



## Faith Fights Food Waste Calls to Action

### To All Faith Leaders,

Thank you for helping your community end the waste of food.

To help you, we've compiled some actions we can all take to learn about and reduce the waste if food. We believe these 'Calls to Action' are easy enough for extremely busy people to integrate into our hectic lives. We will continue to add more to this list, so watch this space for more ideas!

We encourage you and your congregants to choose from one to three and make a commitment for one month, and see what a difference it makes! Each of these actions can have a huge impact, especially when shared with friends, family, and the community. For more information, please go to [FaithFightsFoodWaste.org](http://FaithFightsFoodWaste.org)

First, though, we have a few Clergy-only 'Calls to Action'. We would appreciate if you picked one of these, but of course encourage you to choose all three!

#### 1) Important information for all US based faith leaders.

- a) **If you have a food pantry, please make sure it is registered with [AmpleHarvest.org](http://AmpleHarvest.org)**
- b) When giving your sermon, please open the conversation about food donation. If you know congregants who have home gardens, speak with them. Learn if they have extra produce during the summers, and what they do with it. Encourage them to donate to hungry people directly, or your house of worship's food pantry, or another pantry nearby.
  - i) Click [here](#) to see if your food pantry has already signed up with AmpleHarvest.org. If it has, great!
  - ii) If it has not yet signed up, then we suggest that you print out this [flier](#) and ask your food pantry manager to [register](#) ASAP. You can assure them that it's free, they won't need extra storage and they won't need more refrigeration. You may want to reiterate that it's free!

#### 2) For all faith leaders worldwide:

- a) When talking about hunger, poverty, food, etc., share the food waste message in a sermon. We've provided sample templates at [www.FaithFightsFoodWaste.org](http://www.FaithFightsFoodWaste.org) (look under the "resources & sermons for faith leaders" menu) for six different religions. We hope this will help you to learn more about the issue and how you can open the conversation with your congregants.

Final Note. Some Calls to Action have links to other sites. Short links like [www.AmpleHarvest.org](http://www.AmpleHarvest.org) are included in the text while longer links like our [Twitter Feed](#) are followed by <sup>(Link 1)</sup>. Go to the bottom of each call to action to see the long URL. This is helpful if your Call to Action is distributed on paper or in your newsletter.

Thanks so much!

Sincerely,

The Faith Fights Food Waste Team

#### Links:

1. <https://twitter.com/hashtag/FaithFoodWaste?src=hash>

[www.FaithFightsFoodWaste.org](http://www.FaithFightsFoodWaste.org)

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## Call to Action #1 (USA only)

### Donate Surplus Home Garden Produce

**What:** Donate your surplus garden produce to a nearby food pantry. **This can be food you grew or even food from fruit trees around your house!**

**How:** Go to [AmpleHarvest.org](http://AmpleHarvest.org) to find your nearest food pantry (it might actually be in your own house of worship!) and find out when to deliver your surplus garden bounty! If you do not have a garden, but know someone who does, you can really help by telling them about AmpleHarvest.org

You can also help other gardeners in your community learn about donating food by posting the flier at [www.AmpleHarvest.org/gardenshop](http://www.AmpleHarvest.org/gardenshop) all over your community – especially at garden centers and the bulletin board at your supermarket. We also have fliers you can post near a community garden at [www.AmpleHarvest.org/communitygarden](http://www.AmpleHarvest.org/communitygarden)

Lastly, maybe you know of a food pantry in your community that is not yet on AmpleHarvest.org. Please print the flier at [www.AmpleHarvest.org/addpantry](http://www.AmpleHarvest.org/addpantry) and give it to the food pantry manager. You might want to remind them that it is totally free.

**Why:** Because two problems – food waste and hunger – coexist in every community. Gardeners in America grow 11 billion pounds of surplus food, while nearby food pantries almost never have healthy fresh food. You and AmpleHarvest.org can fix that. Once you find a pantry at [AmpleHarvest.org](http://AmpleHarvest.org), you will see which days and times they prefer to receive produce donations. Harvest your excess food just before you take to the food pantry so that it will be super fresh and will benefit everyone as much as possible!

**Time:** Just the short drive to a nearby food pantry. If you choose to print and post some of the fliers, add another 20 or 30 minutes.

*PS... Please email a photo of the food you donated, to [IShared@AmpleHarvest.org](mailto:IShared@AmpleHarvest.org).*



## Call to Action #2

### Fruit and Veggie Storage

**What:** Learn how to store produce for maximum shelf life! Pick one thing you buy often and learn how to make it go farther!

**Why:** Some foods last much longer than we think – under the right conditions.

**How:** Some quick changes:

1. Revive wilted celery with a 10-15 minute ice water soak
2. Take bananas out of plastic bags
3. Store apples in the fridge
4. Green peppers last longer than any other color
5. Put veggies at eye level in the fridge, not hidden away in drawers
6. Go to [www.SaveTheFood.com/Food-Storage](http://www.SaveTheFood.com/Food-Storage) for lots more information!

**Time:** It might take a bit to remember, but once it becomes habit, it'll be second nature and you'll see how much farther your money will go!



### Call to Action #3

#### Wasted Food Log

**What:** Keep a wasted food log for a week.

**Why:** We don't realize how much food we throw away. Keeping track for a week helps to understand how the little bits add up.

**How:** Keep a small pad in your kitchen near the trash, or use a notepad app on your phone. Record what you didn't eat, why you didn't consume it, and about how much it cost (or see the example at [here](#) <sup>(Link 1)</sup> if you want to add lots more detail!).

**Time:** Only a moment or two at the end of each meal prep, or every time you throw away some food. Add a few minutes more at the end of week to review it all.

#### **Links:**

1. <https://challenges.openideo.com/challenge/food-waste/research/food-waste-diary-learning-from-a-week-of-tracking-my-waste-and-how-you-can-too>



#### Call to Action #4:

#### Learn and get involved!

**What:** Many different aspects of this problem present many opportunities to learn and get involved.

**Why:** From our own community or backyard gardens, to the supermarket, restaurants, food courts, and cafeterias, food gets thrown away all along the way. There are many ways to get involved, from signing an online petition, to making the Faith Fights Food Waste pledge, to calling your supermarket.

#### **How:**

1. Start with this [video](#) <sup>(Link 1)</sup> from global food waste expert Tristram Stuart.
2. Check out US food waste expert Jonathan Bloom's [blog](#). <sup>(Link 2)</sup>
3. Read NRDC Staff Scientist Dana Gunders' [book](#) <sup>(Link 3)</sup> full of tips for busy folks.
4. Learn about the economics of food waste reduction in the USA through a recent initiative at [www.ReFED.com](http://www.ReFED.com).
5. Check out the new Ad Council's [www.SaveTheFood.com](http://www.SaveTheFood.com) which aims to eliminate food waste the same way it tackled littering. They made a short, super-helpful video!
6. Follow the Huffington Post's new investigative [series](#) <sup>(Link 5)</sup> on food waste.
7. Demand change through petitions! Reach out to your Congressional representatives today.
8. Follow ampleharvest.org at [www.Twitter.com/AmpleHarvest](http://www.Twitter.com/AmpleHarvest), [www.Facebook.com/AmpleHarvest.org](http://www.Facebook.com/AmpleHarvest.org), [www.Instagram/AmpleHarvest](http://www.Instagram/AmpleHarvest), <http://www.Pinterest.com/AmpleHarvestorg> or read our [blog](#) at [www.AmpleHarvest.org/blog](http://www.AmpleHarvest.org/blog)
9. Learn what the [US Department of Agriculture](#) <sup>(Link 7)</sup> and [Environmental Protection Agency](#) <sup>(Link 8)</sup> are doing about the issue.
10. Call your [Representative](#) <sup>(Link 9)</sup> and demand they vote for the [Food Recovery Act](#). <sup>(Link 10)</sup>

**Time:** Again, the sky's the limit!

#### **Links:**

1. [https://www.ted.com/talks/tristram\\_stuart\\_the\\_global\\_food\\_waste\\_scandal?language=en](https://www.ted.com/talks/tristram_stuart_the_global_food_waste_scandal?language=en)
2. <http://www.wastedfood.com/>
3. <http://www.danagunders.com/>
4. <http://www.huffingtonpost.com/news/reclaim/>
5. <http://www.usda.gov/oce/foodwaste/resources/consumers.htm>
6. <https://www.epa.gov/sustainable-management-food>
7. <http://www.house.gov/representatives/>
8. <https://pingree.house.gov/foodwaste/billssummary>

[www.FaithFightsFoodWaste.org](http://www.FaithFightsFoodWaste.org)

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## Call to Action #5

### Expiration Date Deep Dive

**What:** Learn about those confusing expiration dates you see on food products.

**Why:** Did you know that most "expiration" dates are really just suggestions of peak freshness developed by food manufacturers? Did you know that the [only](#)<sup>(Link 1)</sup> federally-mandated expiration date label is for baby formula?

**How:** Believe it or not, most of the food we buy will not become unsafe on the exact date listed on the bottom of the can or on the back of the box. These dates were actually invented so that manufacturers could communicate to the consumer approximately when the product would be at peak freshness or quality. These dates have nothing to do with food safety.

This topic has become very hot recently: Harvard Food Law and Policy Clinic made a short [video](#)<sup>(Link 2)</sup> and has a ton of resources available [here](#)<sup>(Link 3)</sup>. The US Department of Agriculture weighs in [here](#)<sup>(Link 4)</sup>. It is such a problem, and it's such an easy win, that two Congresspersons have even [introduced](#)<sup>(Link 5)</sup> a [bill](#)<sup>(Link 6)</sup> that proposes date labelling standardization!

**Time:** The sky is the limit!

#### Links:

1. <http://www.fda.gov/AboutFDA/Transparency/Basics/ucm210073.htm>
2. <http://notreallyexpired.com/watch-the-film/>
3. <http://notreallyexpired.com/>
4. <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>
5. [http://www.huffingtonpost.com/entry/food-date-labeling-act-bill-unify-expiration-dates\\_us\\_573de516e4b0ef86171d7cea](http://www.huffingtonpost.com/entry/food-date-labeling-act-bill-unify-expiration-dates_us_573de516e4b0ef86171d7cea)
6. <http://www.pingree.house.gov/foodwaste/billsummary>



## Call to Action #6

### Share about Food Waste

**What:** Talk to 4 people about wasted food this month.

**How:** Here are some examples:

#### **Someone who works at the grocery store:**

1. Where does food go after it comes off the display?  
(If you're ready to take this one step further, you can talk to your grocer about selling imperfect produce - learn more at [www.UglyFruitAndVeg.org](http://www.UglyFruitAndVeg.org))

#### **Someone who works at your favorite restaurant:**

1. Do you have doggie bags for my leftovers?
2. How many people take leftovers home?
3. Do you donate unsold, prepared food?

#### **A family member or friend:**

1. Have you seen or heard about this food waste issue?
2. At the next holiday/gathering/party, let's try to (**pick one**):
  - a. Only buy the amount of food we'll need
  - b. Provide everyone with Tupperware to take leftovers home
  - c. Try out a recipe that will use up any extra food purchased for event

#### **Another parent at Day Care, school, or any child activity:**

1. I wonder what they do with leftover food from lunch/snack time.
2. If it is still packaged, could it be donated?

#### **Someone who works at your child's school or Day Care:**

1. Do you throw away a lot of food?
2. Why do you have to do this?
3. What would you need to have changed in order to not have to throw away all the food?

**Why:** Awareness is a big issue - and everyone feels bad about throwing away food. Talking about it with others helps bring awareness. Businesses won't make change unless their customers demand it.

**Time:** Some extra conversations while taking care of daily tasks.



## Call to Action #7

### Smaller Plates and Portion Sizes

**What:** Serve smaller portion sizes for dinner. Make the same amount of food, of course, but give out smaller portion sizes, and tell your family that everyone should get seconds or thirds if they are still hungry.

Or, try just one meal on smaller plates – you’ll be amazed at how much food is saved! If the plate is smaller, less food fits on it, so again, if your family is still hungry after the first serving, they should get seconds and thirds.

**Why:** Sometimes our eyes are bigger than our stomachs, right? And when that happens, we either eat too much, or throw away food for no good reason. These two strategies address that issue, and result in our families eating less food and being healthier. This also means that if less food is put onto plates, more food can go in the fridge for leftovers.

**How:** This sounds easy, but it may be one of the hardest actions to take on. It's difficult to change when our behaviors are so ingrained. Don't stop trying if you forget once or twice or three times!

**Time:** Will definitely take a moment when preparing a meal to remember smaller portion sizes or to grab those smaller plates. But once it becomes habit, you'll see what a huge difference it makes!





## Call to Action #8

### Shopping Only From a Grocery List

**What:** Make a quick list of what you need from the store. Vow to stick to it!

**Why:** We are all familiar with that “refrigerator guilt” we feel upon opening up the fridge and finding three half-eaten bags of carrots and a wilted eggplant rotting in the back.

When we make a list and stick to it, we waste less food. Here’s why: While we’re at the store, we have great ambitions about trying out new recipes and foods. At the store, we completely ignore our extremely busy schedules, our packed work days, and our demanding family commitments. Apparently, we are all "aspirational" shoppers - we see things in the store that look great, and we naturally want to take them home and cook them. But the second we get that eggplant home, life happens, and the eggplant gets pushed to the back of the fridge. [How can we stop this](#) <sup>(Link 1)</sup> ? By simply not buying those items to begin with.

**How:** Save money! Eliminate the guilt! Don't buy it to begin with! In the store, just walk on by, head held high, knowing that that vegetable isn't going to die a slow, lonely death in your fridge.

**Time:** None! In fact, this action saves you the time of buying the produce, carrying it to your home, and unloading it into your fridge.

#### Links:

1. <http://www.consumerreports.org/food-shopping/grocery-list-strategies-to-cut-food-waste/>



## Bonus Call to Action

### Starting At Home

**What:** Reduce food waste at your own house of worship

**Why:** Many events – snacks after a service or major events like weddings can generate a large amount of wasted food.

**How:**

1. Discuss the issue with your kitchen staff to see what they might do to reduce the waste of food. Ideas might include keeping more food in the kitchen until it is needed, offering smaller portions, reminding congregants to take only what they'll eat, etc. Keep an eye on the James Beard Foundation that is developing [guidelines](#) <sup>(Link 1)</sup> for helping chefs reduce food waste.
2. Discuss your concern about food waste with any catering firm that offers food services and ask them to develop a plan to keep food waste to a minimum or eliminate it altogether.
3. If there is left over food, consider donating it to a nearby soup kitchen or food pantry (assuming it has been properly stored and handled), and make every effort to deliver it as soon as possible. Food that cannot be donated might be given to a local farmer for feed or even to congregants to have chickens or other small livestock. Lastly, the unused food can be composted in a garden.
4. Use your food waste prevention efforts to set an example for the rest of your congregation.

**Time:** One time planning ahead of events.

### **Links:**

1. <https://www.jamesbeard.org/food-waste-curriculum-culinary-instructors>



**Lastly.....**

***Regardless of which calls to action you select for your congregation, please add the below text to them:***

**Once you pick a Call to Action:**

1. **Make it impactful:** It doesn't matter if you skip one day or week, just try again! We eat every day, so there's always another chance to make a difference!
2. **Make it viral.** Share with your friends and family under #FaithFoodWaste
3. **Make it final:** Make a commitment to try one for a month. Award yourself a certificate from [www.FaithFightsFoodWaste.org/Award](http://www.FaithFightsFoodWaste.org/Award) for starting down the journey to less wasted food!

[www.FaithFightsFoodWaste.org](http://www.FaithFightsFoodWaste.org)

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