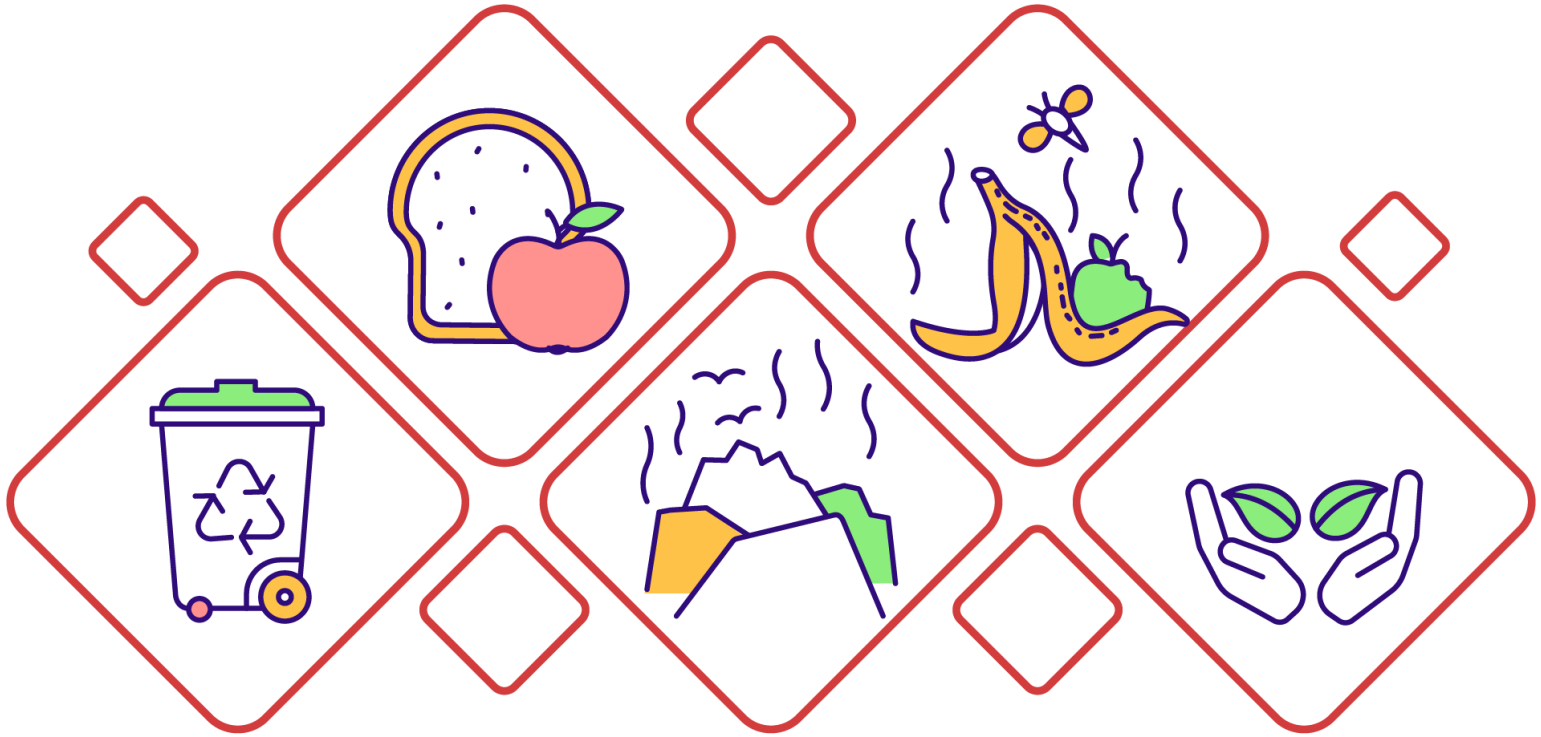


Food Waste

& Plastic Free Kitchen

In the United States, food waste is estimated at between 30-40% of the food supply.

-USDA

-sites.psu.edu

Average home produces more than 200 pounds of kitchen waste every year = Giant Panda!

Farm

Retail

Consumer

Impacts:

Social

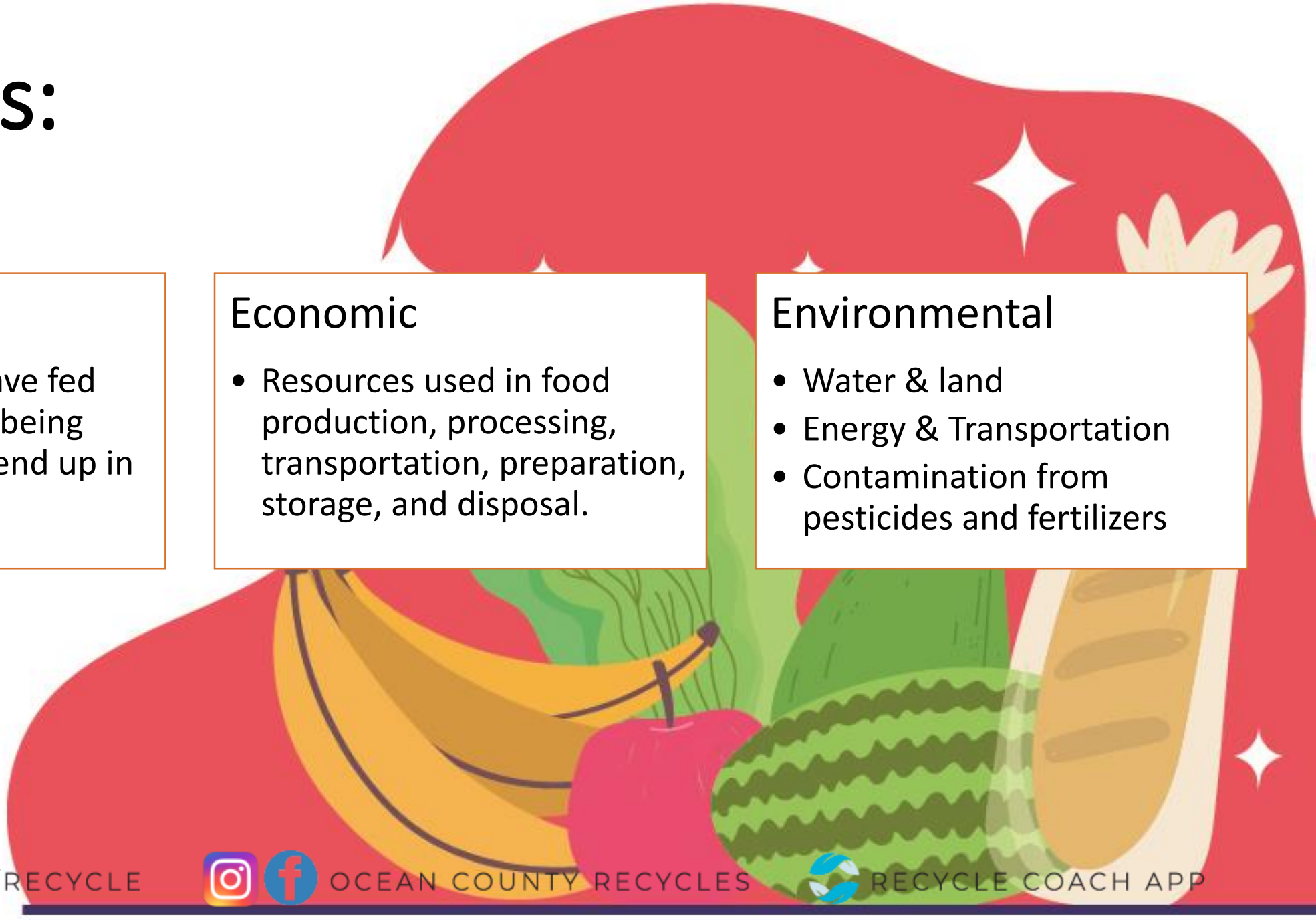
- Food that could have fed families in need is being thrown away and end up in landfills.

Economic

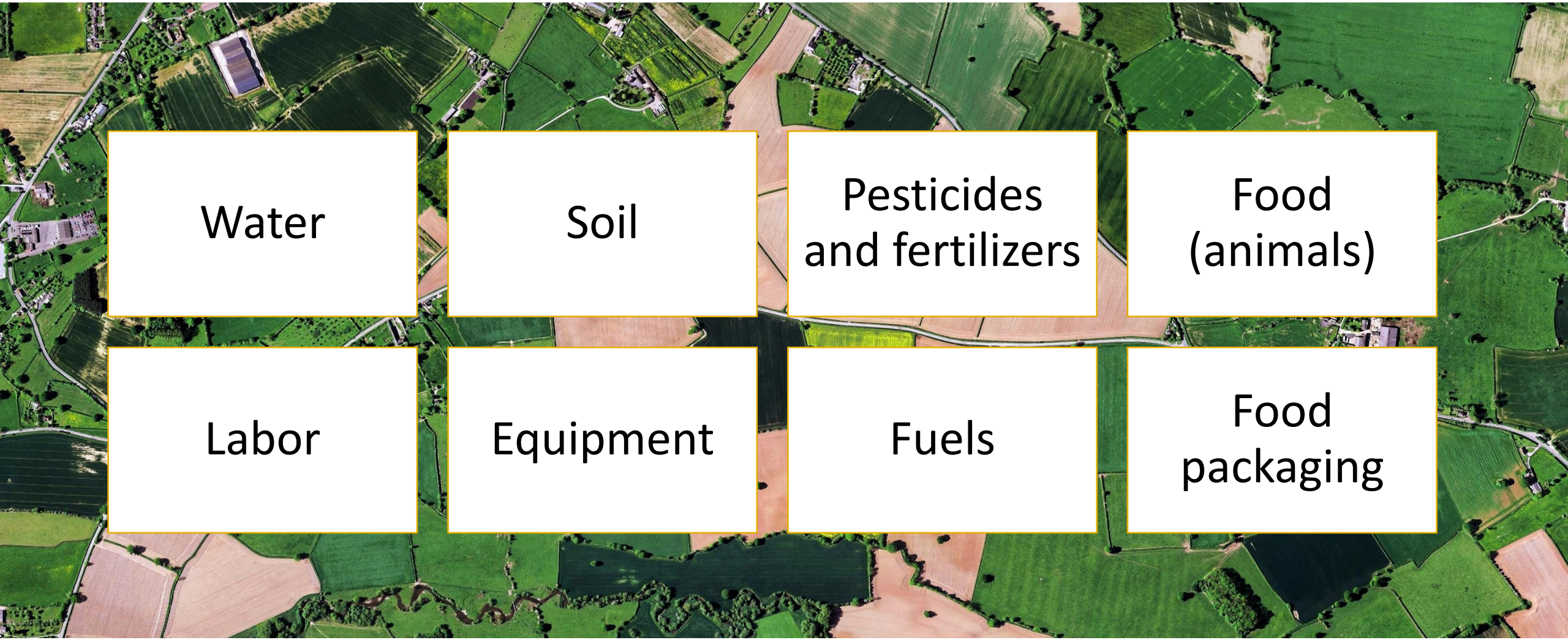
- Resources used in food production, processing, transportation, preparation, storage, and disposal.

Environmental

- Water & land
- Energy & Transportation
- Contamination from pesticides and fertilizers



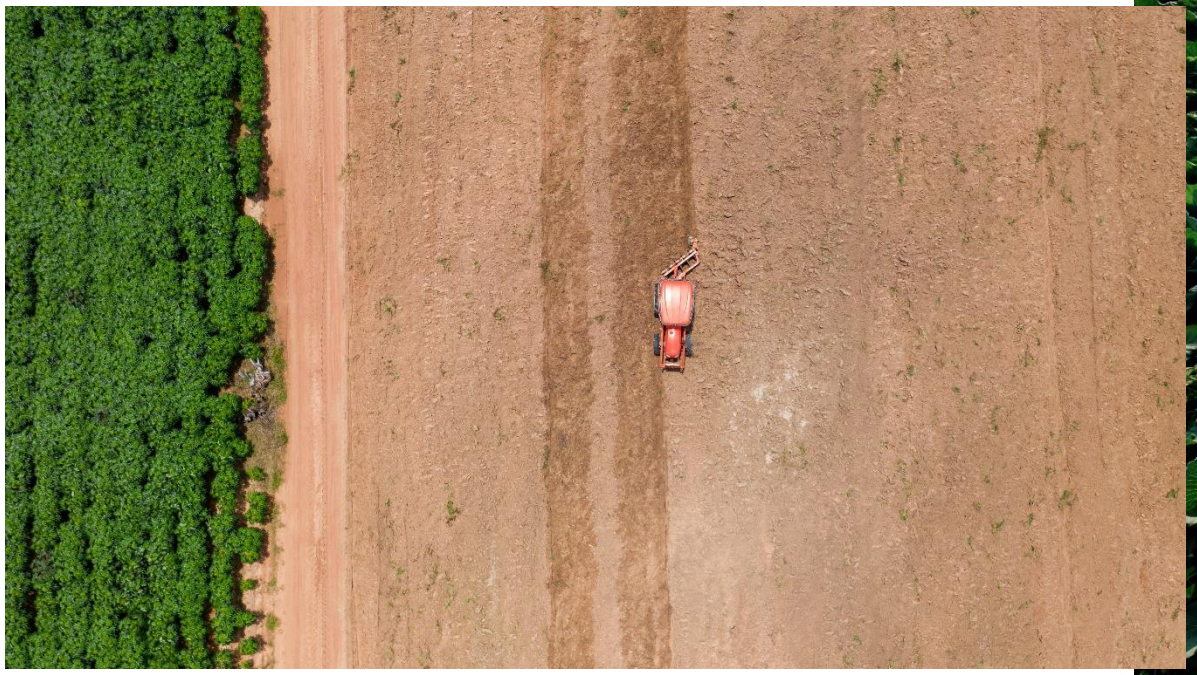
Food production requires:



Water

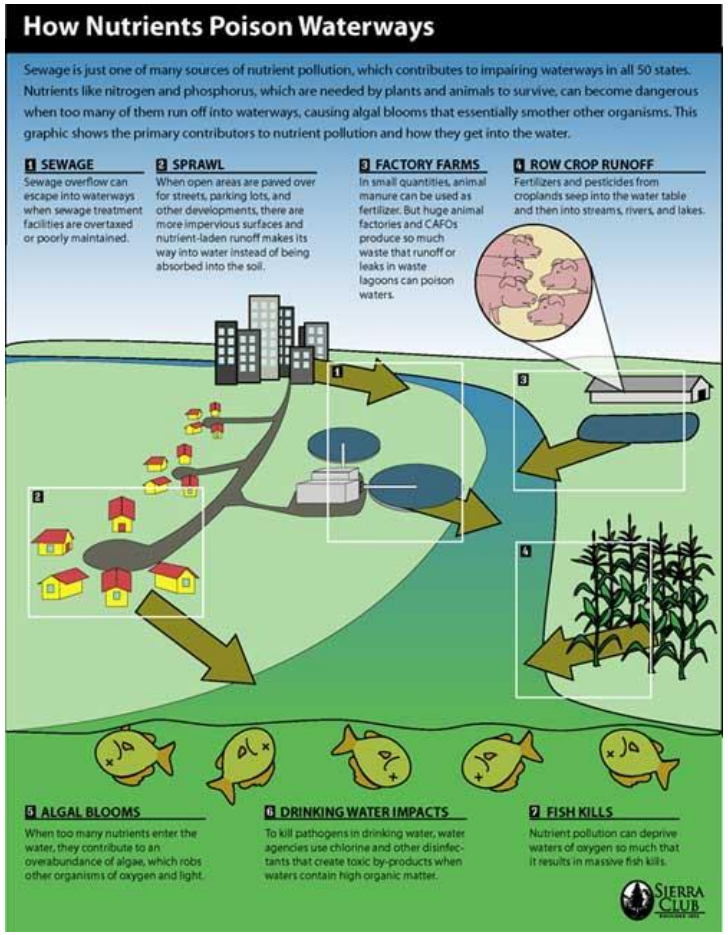
Crops use a lot of water

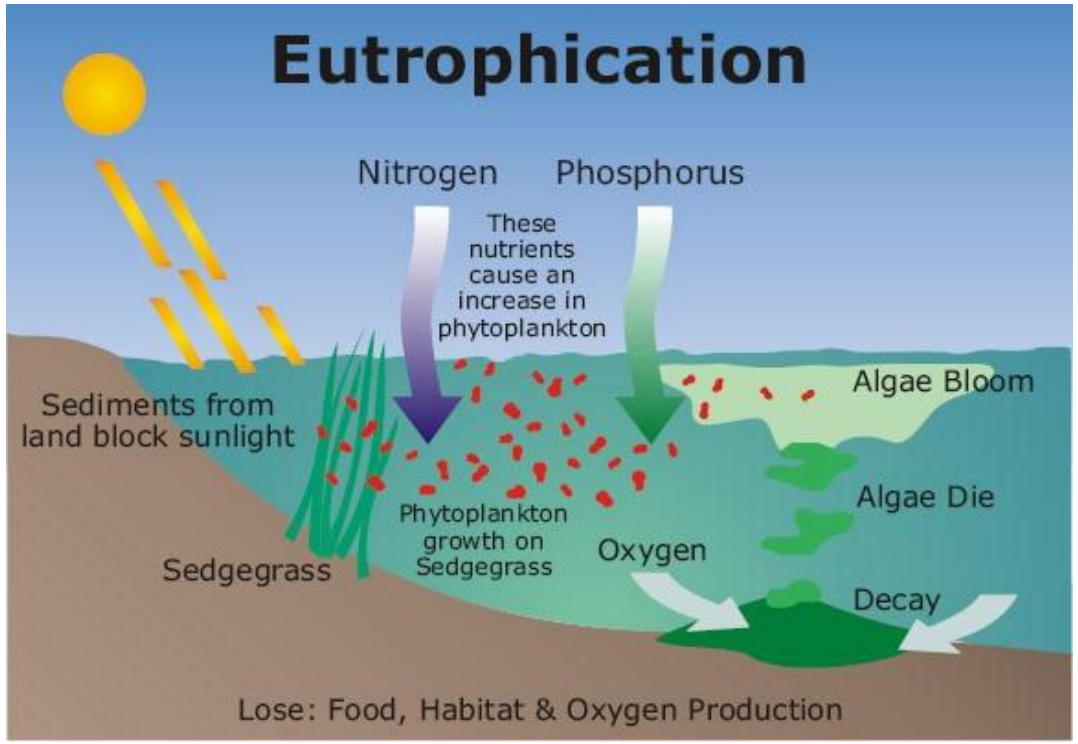
A lot of land…



Replacing ecosystems and biodiversity with monocultures
Contaminating soils, water, and air with toxic chemicals

Pesticides and Fertilizers





Energy and Transportation

Where is your food coming from?

CO.OCEAN.NJ.US/RECYCLE

OCEAN COUNTY RECYCLES

RECYCLE COACH APP

Food Packaging

Aluminum

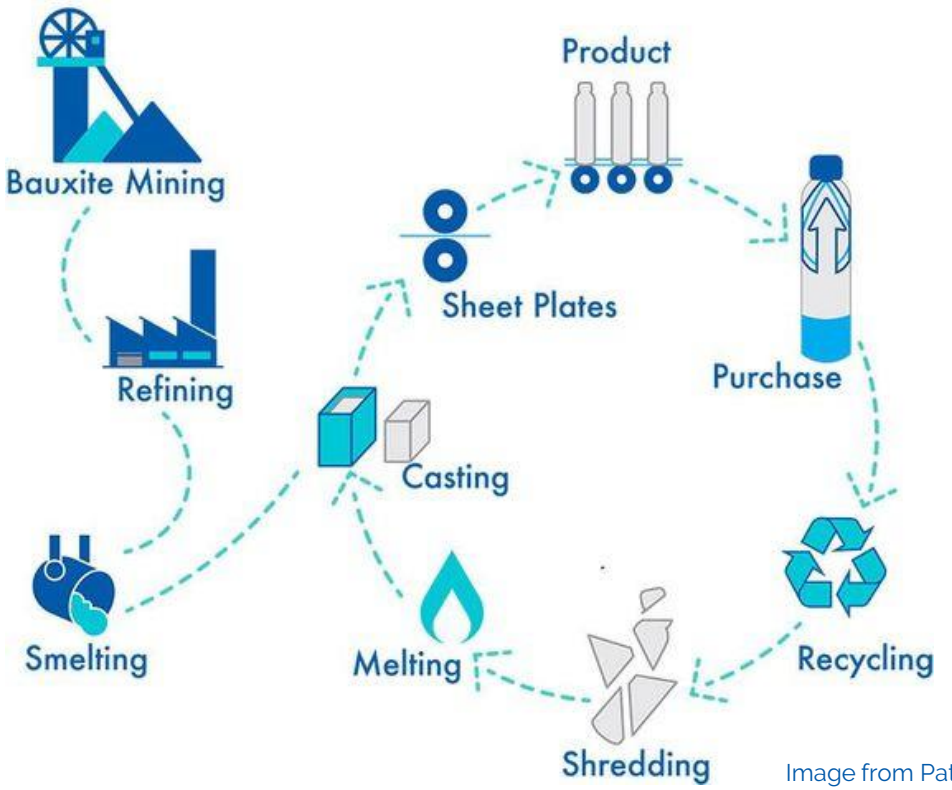


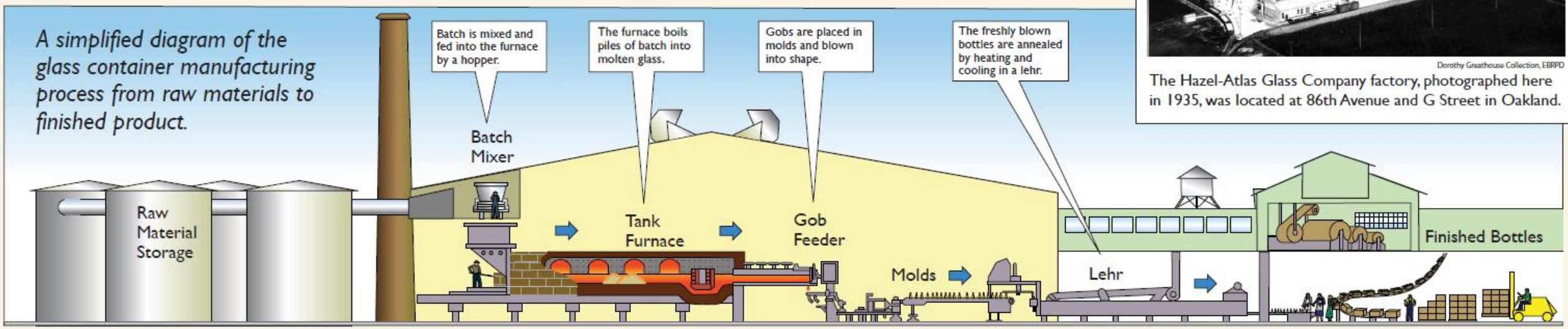
Image from PathWater

THE PAPERMAKING PROCESS

INTERNATIONAL PAPER

From Sand to Glass

A simplified diagram of the glass container manufacturing process from raw materials to finished product.



Dorothy Greathouse Collection, EBRPD

The Hazel-Atlas Glass Company factory, photographed here in 1935, was located at 86th Avenue and G Street in Oakland.

The ingredients of a commonly used type of glass known as lime glass include:

silica sand 60–75%
soda ash 12–18%
limestone 8–12%
other materials

Raw materials are mixed with cullet—crushed recycled glass or leftovers from previous batches—to lower the melting temperature.

The tank furnace melts the batch at temperatures between 2700–2850° Fahrenheit, depending on the type of glass and the final product.

In some equipment, molds are rotated on a turntable. Each rotation completes a different stage in making the container.

By reheating and gradually cooling the container, annealing removes stresses in the glass created during the molding process.

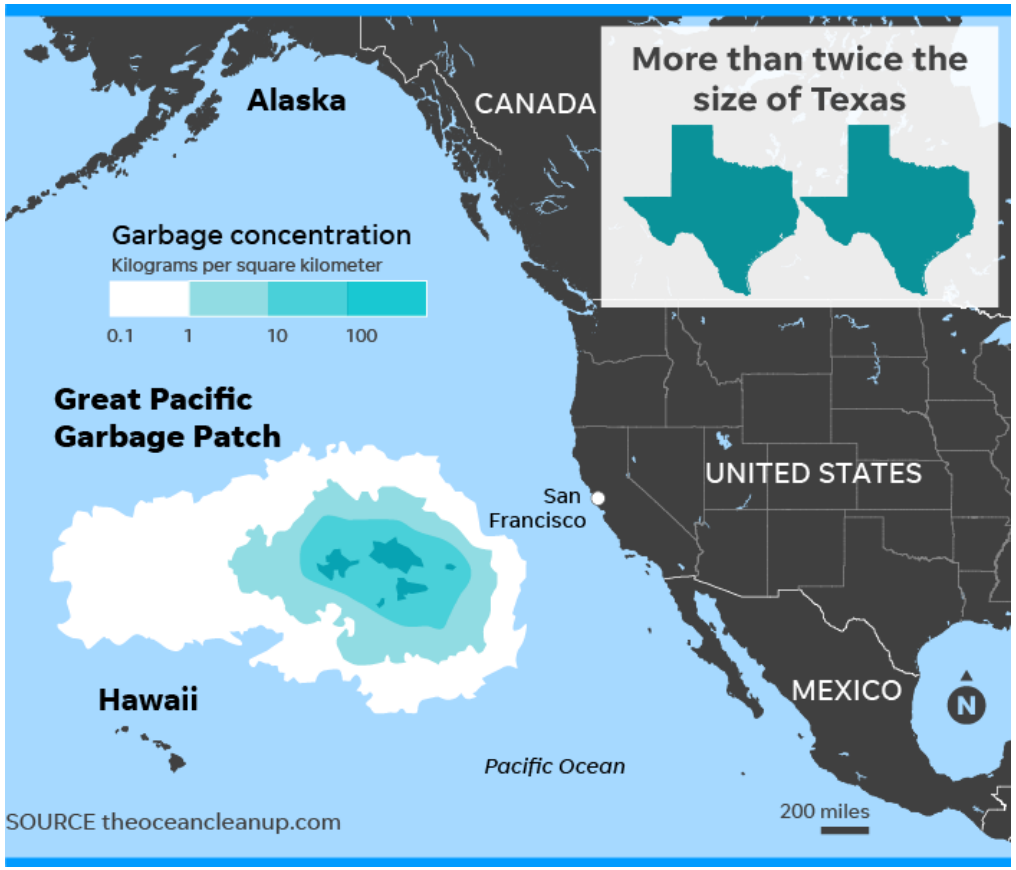
Finished bottles are packed into boxes and sent to the customer.

Illustration by Bob Kanagaki, EBRPD

Most used

Plastics

Only 9% of plastics are recycled



GREAT PACIFIC GARBAGE PATCH
PHOTOGRAPHY BY: B.PARSONS.EDU

- **Texas** is about 35 times **bigger** than **New Jersey**.

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Microplastics

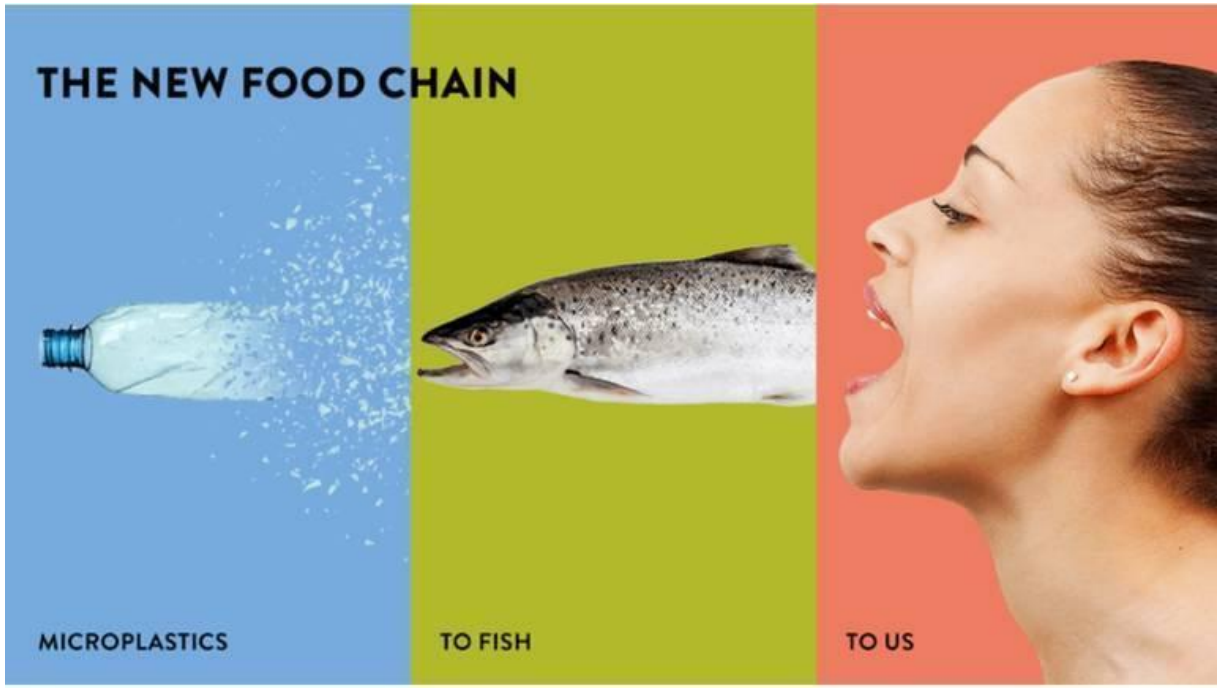
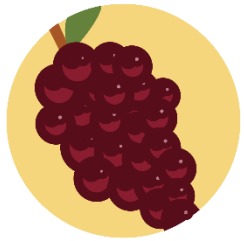
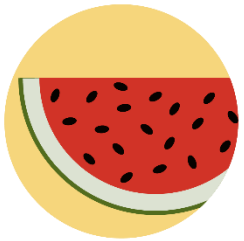


Image from: triplepundit.com


That’s a lot of waste!
What can we do to reduce food waste?

Plan your meals





Buy only what you need.

Do not stock up on products that go bad quickly.

Look for inspiration online for recipes and note quantities.

Check your fridge and pantry before going shopping.

Buy local and eat with the seasons

Support your local Farmers

Community Supported Agriculture (CSA) seasonal food directly from a farmer. https://www.localharvest.org/

Local seafood

Support food recovery

- Subscription boxes
- Produce too big or too small
- Funny shapes
- Extra products

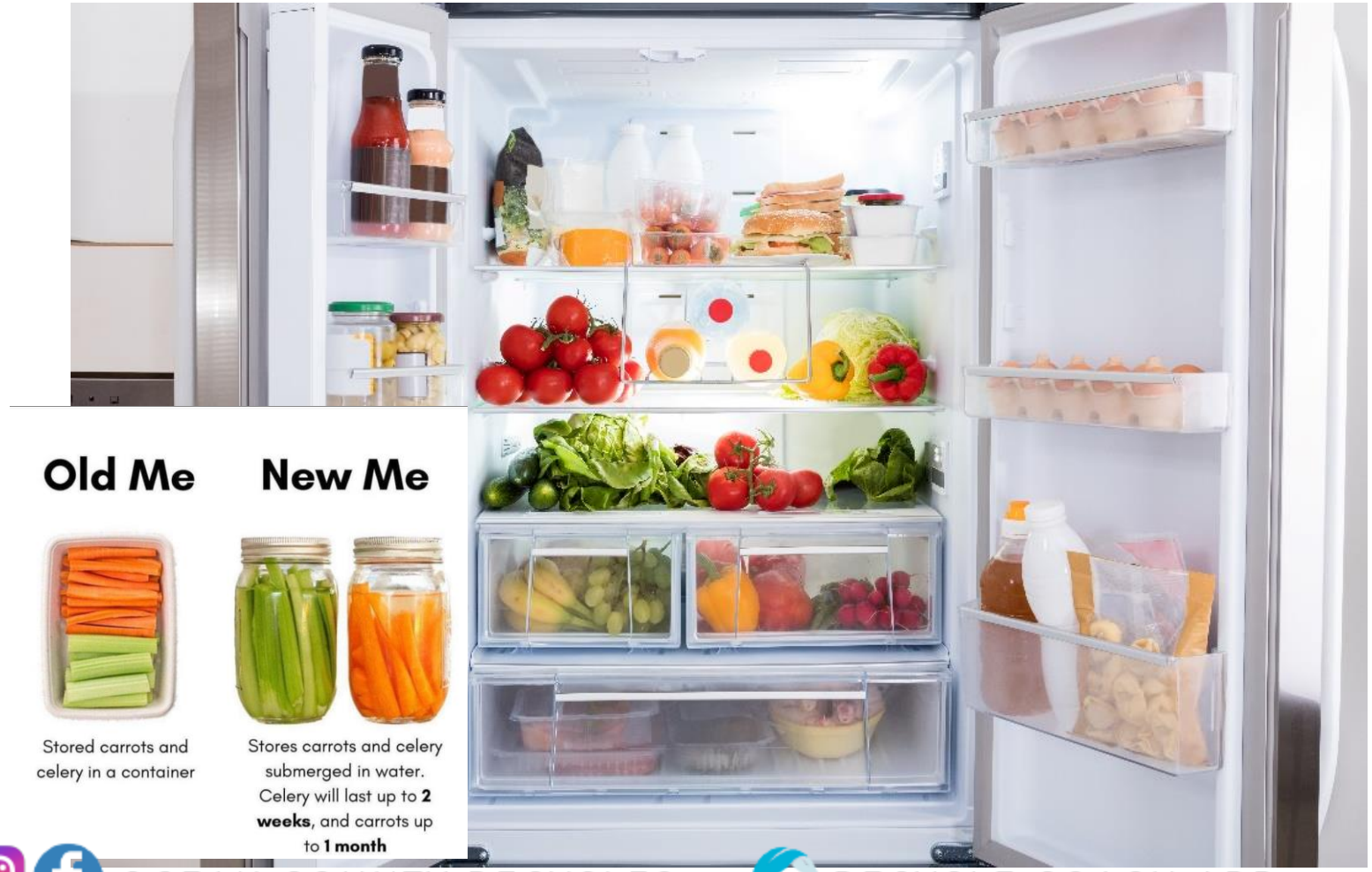
Grow your own!

Choose fresh unpacked produce

Reduce your plastic consumption

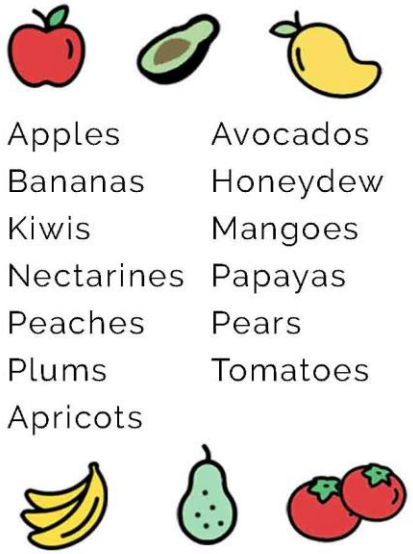
Organize your fridge

- Use clear containers
- If something goes bad quickly should be in the front
- Use airtight containers
- Remove **rubber bands and twist ties** from vegetables and herbs before storing.
- Keep **onions** stored away from potatoes, they make them sprout faster.
- Store **milk, eggs, and butter** in the back of the fridge where it's coldest, the fridge door is too warm for them.



Ethylene in fruits and veggies

EMITS ethylene gas		SENSITIVE TO ethylene gas	
Apples	Avocados	Broccoli	Asparagus
Bananas	Honeydew	Carrots	Cucumbers
Kiwis	Mangoes	Eggplants	Green beans
Nectarines	Papayas	Lettuce	Cauliflower
Peaches	Pears	Potatoes	Watermelon
Plums	Tomatoes		
Apricots			



Keep produce that are sensitive to ethylene gas separated from those that emit it.

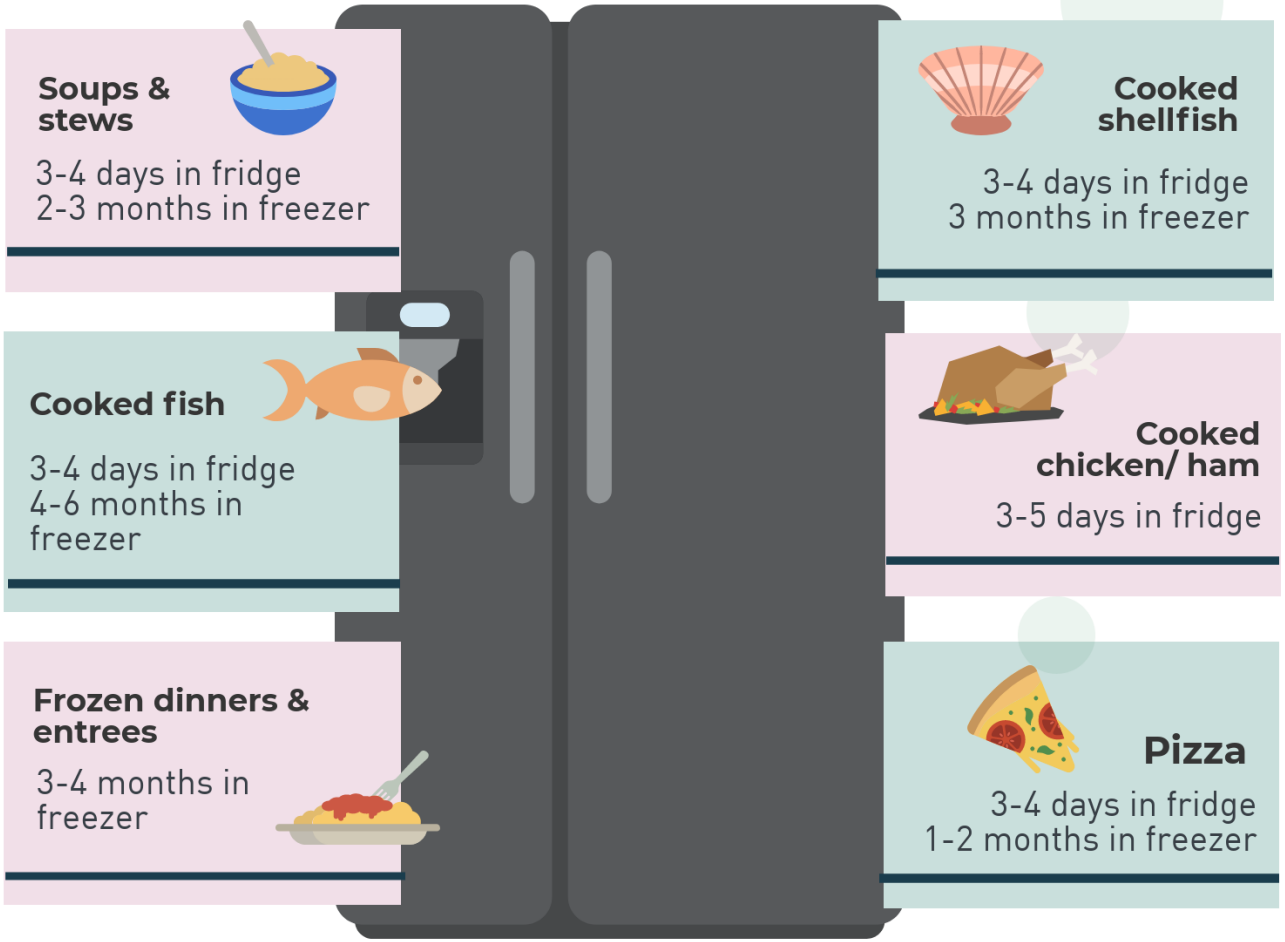
styledegree

- Keep them separate.
- Do not store ethylene gas producers in bags or sealed containers. Trapping the gas will make it ripen faster.

TIPS

How long can we store food?

A General Guideline



Soups & stews

3-4 days in fridge
2-3 months in freezer

Cooked fish

3-4 days in fridge
4-6 months in freezer

Frozen dinners & entrees

3-4 months in freezer

Cooked shellfish

3-4 days in fridge
3 months in freezer

Cooked chicken/ ham

3-5 days in fridge

Pizza

3-4 days in fridge
1-2 months in freezer

@SGFoodAgency

Singapore Food Agency

CO.OCEAN.NJ.US/RECYCLE OCEAN COUNTY RECYCLES RECYCLE COACH APP

THE REFRIGERATOR
Demystified

Up to 40 percent of food in the U.S. is never eaten. Stocking your fridge with these tips will help make a dent in food waste, saving you money while you do it.

NRDC

NEVER LET ICE BUILD UP

It forces your fridge to use more energy.

THE UPPER SHELVES

THE UPPER SHELVES ARE SLIGHTLY WARMER THAN BELOW, AND ARE A GREAT PLACE TO STORE ITEMS THAT DON'T HAVE A HIGH SAFETY RISK

GREAT FOR LEFTOVERS, DRINKS, READY-TO-EAT FOODS LIKE YOGURT OR CHEESE

THE LOWER SHELVES

FOODS WITH A HIGHER SAFETY RISK ARE BETTER OFF IN COLDEST SECTION.

THE BOTTOM SHELF IS THE COLDEST PLACE IN THE FRIDGE. STORE MEAT, POULTRY AND FISH HERE IN TRAYS TO PREVENT THEM FROM DRIPPING.

HIGH & LOW HUMIDITY DRAWERS

CARROTS, LEAFY GREENS, SPINACH ARUGULA, BASIL, BROCCOLI, ETC...	PEARS, APPLES, GRAPES, MUSHROOMS, PEPPERS, AVOCADOS, BERRIES, ETC...
Put most veggies, particularly those that might wilt, in the high humidity drawer.	Put fruits in the low humidity drawer, along with vegetables that have a tendency to breakdown and rot

The adjustable levers on the crisper drawers change humidity levels. If your refrigerator has these, set one to high (closed, less air coming in) and one to low (open, more air coming in).

LEAVING THE FRIDGE DOOR OPEN

when you pour milk into your cereal wastes 7% of a fridge's energy, according to Home Energy Magazine.

That's the same as 830-2000 60W light bulbs each year."

THE REFRIGERATOR DOOR IS THE WARMEST PART OF THE FRIDGE, GETTING A NICE DOSE OF WARM AIR EVERY TIME THE DOOR IS OPENED.

It's a good place for condiments. It is not a good place for anything that is even moderately perishable. Though some models may have a compartment for eggs in the door, it's probably a better idea to keep them on one of the main shelves.

40 DEGREES OR BELOW

Because bacteria grow most rapidly between 40° and 140°, your fridge should be set to maintain a temperature of 40° or below

DO NOT OVERFILL

The fridge needs air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.

Find out more about reducing food waste at www.nrdc.org/food/wasted-food.asp

What can be done with kitchen scraps

Smoothies	Bread
Vinegar	Freeze
Dehydrate	Feed to the birds

Regrow veggies from scraps

Lettuce
Celery
Bok choy
Garlic
Potatoes
Carrot
Greens
Onions

Use seeds from:
Pepper
Strawberries
Pumpkins
Butternut
squash

- Image Copyright Simple Bites | Aimee Wimbush-Bourque

Turn veggie scraps into Compost and feed the soil

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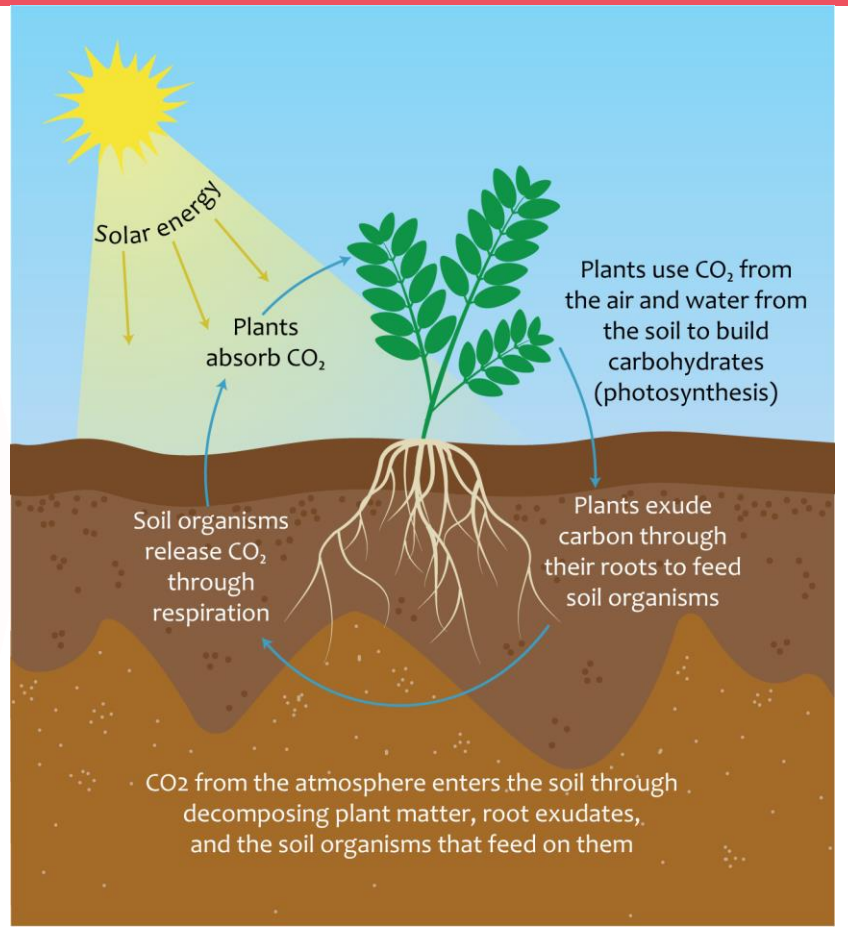
Soil & Carbon Sequestration

The top of the world's soils contains three times as much carbon as the entire atmosphere, making it a major carbon sink alongside forests and oceans.



If it grows from the soil you can compost it!

Yes

- Animal Bedding
- Brush & Leaves
- Coffee Grounds
- Fruit & Veggie Scraps
- Manure
- Paper Towels
- Spent Plants
- Tea Bags

NO

- Dairy Products
- Dog/Cat Waste*
- Meat & Bones
- Fats/Grease/Oils
- Fish
- Diseased Plants
- Invasive Plants
- Weeds

Types of composting

- Outdoor Composting

- Worm composting

- Bokashi

- Other methods

How to do it?

Add greens and browns

Make the top layer brown

Turn every other week

Add water if needed

Wait…

Small pieces decompose easier

Use a bin or create one!

How to use it?

Let it sit for a month

Use in your garden

Don’t have the space?

Worm composting

Do your best to help the Earth

Reduce your waste!

Thank you

Ocean County Recycles

ocrecycles@co.ocean.nj.us