



# FOOD & FUN HOUR: FOOD WASTE

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Meeting #2

November 14, 2024  
5pm-6pm

# Group Expectations

- How to interact and discuss via Zoom
- OAM community: all types of affiliations are welcome!
- Code of Conduct
  - We are all coming from different backgrounds and perspectives. Please interact with mindfulness and respect!



# INTRODUCTIONS

**First name & pronouns**



**What are your  
habits and goals  
around food waste?**

# Building Context

- Food waste is thought of as **food meant for human consumption that is thrown away instead.**
  - Can occur at any point in the food chain
- **According to the UN, nearly a fifth of all produced food is wasted each year.**
  - In the US, between 30-40 percent of food is wasted, mostly in the **kitchen.**
  - In 2022, 60 percent of food waste happened at the household level.
- Global food waste equates to **over 1 billion meals a day.**

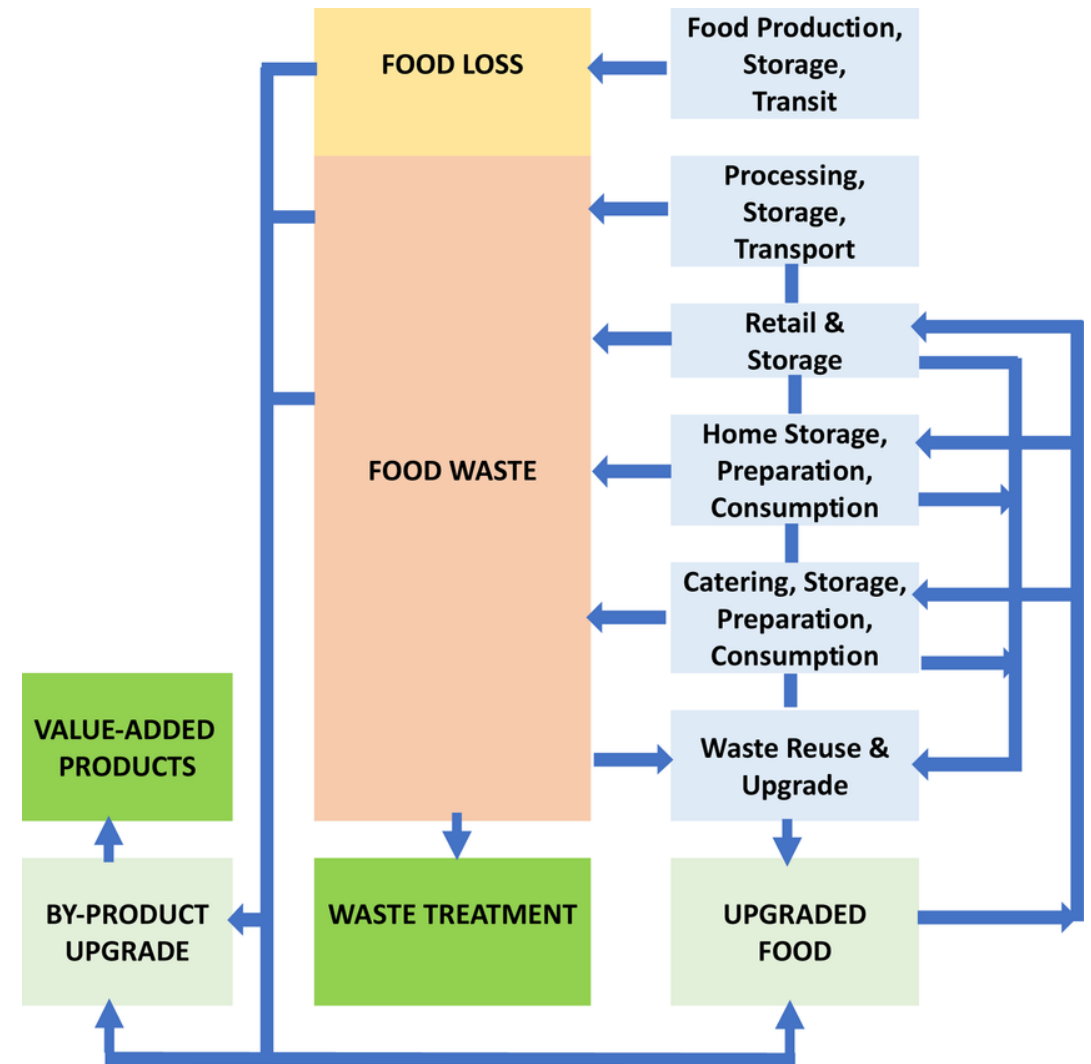
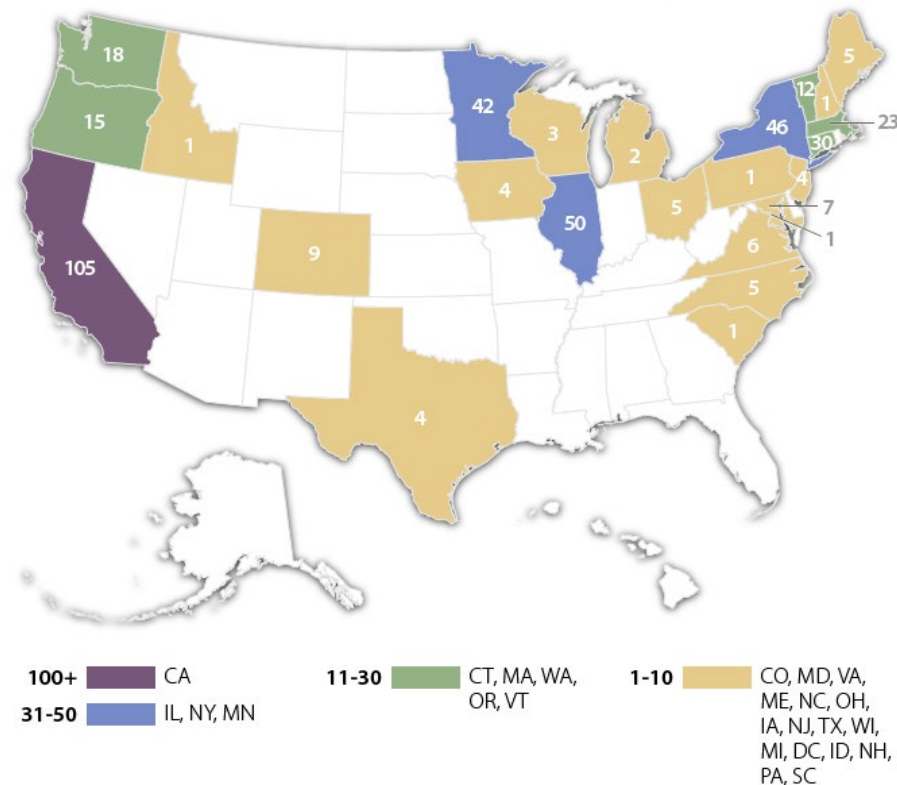




Figure 2. Residential food waste collection programs by state



# Broader Context: Values and Messaging

- Environmental impact
  - Food waste generates up to **10 percent** of global **greenhouse gas** emissions.
- Scarcity mindset
  - Great Depression legacy
    - We have so much more than we are using/distributing.
  - Natural Disasters currently
    - Supply chain breakdown and lack of access.
    - Food deserts / apartheid
- Inflation/cost-saving measures
  - Sustainability initiatives

# Ways to Limit OAM Food Waste



- Call in to discuss switching menus and/or meal types.
- Take a week off delivery.
- Drop down to every-other-week deliveries.
- Share with friends, family, neighbors.



- Food safety
- Leftovers ideas
- Shopping tips

# DIETITIAN SPOTLIGHT

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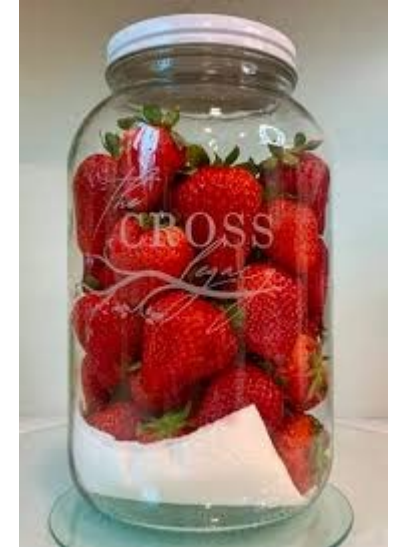
Maddalyn Germain-Bates, MS, RDN, LD



# Food Safety

-> Leftovers

1. Storage
  - Air-Tight containers
  - In the Refrigerator: 3-4 days
  - In the Freezer: 3-4 months
2. Reheating
  - Refrigerated foods should be heated to 165° F
  - Frozen foods should be thawed and then reheated to 165° F
3. Other tips:
  - Portioning food into smaller containers can allow you to extend items than only one more leftover portion
  - Fresh fruit can be stored better in a glass container such as a mason jar







# Shopping Tid-Bits

Purchasing frozen fruit and vegetables can limit food waste and extend the time that you can keep them on hand

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Shopping local and buying seasonal produce can help to cut down on food waste throughout the greater food system

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Purchasing larger portions of ingredients, such as meat, portioning them for meal servings and freezing them can prevent waste by only cooking the portion that you need at that time.

# Open Farms

- Working to prioritize using foods grown at OAM farm spaces in meals to reduce our dependence on outside sourcing
  - Seasonal ingredients, mindful recipes
  - Especially in Hmong Menu
- Homegrown MPLS Urban Farm Grant recipient
  - 2024-25 funds focused on composting and lowering greenhouse gas emissions through food recovery



24/7 Collection Site	Address
Como Park	<a href="#">1149 Beulah Lane, Saint Paul</a>
Closed June 28-30	
Falcon Heights	<a href="#">2077 Larpeur Ave. W., Falcon Heights</a>
Highland Park	<a href="#">800 Snelling Ave. S., Saint Paul</a>
Maplewood	<a href="#">2100 White Bear Ave., Maplewood</a>
New Brighton	<a href="#">700 5<sup>th</sup> St. NW, New Brighton</a>
Roseville	<a href="#">2580 Dale St., Roseville</a>
Saint Anthony	<a href="#">3301 Silver Lake Rd. NE, Saint Anthony</a>
Union Park	<a href="#">Corner of Carroll Avenue &amp; Griggs Street North, Saint Paul</a>
Vadnais Heights	<a href="#">3595 Arcade St. N., Vadnais Heights</a>
White Bear Lake	<a href="#">3950 Hoffman Road, White Bear Lake</a>



# EAST METRO: RAMSEY AND WASHINGTON COUNTIES

Turning food Scraps into Compost



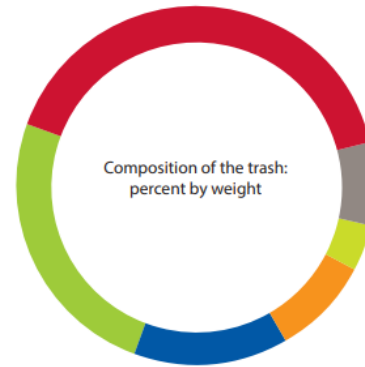
[Accessing city compost for community gardens](#)

# HENNEPIN COUNTY ORGANIC RECYCLING

[Backyard composting guide](#)

[Building a worm bin](#)

Composition of the trash



Trash 40.8%	Construction and demolition 8.9%
Organics 24.9%	Yard waste 4.2%
Recyclables 13.8%	Other 7.4%: Textiles 3.1% Scrap metal, electronics, mattress 3.1% Recyclable plastic bags and film 0.9% Household hazardous waste 0.3%

[Residential Organics  
Recycling Guide](#)

# CONTINUED ENGAGEMENT

Reading:	Watching:	Listening:
<a href="#"><u>Dietitian Tips on Food Waste</u></a>	<a href="#"><u>"Kathryn Bender Interview on Food Waste Research"</u></a>	<a href="#"><u><i>What You're Eating</i>, Episode 4: "The Big Problem of Food Waste"</u></a>
<a href="#"><u>"José Andrés Gets Real About Food Waste - Exclusive Interview"</u></a>	<a href="#"><u>"Cutting Back on Food Waste" with Mei Li</u></a>	<a href="#"><u><i>The Elephant in the Refrigerator</i> podcast series from Tufts University</u></a>
<a href="#"><u>"Interview With Anna Sacks, 'The Trash Walker'"</u></a>	<a href="#"><u>"Writing The "You Can Cook This" Cookbook" with Max La Manna</u></a>	<a href="#"><u><i>USAID's Kitchen Sink: A Food Loss and Waste Podcast</i></u></a>
<a href="#"><u>"The Psychology of Food Waste: An Interview with Brian Roe and Laura Moreno"</u></a>	<a href="#"><u>TED Countdown Dilemma Series: Food – Dana Gunders on "How to turn the tables on food waste"</u></a>	<a href="#"><u><i>How I Built This Podcast with Guy Raz</i>, Episode 553: "Reclaiming food waste with Jasmine Crowe-Houston"</u></a>

# DISCUSSION



**How can we reimagine  
OAM leftovers?**

**Do you have any new goals  
around food waste? Or new  
habits you will start?**





# Future Discussion Topics

What would you like to talk about in future meetings?

Any guests would you like to see?

Do any of you have a food topic you'd like to present on?



# References

[https://www.researchgate.net/figure/Factors-for-food-waste-and-reuse-necessity-versus-reality\\_fig2\\_378951870](https://www.researchgate.net/figure/Factors-for-food-waste-and-reuse-necessity-versus-reality_fig2_378951870)

<https://insights.refed.org/>

<https://www.biocycle.net/residential-food-waste-collection-access-in-u-s/>

<https://www.ramseycounty.us/residents/recycling-waste/collection-sites/food-scrap#:~:text=In%20six%20months%2C%20the%20food,stormwater%20runoff%2C%20and%20much%20more.>

<https://www.minneapolismn.gov/resident-services/garbage-recycling-cleanup/organics-recycling/>

[https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety#\\_Wrap](https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety#_Wrap)

**THANK YOU FOR JOINING!**