

**Western  
Sustainability  
Leaders  
Program**

*and*

**FRESH**

  
HOSPITALITY  
SERVICES  
AT WESTERN



 **Brescia**  
UNIVERSITY COLLEGE  
Food and Nutritional Sciences



**TIPS TO PREVENT  
CONSUMER FOOD  
WASTE**

**PRESENTED BY:**

**NINA TRASK**

VP EDUCATION

&

**HAILEY BELAIRE**

ASSISTANT VP

EDUCATION



**In Canada, over 50% of the  
food produced is wasted.**

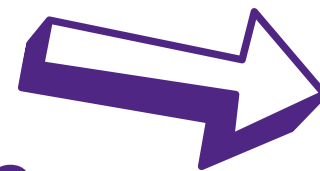
**63% is edible waste.**



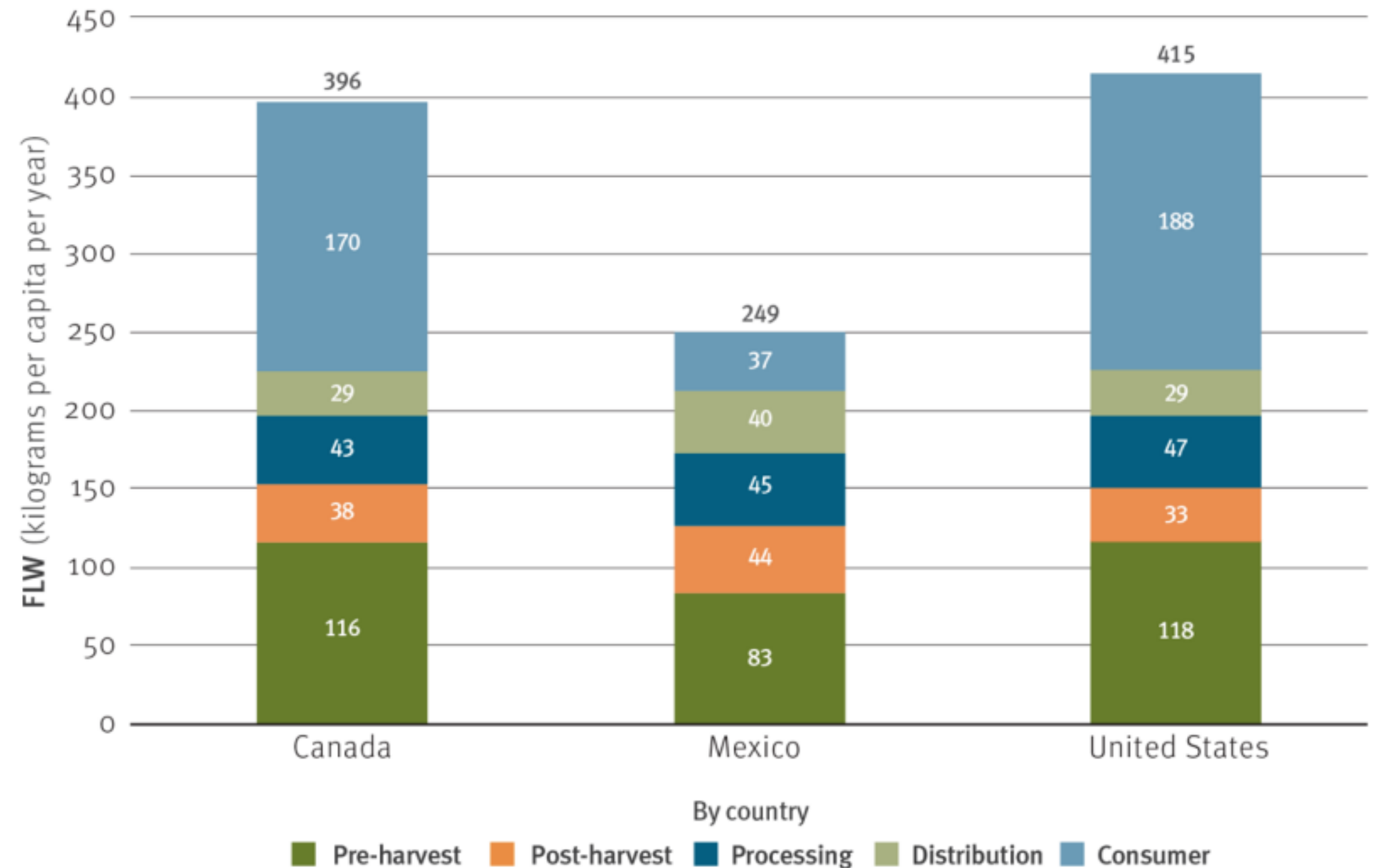


# DID YOU KNOW?

CONSUMER WASTE IS  
THE LARGEST  
CONTRIBUTOR TO  
FLW IN CANADA



**FIGURE 7. Estimates of Food Loss and Waste, Per Capita, across the Food Supply Chain in North America**







**ANNUAL FOOD WASTE PER  
PERSON IN CANADA:**

**396 KG**









METHANE GAS IS RELEASED FROM  
LANDFILLS DUE TO THE ANAEROBIC  
DECOMPOSITION OF ORGANIC MATERIALS  
(I.E. FOOD WASTE → CH<sub>4</sub>)



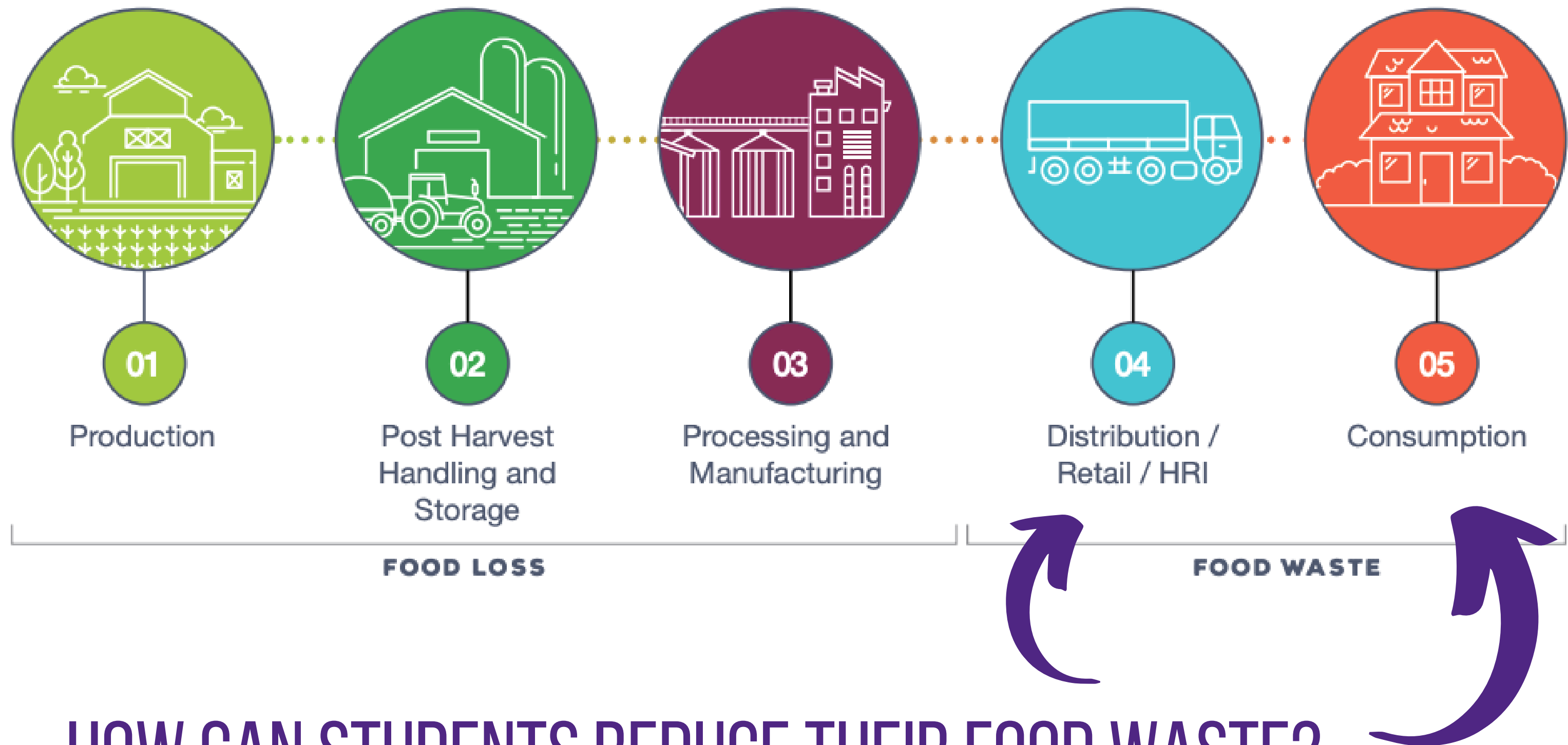


ANNUAL COST OF FOOD WASTE  
IN CANADA:

> \$31  
BILLION







# HOW CAN STUDENTS REDUCE THEIR FOOD WASTE?



# 1. PLAN AHEAD

- BUY WHAT YOU NEED
- PLAN YOUR MEALS
- CONSIDER FOOD STORAGE



## Grocery List

Week of: \_\_\_\_\_

### PRODUCE

_____	_____
_____	_____
_____	_____
_____	_____

### DAIRY

_____	_____
_____	_____
_____	_____
_____	_____

### MEAT, POULTRY & FISH

_____	_____
_____	_____
_____	_____
_____	_____

### BREADS, GRAINS & PASTAS

_____	_____
_____	_____
_____	_____
_____	_____

### FROZEN FOODS

_____	_____
_____	_____
_____	_____
_____	_____

### CANS & JARS

_____	_____
_____	_____
_____	_____
_____	_____

### BEVERAGES

_____	_____
_____	_____
_____	_____
_____	_____

### BAKING SUPPLIES

_____	_____
_____	_____
_____	_____
_____	_____

### LAUNDRY AND CLEANING SUPPLIES

_____	_____
_____	_____
_____	_____
_____	_____

### MISCELLANEOUS

_____	_____
_____	_____
_____	_____
_____	_____





## Western's Residence Dining offers a "weighed model" of service.

- ✓ Allows students the flexibility to control portion size
- ✓ Choose snacks you that can store in your room.



## 2. KEEP IT FRESH

STORE FOODS PROPERLY & ORGANIZE YOUR STORAGE

↪ **“First-In, First Out”**

FIFO is a system for storing & rotating food.

In FIFO, the food that has been in storage longest (“first-in”) should be the next food used (“first-out”).





# STORAGE CONSIDERATIONS

- SPACE
- TEMPERATURE
- TIME
- HUMIDITY
- CONTAINER/PACKAGING



REFRIGERATED FOODS SHOULD BE  
STORED AT TEMPERATURES BELOW  
**4°C (40°F)**

FROZEN FOODS SHOULD BE STORED  
AT TEMPERATURES BELOW  
**-18°C (0°F)**



# LOVE LEFTOVERS: Get creative in the kitchen!

Vegetables



Stir fries, soup,  
pasta, omelette,  
chilli, pizza, etc.

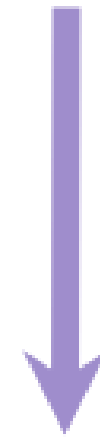
Mashed Potatoes



Shepherd's Pie



Chicken



Add to low-  
sodium broth,  
noodles & carrots



# SUSTAINABLE EATS- COOK ONCE EAT TWICE

## **2-IN-1 MEALS:**

COMPONENTS OF ONE MEAL USED IN SECOND MEAL

## **ZERO WASTE RECIPES:**

USE THE ENTIRETY OF THE INGREDIENTS IN THE RECIPE

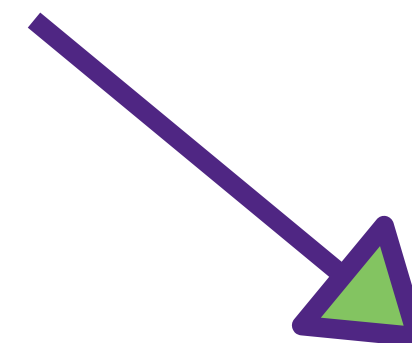
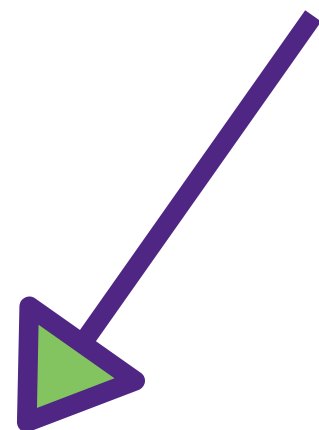
## **BATCH PREP:**

PREPARE 1 LARGE BATCH, DIVIDE INTO PORTIONS FOR LATER

## **ODDS + ENDS**

USE WHAT YOU HAVE ON-HAND, INCLUDING LEFTOVERS





THIS



OR THAT



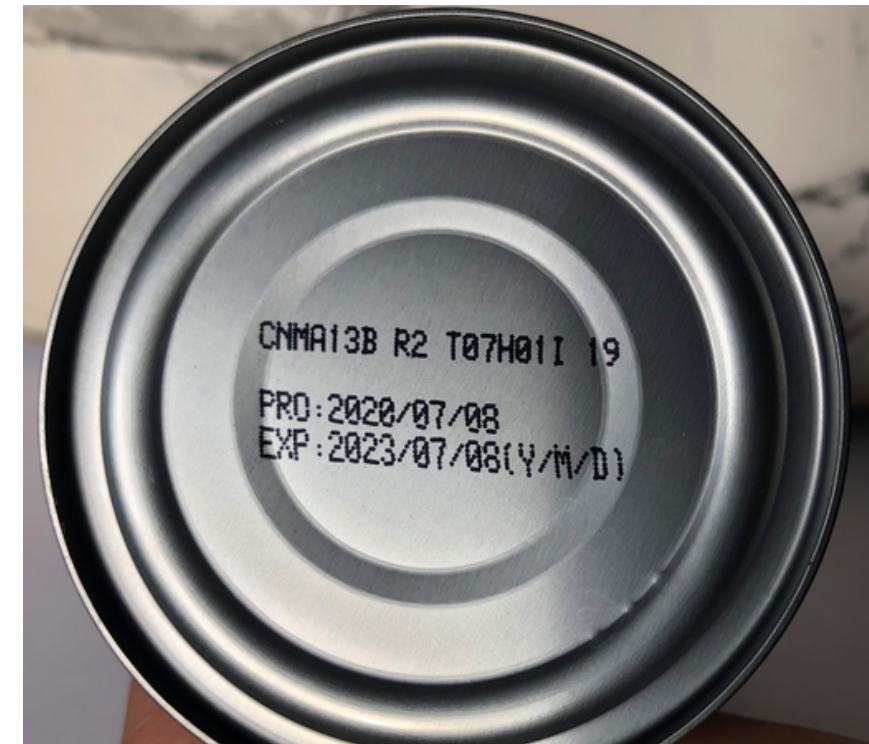
# 3. KNOW YOUR LABELS

"BEST BEFORE" DATE IS NOT THE SAME AS  
AN EXPIRATION DATE.

✓ BEST-BEFORE DATES DO NOT GUARANTEE  
PRODUCT SAFETY. THEY ARE NOT RELATED.

✓ THEY GIVE INFORMATION ABOUT THE  
FRESHNESS AND POTENTIAL SHELF-LIFE OF  
UNOPENED FOODS

✓ YOU CAN PURCHASE AND CONSUME FOODS  
PAST THEIR BEST BEFORE DATE.





Look for...

## LOCAL LABELS

Foodland Ontario  
Product of Canada



## SEASONAL FOODS

Availability guide:  
[Ontario.ca/foodland](https://ontario.ca/foodland)



## COMMUNITY ACTION

Farmers Markets,  
Urban gardens, CSAs





# ORGANICS IN RESIDENCE:

okay



fruit & vegetables



all food scraps



paper containers



paper packaging



paper napkins

not okay



plastic lids



cutlery & plastic straws



plastic film

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DO YOUR PART,  
SORT IT RIGHT!

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## COMPOST FOOD SCRAPS!

Please take all ORGANIC waste to the  
BINS by the DISH RETURN AREA





# CONTAINERS IN RESIDENCE:

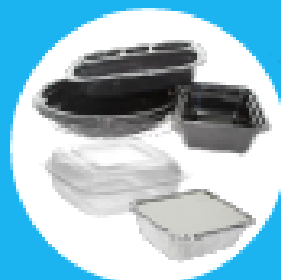
okay



bottles, cans & glass



juice & milk boxes



plastic & foil take out containers



plastic lids

not okay



food waste



cutlery & straws



Plastic bags & film

S  
US  
TAIN  
ABILITY



## DO YOUR PART, SORT IT RIGHT!

S  
US  
TAIN  
ABILITY

Mixing recyclables or garbage in blue bins, causes the bin to be **CONTAMINATED**.

**CONTAMINATED** bins cannot be recycled and all the contents end up in landfill.





# 3 **FRESH** TIPS TO REDUCE YOUR WASTE:

- ✓ **PLAN AHEAD:** REDUCE FOOD WASTE BY PREVENTING ITS GENERATION
- ✓ **KEEP IT FRESH:** STORE FOOD PROPERLY AND COOK CREATIVELY
- ✓ **KNOW YOUR LABELS:** BB4 IS NOT EXPIRY, SHOP LOCAL, SORT YOUR WASTE