can be donated**. Remember to **call ahead** before dropping off your donation.

These organizations accept surplus produce donations:

Bunnies Urgently Needing Shelter (BUNS)

5743 Overpass Road
Santa Barbara, CA 93111
(805)-681-5285
(County Animal Shelter Office)
www.bunssb.org

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

**DONATE
FRUITS AND
VEGGIES TO LOCAL
ANIMALS!**



Lil' Orphan Hammies

Sue Pakinson, Founder
P.O. Box 924
Solvang, CA 93464
(805) 693-9953
www.lilorphanhammies.org/home

Accepts fresh produce and bread products.



Courtesy of BUNS



Courtesy of Lil'Orphan Hammies

Visit LessIsMore.org for more information.



Compost

Even after feeding our human and animal neighbors, we might have some food items that we just can't eat. Some food waste is unavoidable. Luckily, **composting is a great way to prevent these organics from going in the trash**, and can really help our gardens!

WHAT IS COMPOST?

Composting is the **natural breakdown of organic materials**, like fruits and vegetables. After the material breaks down, you can use the compost as fertilizer. The nutrients in our food will go back into the soil and help more plants grow, completing the cycle.

HOW DO I COMPOST AT HOME?

STEP
1

Download our free digital **composting booklet**.



STEP
2

Make a **worm bin**, or purchase an **Earth Machine!**



STEP
3

Attend a free and fun **composting workshop!**



STEP
4

Keep your compost happy and **watch your garden grow!**

Find downloadable booklets, workshop schedules and more compost tips and tricks at www.LessIsMore.org/compost.



Visit LessIsMore.org for more information.



EARTH MACHINE COMPOSTING BINS

Available year-round from
the County for **HALF PRICE**

\$45.00

Get them at these locations:

South Coast Recycling and Transfer Station

4430 Calle Real
Santa Barbara
(805) 681-4345

Santa Ynez Valley Recycling and Transfer Station

4004 Foxen Canyon Road
Los Olivos
(805) 686-5080



North County
Public Works Building
620 West Foster Road
Orcutt
(805) 739-8750

To learn more visit: LessIsMore.org/compost

Or call our Composting Specialist:
(805) 882-3600



Visit LessIsMore.org for more information.



Business Food Recovery

If your business creates a lot of edible food waste, **you can donate it!** There's no need to waste perfectly edible food. Our staff can help your restaurant or food service facility **connect with local non-profits.**

We are happy to answer questions on food safety and tax benefits.



Before donating try these quick tips:

- **Get creative with your inventory.** Plan how every food item will be used.
- Craft unique menu items that **use unserved foods** or edible food scraps.
- **Work with local farmers** so your produce has the best chance for a long shelf-life.
- Make sure your whole staff is aware of proper food storage. **Freeze as much as you can!**



Remember that the tips outlined on Page 2 can also be applied to your business!

APPLICABLE REGULATIONS

California's SB 1383 establishes a statewide mandate to achieve a **50% reduction in the disposal of organic waste by 2020 and a 75% reduction by 2025.** It establishes an additional requirement that 20% of currently disposed edible food be recovered for human consumption. SB 1383 also requires composting of organics that can't be consumed.

HELP US KEEP ORGANIC MATERIALS OUT OF THE TRASH!



Visit LessIsMore.org for more information.

Donating Prepared Foods

Unlike households, food service businesses have the opportunity to donate prepared foods. Prepared foods typically include leftovers from events and surplus foods from restaurants, hotels and grocery stores.

Here are some quick donation tips for businesses:

- **Large batch foods are some of the best to donate.** These include; soups, baked goods, salsas, rice, beans, pastas, or unused produce.
- **Food safety is our number one concern.** All items should be stored and transported in food grade containers, and in a safe temperature range.



Guidelines to follow when handling leftover food:



Cold foods must be maintained at **41 degrees Fahrenheit or below**. This is the safe temperature zone.

Example: Milk



Hot foods must be kept at **135 degrees Fahrenheit or higher**. This is the safe temperature zone.

Example: Lasagna

Frozen food must be kept below 0 degrees Fahrenheit.

Food items must stay within their correct temperature zone. If foods leave this temperature zone, they must be composted or thrown away. Additionally, prepared foods should only be donated and eaten within the same day they are made.



WE WANT TO HELP!
If you're a business owner and want to reduce your food waste, we can help you get started.

Call (805) 882-3600



Business Food Scraps Collection

Can't donate it? COMPOST IT!

Business Food Scraps Collection is much different than backyard composting. Commercial food scraps are taken to industrial composting facilities that get extremely hot and are closely observed. These high temperatures and careful monitoring kill any pathogens and can even break down paper products. Even though the process is a little different, the end result is the same—nutritious and delicious compost!

YES!

- ▶ Most food scraps
- ▶ Most food that has gone bad

NO!

- ✘ **NO metals, glass, plastics or any other materials that are not readily biodegradable.**
- ✘ **Nothing from the bathroom, thank you very much!**

PLEASE NOTE! Materials like meats, grease, oils, and biodegradable or compostable utensils and bags are accepted in certain regions only. Call your waste hauler to see if you can compost these materials. Recycling and composting regulations change often, so always ask if you're unsure about a certain material.



You Can Make a Difference

There are so many ways to **keep organic material out of the trash**.

From replanting veggie cuttings to donating leftover boxes of macaroni and cheese, it all makes a difference. Some of these solutions are easier than others, but we hope you can try some out, and learn something new!



REMEMBER...

Food waste impacts every part of our community, from our farms to our waste facilities. We can create a resilient food system.

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

- 1. Save money.**
- 2. Provide food** to local people and animals.
- 3. Create a nutrient-rich soil amendment.**
- 4. Reduce the use of resources** such as water, energy and land.

CONTACTS & RESOURCES

Visit Santa Barbara County Resource Recovery & Waste Management Division:
www.LessIsMore.org

Call Santa Barbara County Resource Recovery & Waste Management Division:
(805) 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.





For more information please visit:
LessIsMore.org



Courtesy of LtrOrphan Hammies



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**Resource Recovery &
Waste Management Division**

Innovative Environmental Solutions

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