

FOR IMMEDIATE RELEASE:

Date: October 19, 2021

Contact: Paul Freund, Organic Materials Program Coordinator
(530) 528-1103

TIPS FOR REDUCING FOOD WASTE AT HOME

Have you ever had a head of lettuce get too wilted before you could use it or overcooked something and were not sure how to save it, so it just got tossed in the trash? It is easy to forget about food that is in your refrigerator until it is too late, and this is part of the reason that so much food goes to waste at homes across California each day. In fact, almost 33 million pounds of food are tossed in the trash each day in California. One of the reasons that California Senate Bill 1383 Short-Lived Climate Pollutants (SLCP): Organic Waste Reductions was signed into law in 2016 was to address the large amounts of organic waste, such as food waste, that is going into landfills. The law takes effect on January 1, 2022, with the goals of reducing the disposal of organic waste sent to landfills by 75 percent and to recover 20 percent of edible food that is currently disposed of by 2025. The following tips are some ways to prepare now to start decreasing the amount of food that is sent to landfills.

The Ad Council created a campaign to help bring awareness to the issues of food waste and to help people create less food waste. Their website, www.SaveTheFood.com, has plenty of information on the issues surrounding food waste and provides lots of helpful tips to prevent food from being tossed. They have tips on everything from meal planning to recipes to storage of leftovers. The meal planning tips feature an option to create your own plan or use one already created with options to customize it based on how many days you want to prepare for and how many people you will be serving. The meal planner even creates the shopping list for you so you buy enough, but not too much that it could go to waste. Another helpful feature are the storage tips to help keep things from getting freezer burn or going bad before you can use it. There are also lots of recipes to help use items in your pantry or fridge before they go stale or to revive food that has wilted.

By incorporating these tips for “Saving the Food” and continuing to recycle and reduce waste sent to landfills, we can create a much cleaner and healthier environment for everyone to enjoy. Reducing food waste sent to landfills will reduce the methane produced at these landfills – resulting in much cleaner air. Also, by keeping material out of the landfill and diverting it to beneficial uses we can prevent more landfills from being built. For more information on the tips discussed above visit www.SaveTheFood.com. For information about Senate Bill 1383, please visit <https://www.calrecycle.ca.gov/organics>.