

Be a Food Loss BOSS!!!

A Presentation for FSM 120L, Fall 2017

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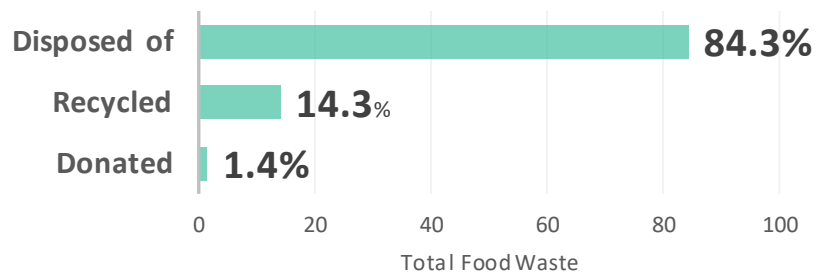
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for our newsletter, go to
itsnottrash.org (but not really lol)

4-10% OF PURCHASED FOOD IS LOST IN THE
KITCHEN¹
EST 33 MILLION POUNDS FOR EVERY BILLION
DOLLARS IN REVENUE²

Top reasons for food waste:

- Overproduction
- Expiration
- Spoilage
- Trimming

Restaurant Food Waste²



KITCHEN TIPS

- **MONITOR** FOOD WASTE/ FOOD WASTE AUDIT.
- **REDUCE** PORTION SIZES.
- **REPURPOSE** INGREDIENTS THAT WOULD TYPICALLY GET THROWN OUT.
- **CREATE** DAILY SPECIALS WITH INGREDIENTS THAT ARE APPROACHING USE-BY DATE.

Resourceful Recipes

Melon seed milk

For use as a non-dairy milk

Ingredients:

Seeds from 2 large melons, cleaned
water

Directions:

Add seeds and water to blender in a 2:1 ratio.
Blend on medium/high for 3 minutes.
Strain with cheesecloth. Sweeten if desired.
Seeds can also be dried and toasted.

Yields: about 3 cups

Eggshell powder

For use in baked goods

Ingredients:

12 eggshells

Directions:

Remove inner membrane from eggshells.
Microwave for 90 seconds/ Pulverize into a
fine powder. Sieve powder for larger bits

**Yield: about 70 grams. We suggest adding 5
grams of powder per recipe.**

Carrot top Pesto

Ingredients:

2 cups carrot tops, rinsed, stems removed
(can also use radish tops)
½ C extra virgin olive oil
1/3 C nuts
2 garlic cloves
Salt and pepper to taste

Directions:

In a food processor, combine nuts and olive oil
and garlic. Blend but leave a bit chunky. Add
carrot tops and salt and pepper to taste.

Blend.

Yield: 1 cup

¹LeanPath. (2008). Short Guide to Food Waste Management Best Practices.

²BSR. (2014). Analysis of U.S. Food Waste Among Food Manufacturers, Retailers, and Restaurants.

In-Service Food Waste Outline

Sarah

- Introduction
- Statistics
 - % Lost in kitchen
 - Lb/Billion \$
 - Reasons for waste
 - % Disposed, recycled, donated.

Brenda

- Kitchen practices for food waste reduction
 - Food waste audits
 - Reduce portion sizes
 - Repurpose ingredients
 - Daily specials

Marcella

- Recipes
 - Melon seed milk
 - Eggshell powder
 - Carrot top pesto