



Pachamama  
Alliance

Rochester Area Community



# Virtual Summit 2020/21

Words of Spirit Ways of Action

## Food Too Good to Waste

**Lowering Emissions Through Thoughtful Unified Community Engagement**

*A Pachamama Alliance Rochester Area Drawdown Initiative*

# Agenda

- What is the RAICA ?
- Introduction to PARA and LETTUCE
- The problem of Food Waste and strategies for prevention
- Questions and Challenge
- PRIZES!
- Wrap up

# Overview of RAICA



ROCHESTER AREA  
INTERFAITH  
CLIMATE ACTION  
[www.RAICA.net](http://www.RAICA.net)

“The Rochester Area Interfaith Climate Action is a group of individuals and organizations of faith in the Rochester metropolitan area seeking to create a meaningful response to Climate Change. In doing so we acknowledge our common conviction to care for the earth and its people. Working together we seek to share resources, leverage our strengths and magnify our positive impact.”

# How we operate

## Connect

- To information, resources, experts and each other

## Collaborate

- Working together, sharing best practices, support and inspiration

## Coordinate

- Direct our efforts to amplify our impact through collective action



**Check out our social media!**



[Home](#) [Virtual Summit](#) [Campaigns](#) [Resources](#) [Idea Exchange](#) [Members](#) [Blog](#) [Videos](#) [Contact us](#)

## A Bit of Background

The Rochester Area Interfaith Climate Action is a group of individuals and organizations of faith in the Rochester metropolitan area seeking to create a meaningful response to Climate Change. In doing so we acknowledge our common conviction to care for the earth and its people. Working together we seek to share resources, leverage our strengths and magnify our positive impact.



# Pachamama Alliance

Rochester Area Community

The Pachamama Alliance is an international organization whose mission is to help create a world that is environmentally sustainable, socially just, and spiritually fulfilling. It is rooted in the indigenous worldview that all life is connected. Pachamama Alliance supports people working together to transform their relationship to the earth and to one another through an array of high quality programs, including the following:

## **Lowering Emissions Through Thoughtful Unified Community Engagement**

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**Mission:** To reduce food waste and promote composting of food scraps as effective ways to reduce greenhouse gas emissions.

For more information on PARA go to <https://www.pachapeopleroc.org/>

To connect with lettuce send an email to [paralettuce@gmail.com](mailto:paralettuce@gmail.com)

# Purpose

*Examine the problem of wasted food including:*

- ▶ How much food goes to waste
- ▶ Why waste happens
- ▶ Why waste matters
- ▶ STRATEGIES to reduce food waste



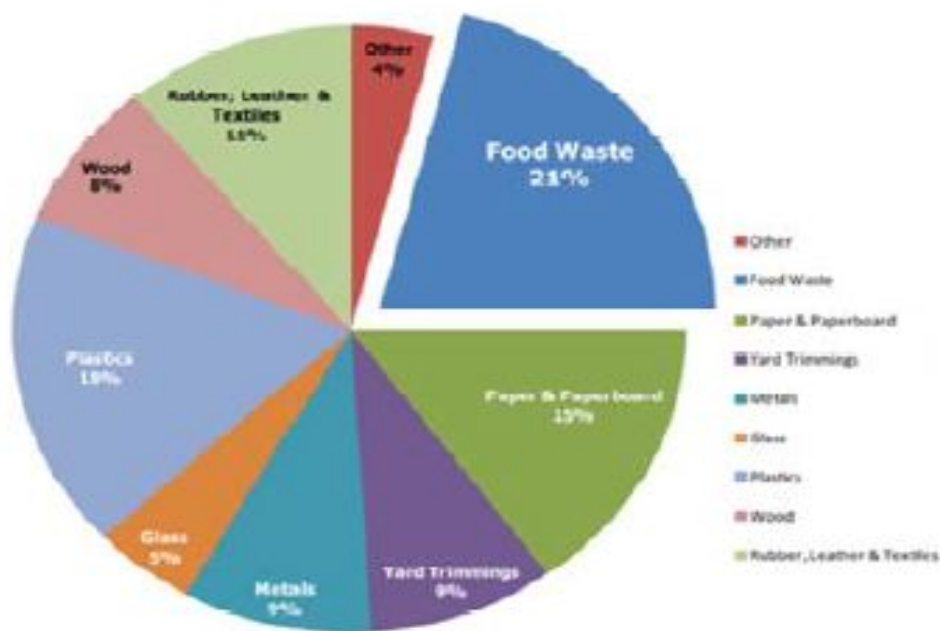
# Our GOAL

- ▶ By making small shifts in how we shop, store and prepare food
- ▶ we can **toss less, eat well, simplify our lives, save \$\$\$**
- ▶ AND keep the valuable resources used to grow and distribute food from going to waste.



# How much food is wasted?

## Food accounts for 21% of the American waste stream



## Did you know

- ▶ About **40%** of the food produced for human consumption in the U.S. gets lost or wasted - over \$218 billion - every year.
  - ▶ (Gunders and Bloom, 2017)
- ▶ This amounts to about 1250 calories per day per person in the US which is about half the recommended daily intake for an adult.
- ▶ While 1 in 4 Rochesterians are
  - ▶ **food insecure!**

(Gurnderson et al., 2011)

# DENVER: SAVE THE FOOD!

**\$1,800**



THE AVERAGE FAMILY OF FOUR SPENDS  
\$1,800 PER YEAR ON FOOD THEY DON'T EAT.

**40%** OF ALL  
FOOD IN THE UNITED STATES  
IS WASTED.



THIS IS LIKE WALKING IN THE DOOR  
WITH FIVE GROCERY BAGS AND DROPPING  
TWO IN THE TRASH EACH TIME YOU SHOP!



THE AVERAGE DENVER RESIDENT WASTES  
4.2 POUNDS OF FOOD EACH WEEK.

Denver's most wasted foods include coffee,  
milk, bread, chicken and bananas.



# WHY waste Happens

# Research shows that

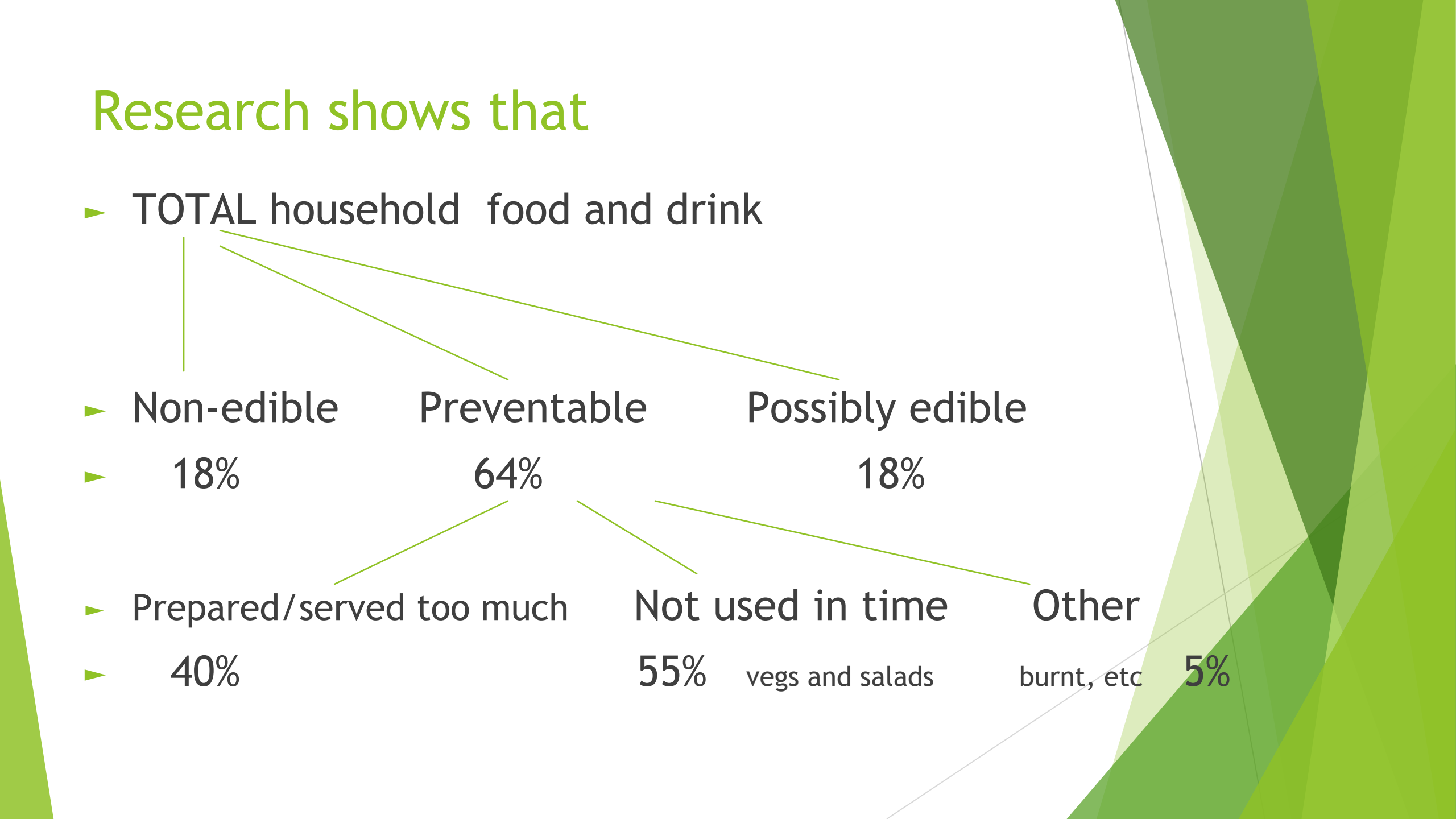
- ▶ TOTAL household food and drink

- ▶ Non-edible Preventable Possibly edible

- ▶ 18% 64% 18%

- ▶ Prepared/served too much Not used in time Other

- ▶ 40% 55% vegs and salads burnt, etc 5%

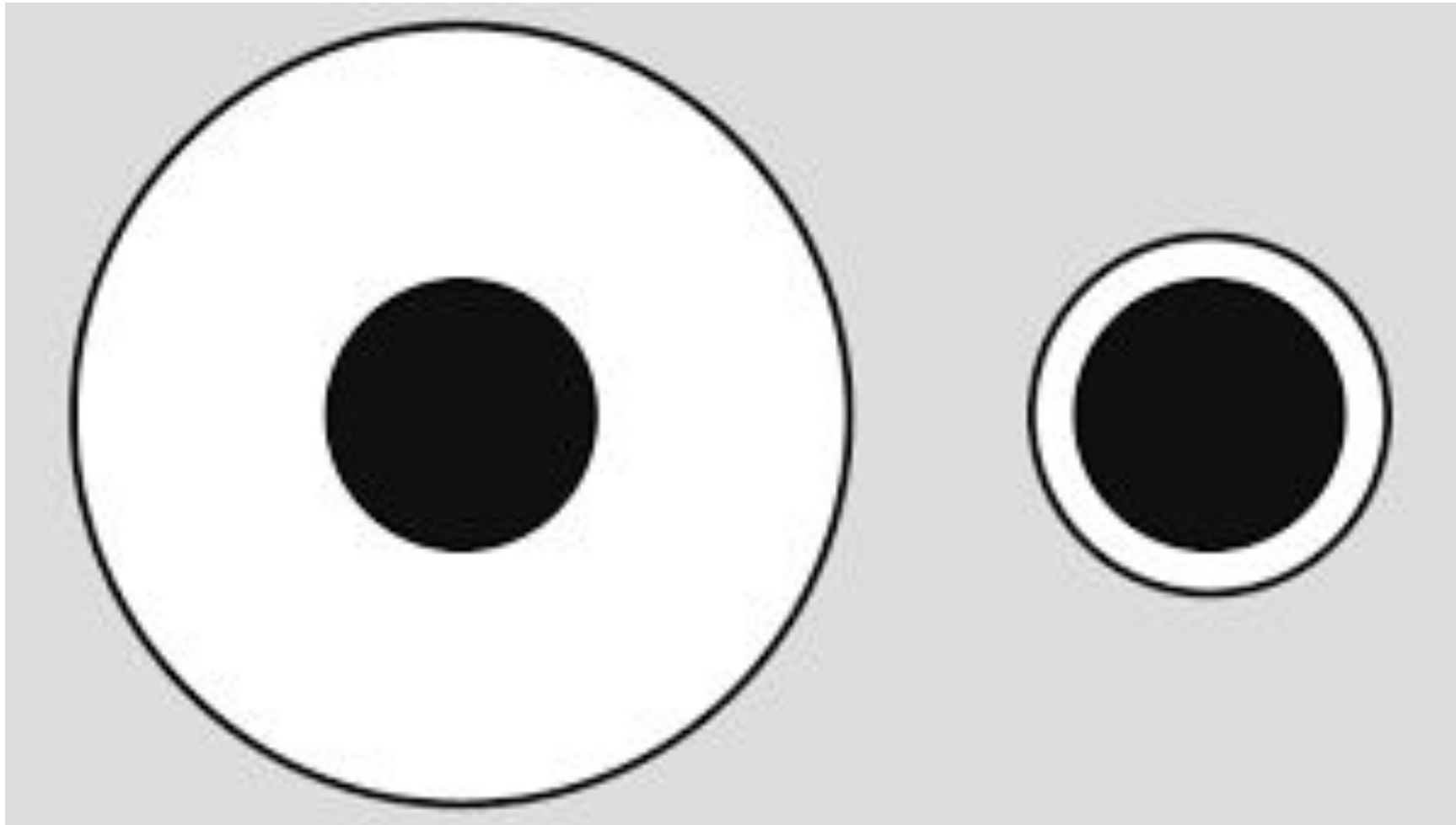




We all HATE waste!  
Why?



# Brain on Automatic





Busy, dynamic lifestyle makes it difficult to plan meals



# Complexity of CHANGE

## Additional barriers:

- ▶ Not enough information
- ▶ Time needed to learn new skills
- ▶ Time needed to prepare fresh foods
- ▶ Preference for one type of food vs another

# Why wasting food MATTERS

Wasted Food = Wasted Resources!

## U.S. Food Production Costs

50% of land use

80% of water use

10% of total energy use



# DRAWDOWN

**DRAWDOWN**  
THE MOST COMPREHENSIVE  
PLAN EVER PROPOSED TO  
REVERSE GLOBAL WARMING  
EDITED BY PAUL HAWKEN

\* Gigatons CO2 Equivalent Reduced / Sequestered (2020–2050)

◆ SOLUTION	◆ SECTOR(S)	▼ SCENARIO 1 *	◆ SCENARIO 2 *
Reduced Food Waste	Food, Agriculture, and Land Use / Land Sinks	87.45	94.56
Health and Education	Health and Education	85.42	85.42
Plant-Rich Diets	Food, Agriculture, and Land Use / Land Sinks	65.01	91.72
Refrigerant Management	Industry / Buildings	57.75	57.75
Tropical Forest Restoration	Land Sinks	54.45	85.14
Onshore Wind Turbines	Electricity	47.21	147.72

Number 1 solution in Scenario 1 (#3 in scenario 2)



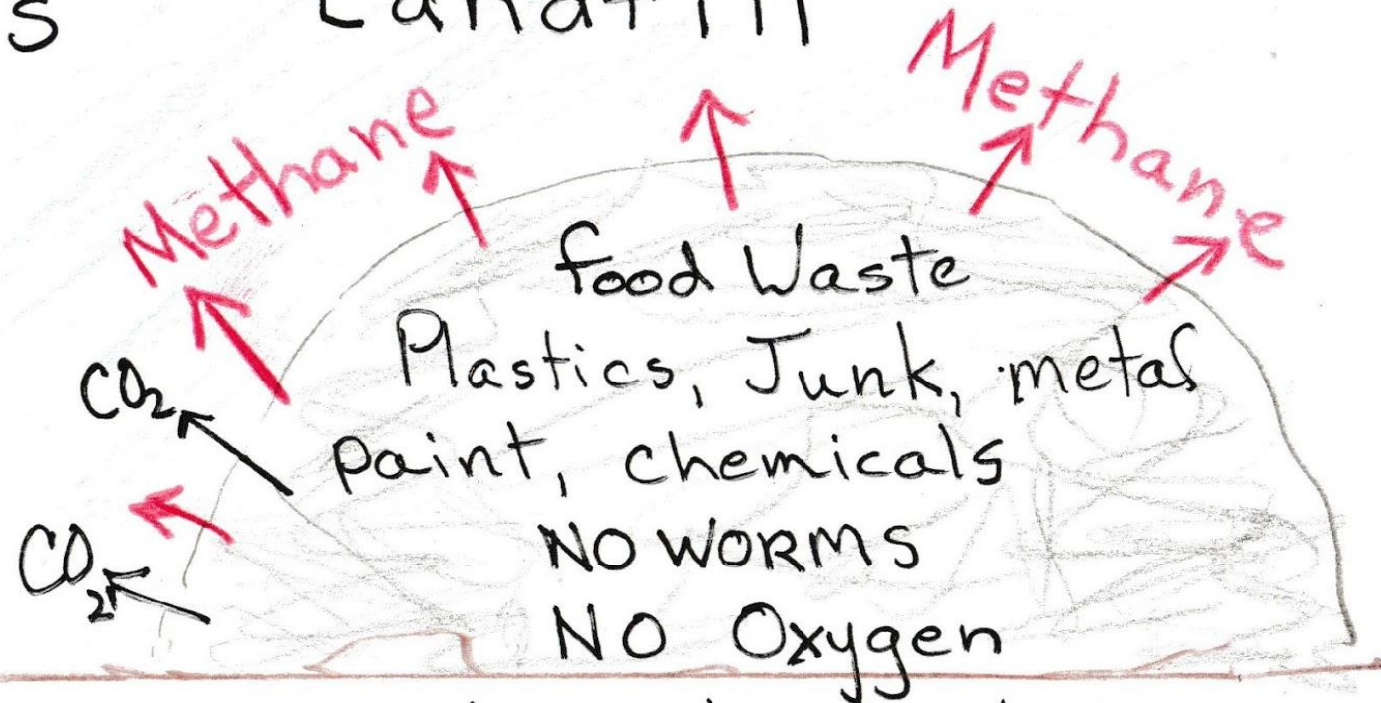
# Compost

vs

# Landfill



Nutrients seep in  
Compost can  
regenerate soil  
Gardener's Gold



Anaerobic bacteria  
release Methane  
which is 20-30X  
more damaging a GHG  
than  $CO_2$

# Strategies to REDUCE Food Waste

We can:

- ▶ Toss less
- ▶ Eat well
- ▶ Simplify our lives
- ▶ Save \$\$\$



# SMART Shopping!

- ▶ Buy what you need!
- ▶ Make a meal plan
- ▶ Then make a list
- ▶ Check your cupboards, fridge and freezer





# SHOPPING LIST with Meals in Mind

- 1 Before you shop, plan the meals you'll eat at home and list items needed.
- 2 "Shop" your fridge, freezer and cupboards for ingredients first.
- 3 Note quantity of fruit and veggies needed from the store.

MEAL	ALREADY HAVE	NEED TO BUY
Example: Veggie Quiche	Example: Mushrooms - 1 cup	Example: Eggs- 1 dozen
.....	.....	.....
<b>Mon</b>	.....	.....
.....	.....	.....
<b>Tue</b>	.....	.....
.....	.....	.....
<b>Wed</b>	.....	.....
.....	.....	.....
<b>Thu</b>	.....	.....
.....	.....	.....
<b>Fri</b>	.....	.....
.....	.....	.....
<b>Sat</b>	.....	.....
.....	.....	.....
<b>Sun</b>	.....	.....
.....	.....	.....

# SMART STORAGE

- ▶ Follow the Storage guide in the Resources!
  - ▶
  - ▶ Sniff and See - Don't go by Best By dates
  - ▶
- Onions give off ethylene gas which speeds up maturing of potatoes!

# SMART PREP:

## ➤ PREP PERISHABLES Promptly!

wash, dry, chop, dice, slice, and place your fresh food items in clear storage containers for snacks and easy cooking.

**Befriend your freezer and visit it often.** Freeze food such as bread, sliced fruit, or meat that you know you won't be able to eat in time.

Cut your time in the kitchen by **preparing and freezing meals ahead of time.**

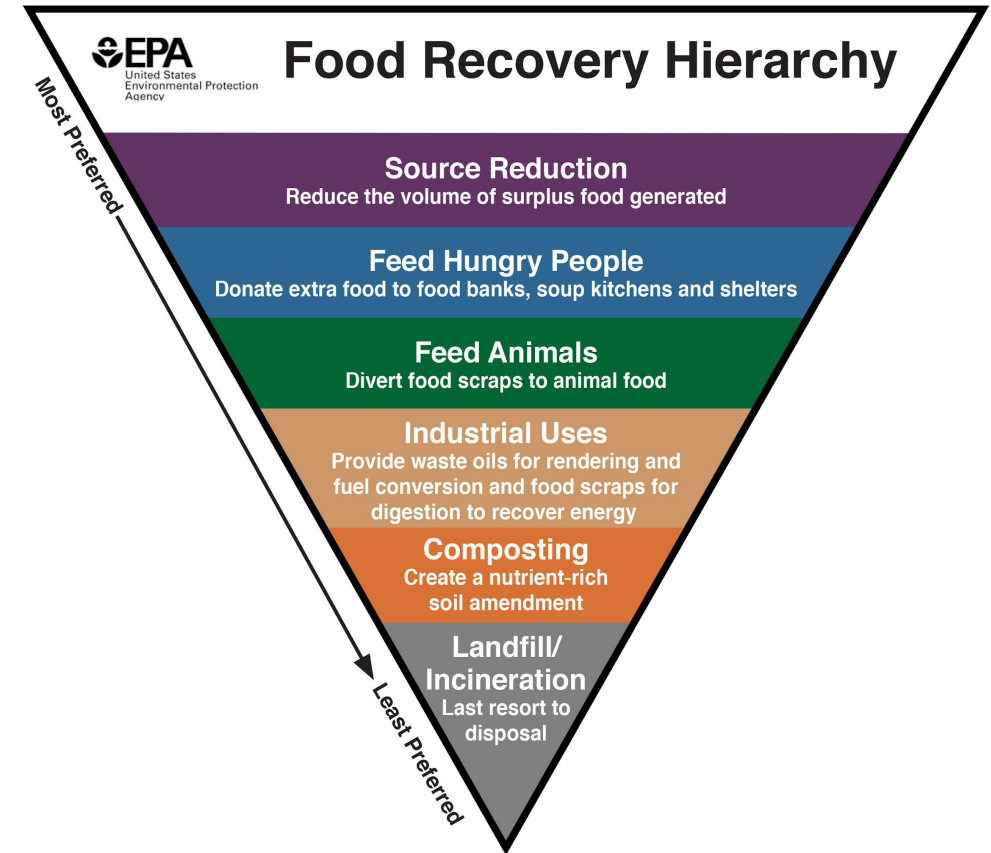
# SMART SAVINGS:

Put on a shelf in the fridge  
as a reminder!

**EAT  
FIRST**

# If you can't prevent it, donate or recycle the rest

- ▶ Preventing food waste is best
- ▶ Share leftovers or excess from your garden with a friend or those in need
- ▶ Give healthy leftovers to your pooch
- ▶ Compost
  - ▶ See Cornell Cooperative Extensions' info on backyard composting
  - ▶ Sign up for Residential Food Scrap Recycling service with Impact Earth (now consolidated with Community Composting)



# Handouts:

Available at [www.RAICA.net](http://www.RAICA.net)

Idea Exchange under Food and Food Waste:

- ▶ Shopping list with meals
- ▶ SMARTER PLANNING
- ▶ Become a STORAGE PRO!
- ▶

# Prizes



# Questions

Studies estimate that food waste costs the average US family

- a) \$50-60/ year
- b) \$100-\$300/year
- c) \$500-\$800/yer
- d) \$1500-1800/year

# Questions

When we waste food we waste

- a) water
- b) land resources
- c) energy
- d) all of the above

# Questions

When we encounter food that is past its expiration date we should

- a) toss it immediately
- b) compost it
- c) dispose only if it says “use by” but not all of the above “best by”
- d) use your senses to inform your decision (smell, color, texture, taste, etc.)

# Questions

The best way to reduce food waste is

- a) Store veggie scraps (such as carrot skins, onion skins and preices) to use for soup stock
- b) Eat leftovers at least once a week
- c) Shop your fridge before you shop outside
- d) Buy the appropriate quantity of frozen fruits and veggies when you can

# DISCUSSION



# Food Waste Prevention Awareness CHALLENGE

Please visit our Facebook page and post what you waste and what you will do about it

- ▶ Take a picture of the next thing you waste- post it to facebook and say how you are going to try to avoid it in the future!
- ▶ Tag it with **#RAICA Food Waste Challenge.**

# Words of Spirit, Ways of Action

RAICAs 2020 Virtual Summit

<https://www.raica.net/virtualsummit>

## Words of Spirit

- Roshi Bohdin Kjolhede
- Reverend Lane Campbell- First Universalist Church of Rochester
- Rabbi Peter Stein, Senior Rabbi of Temple B'rith Kodesh

## Ways of Action

- Energy Efficiency Challenge
- Community Solar

## Coming Up

- RAICA and Grupo Latino Catolico "on care for our common home"- March 10
- Kiss the Ground Movie Screening and Discussion panel -March 11



The background features a blue sky with falling multi-colored confetti (yellow, orange, red, green, blue, purple) and green geometric shapes on the right side.

# **Thank you for participating!**

**Visit us @ [www.RAICA.net](http://www.RAICA.net)  
or for more information contact**

**[pwartinger@gmail.com](mailto:pwartinger@gmail.com)**