

FOOD WASTE RESOURCES

For Further Reading:

TECHNICAL REPORT AND ROADMAP - The Avoidable Crisis of Food Waste 2019

<https://secondharvest.ca/research/the-avoidable-crisis-of-food-waste/>

Good books to read on Food Waste:

Food Foolish: The Hidden Connection Between Food Waste, Hunger and Climate Change – John M. Mandyck & Eric B. Schultz 2015

Food Waste: Home Consumption, Material Culture and Everyday Life – David Evans 2014

My Zero Waste Kitchen: Easy ways to eat Waste Free – Kate Turner 2017

The Waste Not, Want Not Cookbook: Save Food, Save Money, and Save the Planet – Cinda Chavich 2015

The Waste-Wise Kitchen Companion: Hundreds of Practical Tips for Repairing, Reusing and Repurposing Food – Jean B. MacLeod

Waste Free Kitchen Handbook: A guide to eating well and saving money by wasting less food – Dana Gunders 2015

Waste: Uncovering the Global Food Scandal – Tristram Stuart 2009

Movies/Documentaries to watch:

Wasted! The Story of Food Waste – available on CBC.ca or for rent at Green Action Centre

Just Eat It – available to rent at Green Action Centre

Dive! – available to rent at Manitoba Eco Network Library

Go Further with Free Online Resources:

Love Food Hate Waste – this website from the UK has some fun and useful videos and resources to help you reduce your waste: www.lovefoodhatewaste.com

Getty Stewart – Getty is a local home food economist focused on local food, healthy cooking, and promoting food waste reduction. For some Winnipeg-specific and garden related tips, as well as recipes for using up local produce, visit her site: <https://www.gettystewart.com/>

Community Supported Agriculture Farms (CSA) - Support a local farm this year by joining a Community Supported Agriculture (CSA) group. Not only is your food fresher, because it hasn't travelled thousands of miles to get here, but it also allows you to get garden vegetables without all the work! By purchasing a share of the harvest, you receive a mixed produce each week. Learn more about food shares and farms here: www.csamanitoba.org and <http://directfarmmanitoba.ca/about>

Best Before Dates - Ever wonder how Best Before or Use By dates work? Use this handy resource to learn more about food and to debunk the myth on those best before dates. www.eatbydate.com and www.stilltasy.com

Fruit Share - Fruit Share Winnipeg is a volunteer run organization that connects homes with excess fruit growing in their backyard, and fruit pickers who can use it! Visit their website here to join and find more information (<http://www.fruitshare.ca/>)

Portion Planner – If you're planning a meal or having a gathering, this handy portion planner shows you how much you need without over buying and wasting food - <https://www.lovefoodhatewaste.com/portion-planner>

Waste Audit – Perform a waste audit with your classroom. Collect all the garbage and recycling for a whole day or week, and weigh each bag. Using tarps and a large area, go through the garbage and recycling and sort it out to see if something was tossed in the wrong spot. Weigh the difference and calculate your 'diversion rate'. If you like, go a step further and make a change to reduce your garbage and do another audit later on to see if you've made a difference. **Learn more about the steep-by-step process here:** https://www.epa.gov/sites/production/files/2017-04/documents/guide_to_conducting_student_food_waste_audit.pdf

Food Pools - What is it? It means sharing food with other families or your neighbours. Have extra beans from your garden? Or too many tomatoes? Don't let them go bad - ask another family if they could use some. Learn more about them here: <http://www.wehatetowaste.com/leftovers-pooling-party-food-waste/>

Green Action Centre Food Waste Quiz - Try our online quiz again and share it with others!