

# Erase Food Waste

Save money by preventing food from going to waste in your kitchen

## Let's talk trash.

Each year up to 40% of our food supply in the U.S. never gets eaten. The environmental, economic, and social impacts that occur as a result of wasted food are dramatic.



### Environmental Impacts



21% of all fresh water and 18% of cropland is used to grow food that gets wasted



21% of all landfill volume is occupied by food waste



2.6% of U.S. GHG emissions are caused by food waste

### Economic Impacts

- \$218 billion lost annually in the U.S.

### Social Impacts

- 1 in 5 San Diegans are food insecure or at risk of food insecurity

## Benefits of Implementing a Waste Prevention Program

An estimated 27% of all food waste in the U.S. occurs in commercial kitchens. Across the nation, food professionals are stepping up to combat this wasteful trend.

### Save money

A study found that for every \$1 invested in food loss and waste reduction, the median company realized a \$14 return.

### Reduce staff turnover

Involving staff in sustainable practices helps build pride and loyalty.

### Gain community recognition

Market your efforts to gain acknowledgment, respect, and business from locals.

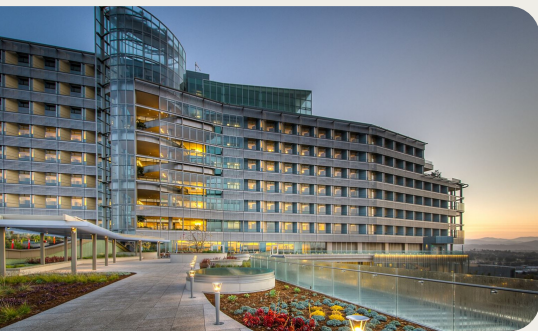
# Top 4 Tips for Food Waste Prevention in Kitchens of All Types!



These tips revolve around "source reduction" strategies, which prevent food from becoming waste in the first place.

## 1 Waste Tracking & Analytics

Waste tracking systems of all sorts, from pen and paper to advanced software, are extremely beneficial for gaining insight into where and why food waste happens in the kitchen.



Palomar Medical Center implemented food waste tracking and reduced food waste by over 50% in one year. Cost savings estimate = \$52,500.

### Why:

- The act of tracking leads to waste reduction: Staff become aware of waste and naturally cut back.
- Highlight learning opportunities: Review the log during an all-staff meeting and brainstorm how waste could have been avoided.
- Inform recipe development: Discover low-cost recipe opportunities by repurposing common surplus items or trim.

### How:

- Make space for at least one "Food Waste Tracking Station" in your kitchen. At a minimum, the station should have a scale and a log [e.g. paper or Excel]. More advanced waste tracking stations may utilize a service like Leanpath, Winnow, or Phood which offer integrated scale, camera, and software bundles.
- Instruct staff to begin tracking all pre-consumer food waste—any food waste that occurs before it ends up on a customer's plate—at the waste tracking station. Examples of pre-consumer waste include trim, spoiled or past-date items from inventory, surplus production, and any other foods destined for compost/trash.
- Instruct staff to collect the following information in the Food Waste Tracking Station log: food type, weight, and loss reason. Standard loss reasons include overproduction, inventory spoiled/dated, and trim.
- Distinguish clear roles and processes to make staff aware of their tracking duties and to optimize efficiency. For example, during a prep shift, a cook can accumulate vegetable trim in a container and weigh the full container once when they are done prepping.
- Encourage staff to track by offering participation prizes, and communicate clearly that tracking will be rewarded, not be penalized.

## Top 4 Tips for Food Waste Prevention, continued



### 2 Inventory Management & Production Planning

Follow inventory storage best practices and improve demand forecasting to optimize efficiencies.

#### Why:

- Reduced inventory waste: Cut back on food waste caused by spoilage or expiration.
- Smart planning: Improve accuracy of demand forecasting and production planning.

#### How:

- Maintain an organized inventory tracking system and host frequent re-trainings on First-In-First-Out inventory management for all staff.
- Analyze historical sales data to inform demand forecasting.
- Use data from waste tracking as feedback to adjust ordering and production planning.

#### Why:

- Cost savings: Utilizing repurposed ingredients cuts down on food costs.
- Staff empowerment: Empower cooks to be imaginative in their culinary techniques.
- Lift team spirit: Team collaboration and brainstorming boosts spirits and pride.

#### How:

- Use data from waste tracking to identify commonly wasted items with repurposing potential.
- Spend time during a team huddle or staff meeting to brainstorm recipes. Try hosting a recipe development competition to encourage staff engagement.
- Determine how to incorporate recipes into standing menu items or specials.

### 3 Zero Waste Recipe Development

Utilize food considered scraps, trim, and surplus to develop new low-cost recipes.

### 4 Menu Design & Service Style

Across all restaurant concepts, guests leave, on average, 17% of the food on their plate. Reduce customer plate waste through menu design and service style changes.

#### Why:

- Reduced disposal costs: Save, with lower hauling costs.
- Happier customers: Provide customers with size variety.

#### How:

- Offer diverse portion choices to allow customers to order meals that best suit their appetite, e.g. half-sizes.
- Reduce serving container sizes for buffets and salad bars.
- Provide customers with smaller plates in self-serve dining settings.
- Eliminate tray dining in all-you-can-eat establishments.