

Food Waste Prevention, One Bite at a Time

Resources for your day-to-day –
in the field & in the kitchen

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Who am I?



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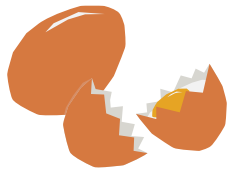
Savannah

Why am I talking to you?



The Food Waste Problem

Forty percent of food produced in the U.S. is wasted, meaning it doesn't feed people.



The Hunger Problem

44 million people in the U.S. are food insecure, meaning they don't know where they'll get their next meal.



The Communication Problem

Folks either (incorrectly) think they don't waste anything, or they think it'll be a huge life change to stop wasting.

Only Take What You Need

- Up to a point, keeping food on the plant gives it a better chance of survival than burying it in your refrigerator drawer.
- Make a list of what you need & stick to it.
- Using a grocery pick-up system can reduce excess (e.g., impulse buys).



Stay Local

- Home- & locally grown produce tends to have a longer shelf-life & be more nutritious than produce shipped from far away.
- Remember: flash freezing food maintains nutrition, so your freezer is your friend.





WEEKLY MEAL PLANNER



Week of:

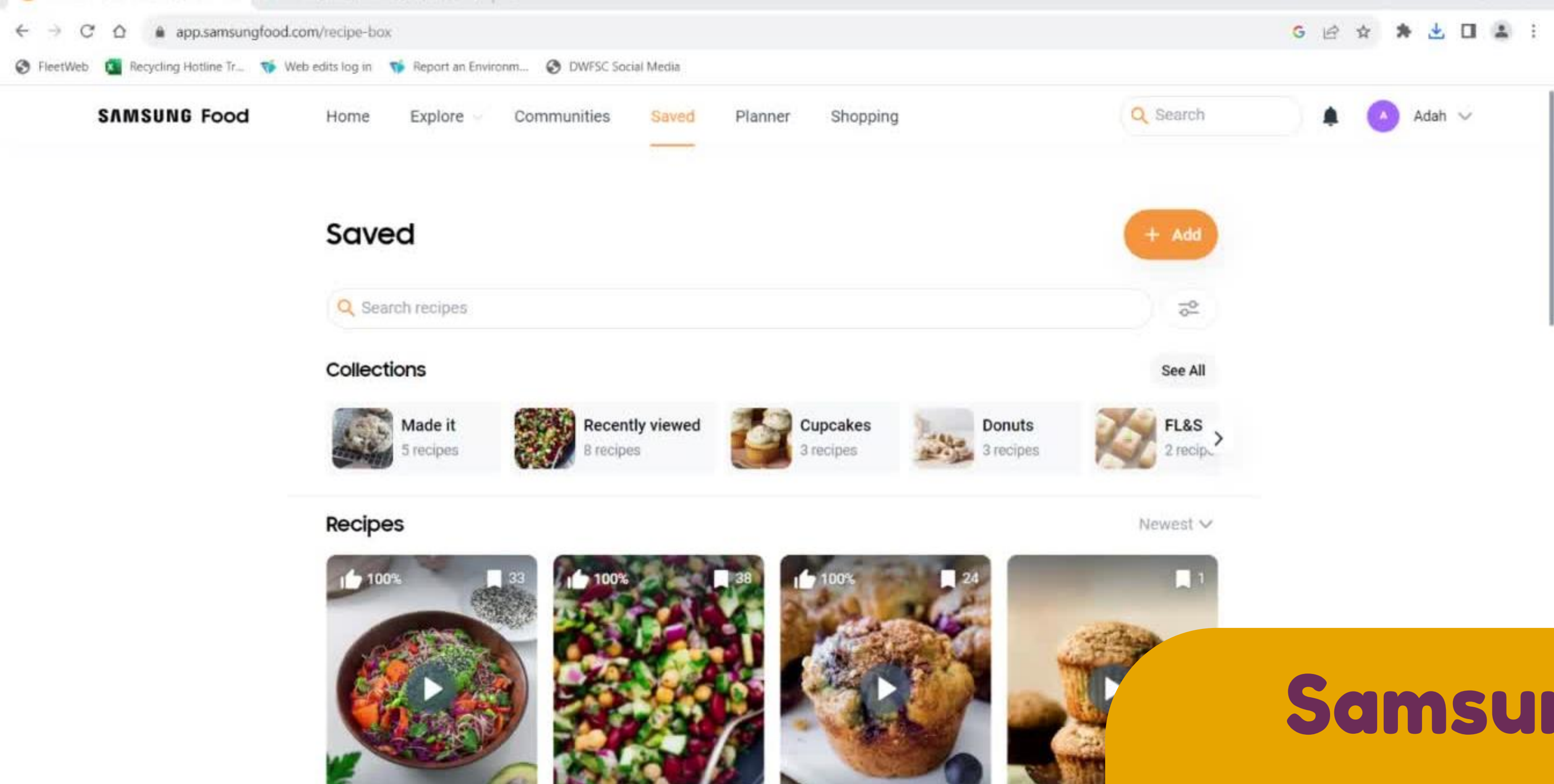
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							



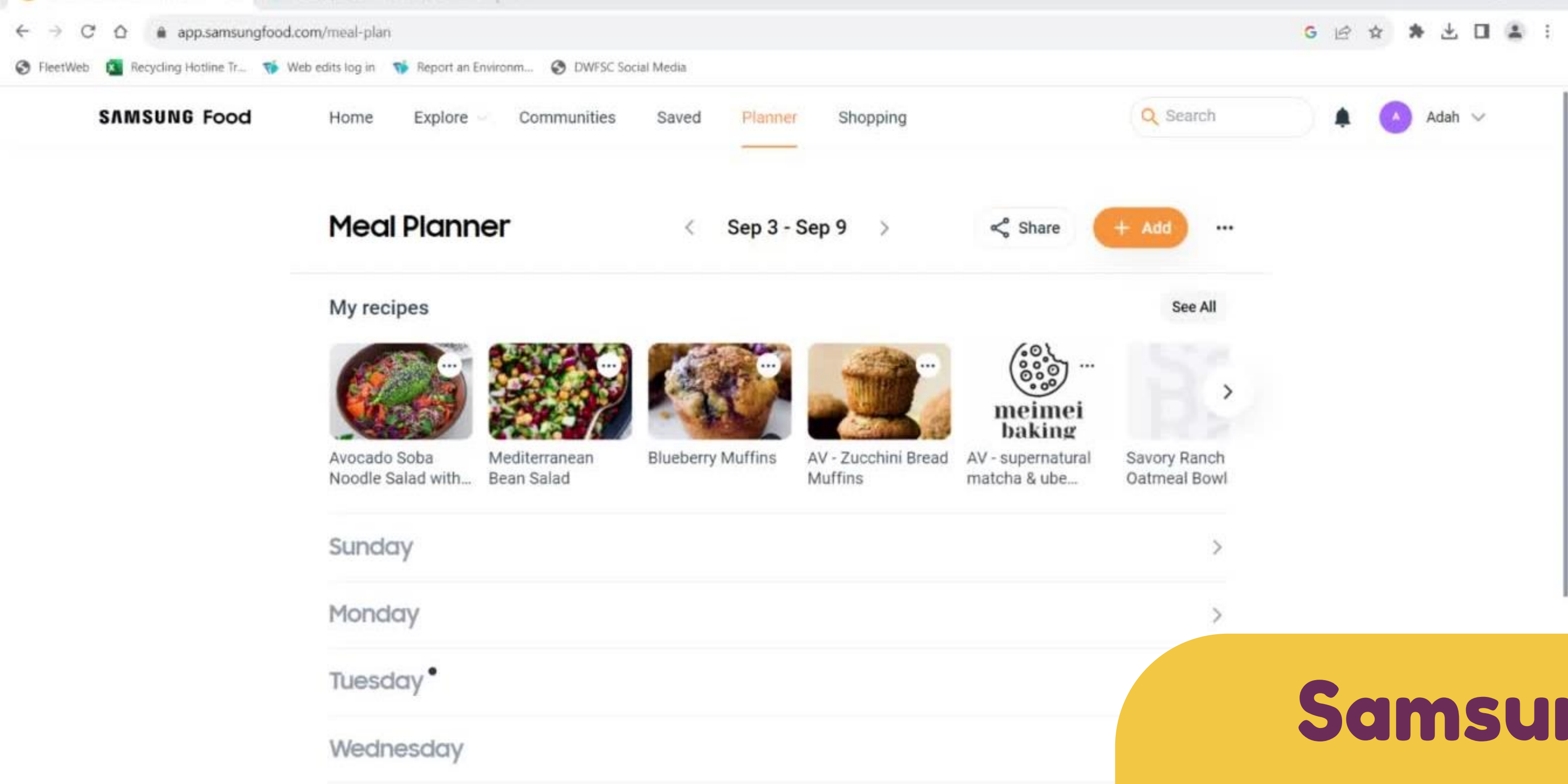
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Plan ahead



**Samsung
Food
(formerly Whisk)**



**Samsung
Food** *pt II*
(formerly Whisk)

FRESH PRODUCE

SIMPLE STORAGE FOR

THE JUNE



Humidity

Why does my produce go bad so quickly?

Some fruits and vegetables release a gas (ethylene) that causes increased ripening in other produce. Different fruits and vegetables have different levels of sensitivity to ethylene. Simply put? Keep ethylene producers **AWAY** from items that are ethylene sensitive.

Ethylene Sensitive

- Apples
- Asparagus
- Avocados
- Bananas
- Broccoli
- Cantaloupe
- Collard Greens
- Cucumber
- Eggplant
- Grapes
- Honeydew
- Kiwi
- Lemons
- Lettuce
- Limes
- Onions
- Peaches
- Pears
- Peppers
- Squash
- Sweet Potatoes
- Watermelon

Ethylene Producers

- Apples
- Apricots
- Avocados
- Bananas
- Cantaloupe
- Figs
- Honeydew
- Kiwi
- Nectarines
- Peaches
- Pears
- Peppers
- Plums
- Tomatoes

ADJUST ACCORDINGLY



Many refrigerators have two drawers fitted with humidity controls. This is because:

Only have one drawer?

Use it for veggies. Package and store fruit elsewhere in the fridge.

FRUITS require **LOW HUMIDITY.**

VEGETABLES require **HIGH HUMIDITY.**

Ethylene



scdhec.gov/dwfsc
dontwastefoodsc@dhec.sc.gov



@dontwastefoodsc

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**WITH TIPS, TRICKS, AND INFO TO KEEP
YOUR FOOD FRESH AND TASTY FOR AS
LONG AS POSSIBLE.**



- ▶ BEANS, NUTS & PROTEINS
- ▶ OILS, CONDIMENTS & SPICES
- ▶ DAIRY & EGGS
- ▶ PANTRY STAPLES
- ▶ MEAT, POULTRY & SEAFOOD
- ▶ FRUITS
- ▶ VEGETABLES



CHOOSE ANY FOOD FROM THE MENU AND LEARN EVERYTHING YOU NEED ABOUT HOW TO STORE IT.

Save the Food

Don't Believe Everything on TikTok

...or Instagram, or Facebook, or kind of most of the internet



When it comes to food safety & preservation, carefully consider the source.

Reliable Resources



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Reliable Resources

Reliable Resources



FOOD PRESERVATION RESOURCES

- Ball Mason Jar Recipes & Canning/Preserving Guides..... ballmasonjars.com
Extension Foundation Search..... extension.org/search_gcse/#gsc.tab=0
Healthy Canning Healthycanning.com
National Center for Home Food Preservation –USDA Complete Guide to Home Canning
(available for download) nchfp.uga.edu
Pomona Pectin Recipes pomonapectin.com/category/recipes/

EXTENSION RESOURCES

- Clemson University Cooperative Extension Food Systems & Safety..... clemson.edu/extension/food/
North Carolina State Extension Resources including Food Safety & Processing, Local Foods..... ces.ncsu.edu
List of Land Grant Institutions, Extension Services,
& State Departments of Agriculture pickyourown.org/countyextensionagentoffices.htm

SOCIAL MEDIA PAGES & COMMUNITIES

- Canning For Beginners Safely, By the Book..... facebook.com/groups/220271992759555/
Carolina Canning..... facebook.com/carolinacanning
Clemson Extension Food Systems & Safety – Facebook..... facebook.com/FNHClemson
Don't Waste Food SC - Facebook & Instagram
Facebook..... facebook.com/DontWasteFoodSC
Instagrams instagram.com/DontWasteFoodSC

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WHAT WOULD YOU LIKE TO LEARN?

SEARCH

IN THE GARDEN

PHOTO BLOG

TASTY BITES

RECIPES



What Is It? Wednesday – Pineapple Guava Fruit
Nov 1, 2023 | In the Garden



SC Fruit and Vegetable Field Report – October 30, 2023
Oct 31, 2023 | In the Garden

FACTSHEET NUMBER

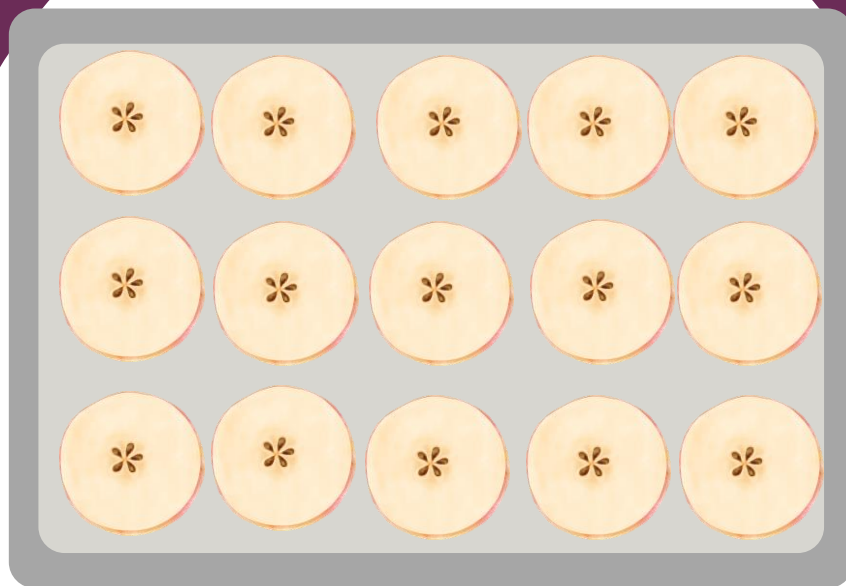
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SEARCH

RESOURCES

Food Recall Alerts

SC Crop Improvement



Dehydrate



Can



Freeze



Ferment



Date Labels

are required to be printed on
manufactured food items
for regulation

Indicate when a food begins
to deteriorate

Are indicators of safety for
safe to eat – that
from “expiration date”

PRODUCT DATING

WHAT DOES IT REALLY MEAN?

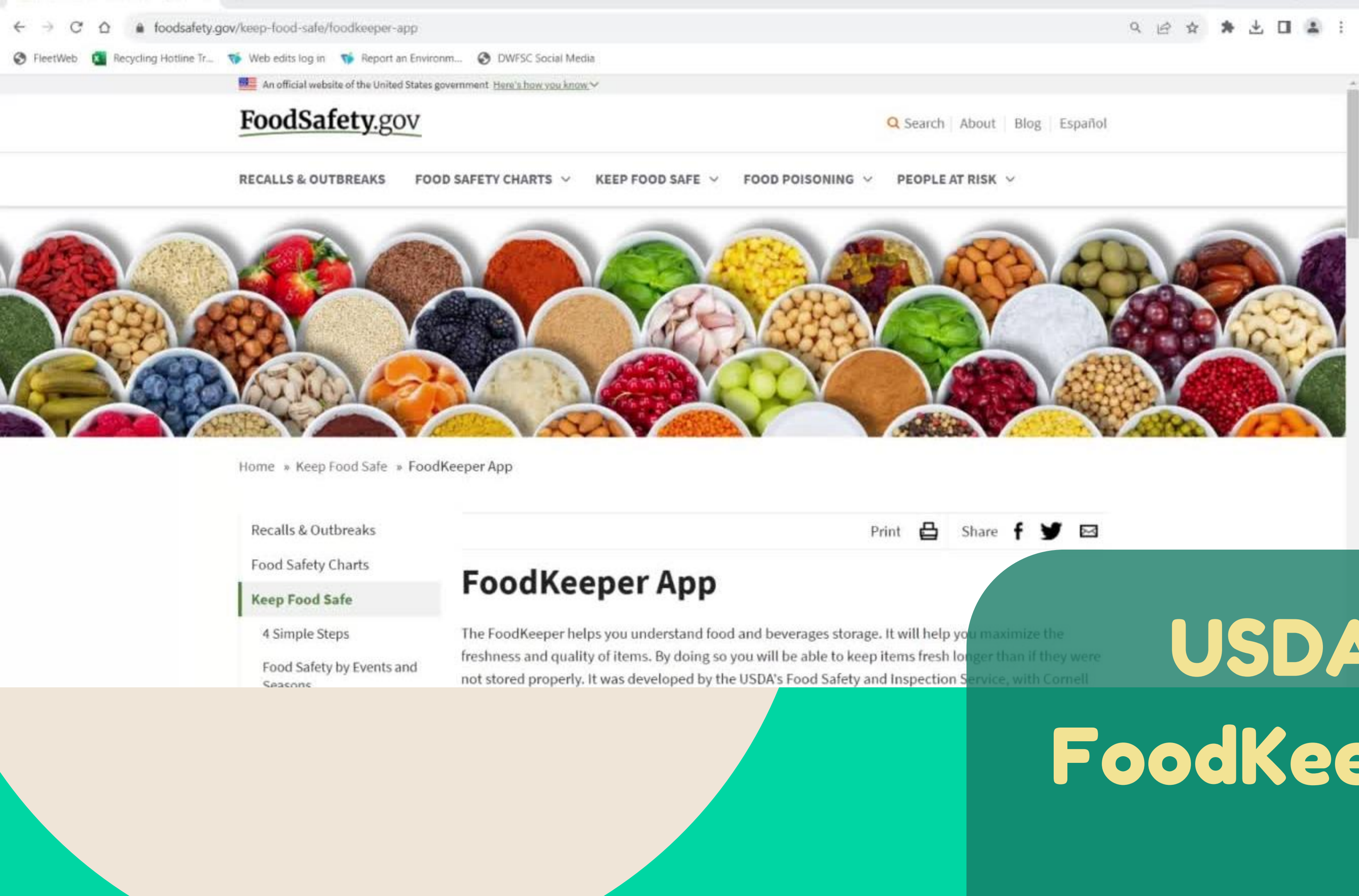
All of those dates on food products – sell by, use by, best if used by – are not an indicator of food safety. So what do they mean?

- **SELL-BY DATE** – This date tells the store how long to display the product for sale. You should buy the product before this date.
- **BEST IF USED BY/BEFORE DATE** – This date is recommended for best flavor or quality. It is not a purchase or safety date.
- **USE-BY DATE** – This date is the last date recommended for the use of the product while at peak quality. The date has been determined by the maker of the product.
- **CLOSED/CODED DATES** – These dates are packing numbers for use by the manufacturer.

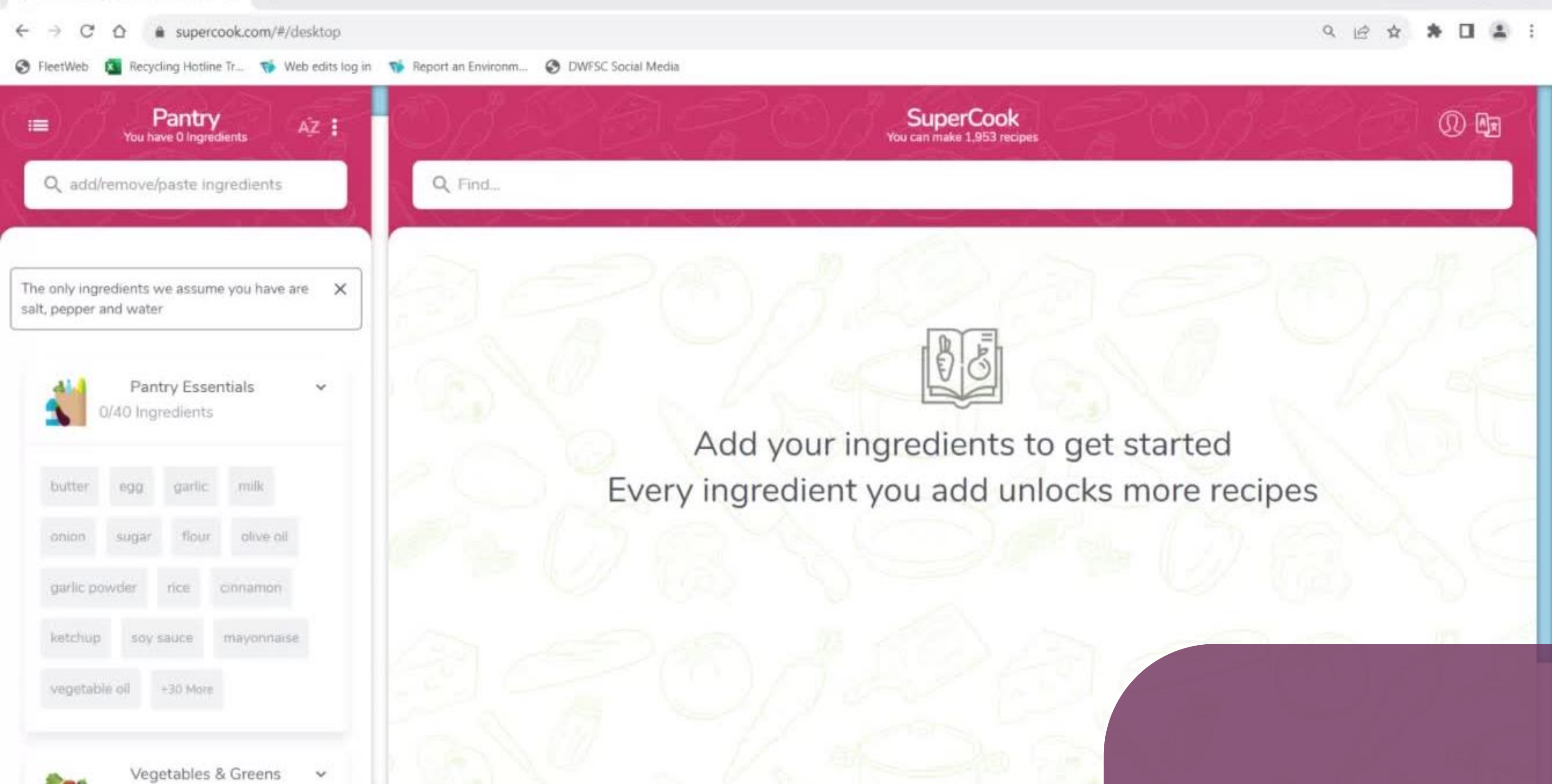
DECIPHERING THE DATES

Product dates don't necessarily mean the product is unsafe to consume.





USDA FoodKeeper



SuperCook

Presto Pesto

The Multipurpose Pesto Ratio

Pesto consists of five basic ingredients (plus salt, pepper, and lemon juice, to taste).

- ¼ cup nuts/seeds
- 1 clove garlic
- ½ cup oil
- ½ cup hard cheese
- 2 cups greens (or vegetables)



Easy Quick Pickles

The Multipurpose Brine Ratio

The foundation of every pickling recipe is the brine used to pickle the ingredients. Pickling brines consist of four basic ingredients: vinegar for acidity, water to cut the harshness of the acid, sugar to balance the acid, and salt for flavor.

- 1 cup vinegar
- 1 cup water
- ½ cup sugar
- 1 Tbsp. salt

KEEP IN MIND: Equal parts vinegar to water, and ½ cup sugar plus 1 tablespoon salt for every 2 cups of total liquid. This formula can be easily adjusted for the amount of pickling brine needed to fill the containers.

SOURCE: foodiecrush.com/pickling-spice/

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Sauerkraut

OR-2560 11/23

Recipes for extras



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feedingthecarolinas.org

**Farm to Food
Bank**

The logo for Fields to Families, featuring a green sprout with two leaves above the text "FIELDS TO FAMILIES" in green, with a vertical line separating the words.

FIELDS TO FAMILIES

fieldstofamilies.org



Society of St. Andrew
GLEANING AMERICA'S FIELDS
FEEDING AMERICA'S HUNGRY

endhunger.org

Get in touch!

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