



**+**  
The (re)purpose  
of food

**Deliciousness**

Judy Barbe  
registered dietitian

**BEEF**

#WasteLess  
#FoodWaste  
@JudyBarbe



**LiveBest**  
You must be present to win

[www.LiveBest.info](http://www.LiveBest.info)



**320,000**

Tom Ballard Photography

Tom Ballard, Flickr, Creative Commons



<b>+387</b> <b>billion</b> calories unconsumed daily	<b>19%</b> vegetable s	<b>1/2#</b> per day
	<b>40%</b> loss (US)	<b>52</b> million tons

**Talkin' *TRASH***

@JudyBarbe <http://www.ers.usda.gov/media/1282296/eib121.pdf>

**96% of tossed food ends up in landfills**



**20%+ OF METHANE FROM LANDFILLS**

EPA.gov, 2015  
ers.usda.gov  
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Adam Levine, Flickr Creative Commons

## + Not me!

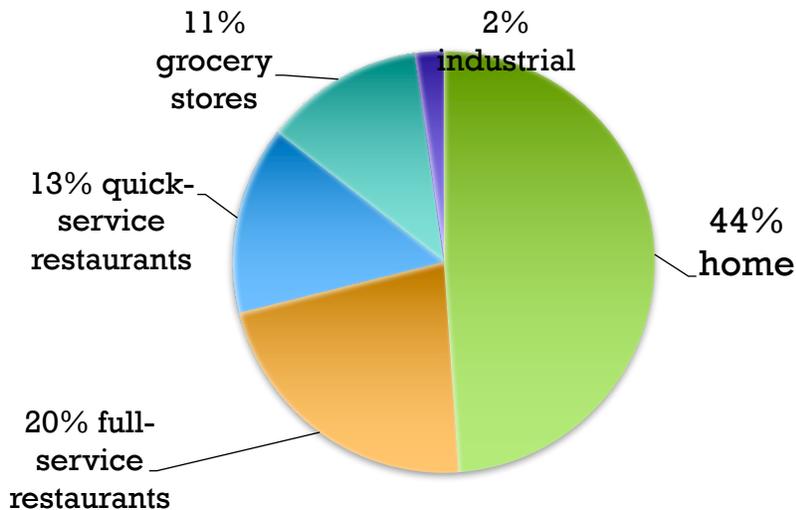
- \* 7-minute life of a fry
- \* Ready-to-eat variety/quantity
- \* Imperfect vegetables
- \* Missed harvest
- \* Transportation glitch
- \* Food buffets/catered events
- \* School lunch
- \* "I ordered scrambled."
- \* Excessive portions
- \* Uneaten leftovers



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## + Home is where the...trash is

### U.S. food waste by sector



[http://www.foodwastealliance.org/wp-content/uploads/2013/06/FWRA\\_BSR\\_Tier2\\_FINAL.pdf](http://www.foodwastealliance.org/wp-content/uploads/2013/06/FWRA_BSR_Tier2_FINAL.pdf)

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## + Motivation?

*TO REDUCE WASTE*

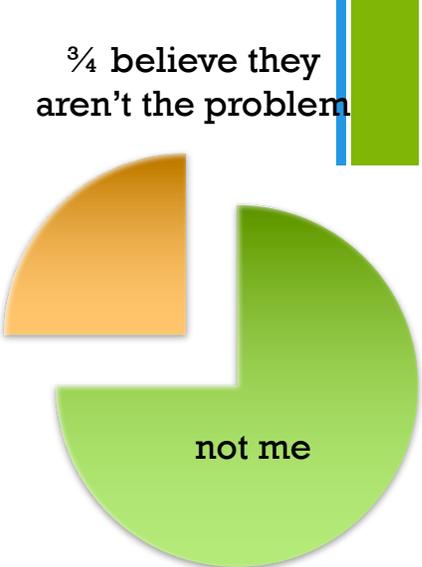
1. Save money
2. Set example for children

Last... Environmental concerns

*TO TOSS*

1. Food safety concerns
2. Want to eat fresh food

3/4 believe they aren't the problem



not me

Wasted Food: U.S. Consumers' Reported Awareness, Attitudes, and Behaviors, Johns Hopkins University Survey, 2015, Plos One

The slide features a pie chart with a large green section labeled 'not me' and a smaller orange section. A vertical bar on the right side consists of a blue line and a green rectangle. The text '3/4 believe they aren't the problem' is positioned above the pie chart.

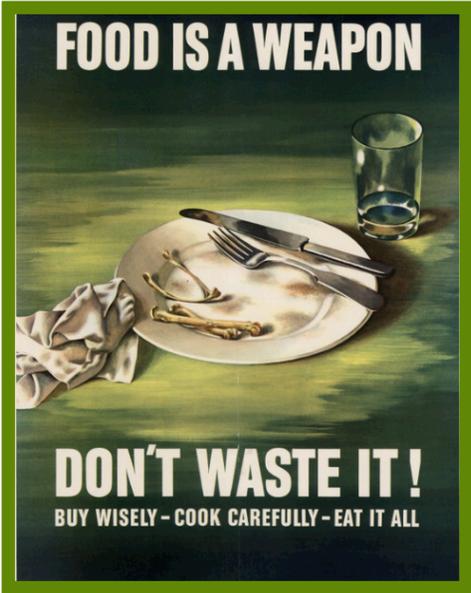
## + Setting today's table: valuing food



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The slide features a photograph of fresh vegetables in containers. Overlaid on the photo is the text 'Valuing #FoodWaste #WasteLess' in a bold, orange, sans-serif font. A vertical bar on the right side consists of a blue line and a green rectangle. The 'LiveBest' logo is in the bottom right corner, and the website 'www.LiveBest.info' is in the bottom left corner.



**FOOD IS A WEAPON**

**DON'T WASTE IT!**  
BUY WISELY - COOK CAREFULLY - EAT IT ALL

United States Office of War Information

<http://history.ncsu.edu/projects/ncsuhistory/nceats/items/show/8>

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**+**

**Buy Wisely**

**need vs. want**

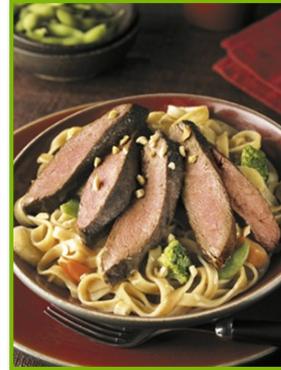
**storage**

**seasonal**

**how much?**

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+ *Buy wisely*



*Flat iron steak*



Photos courtesy of Beef Council



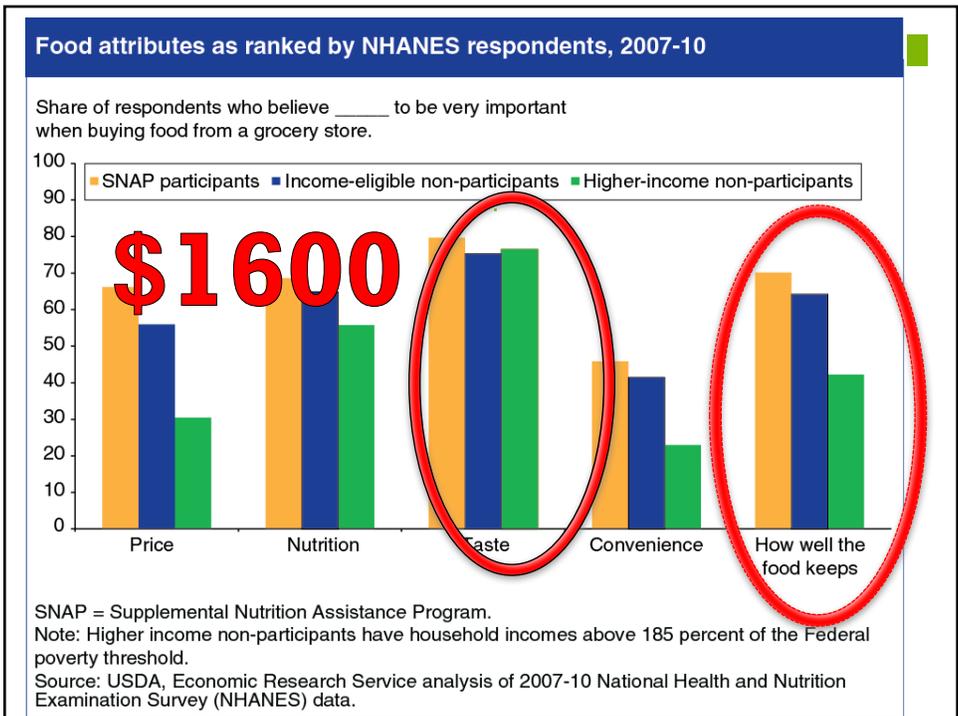
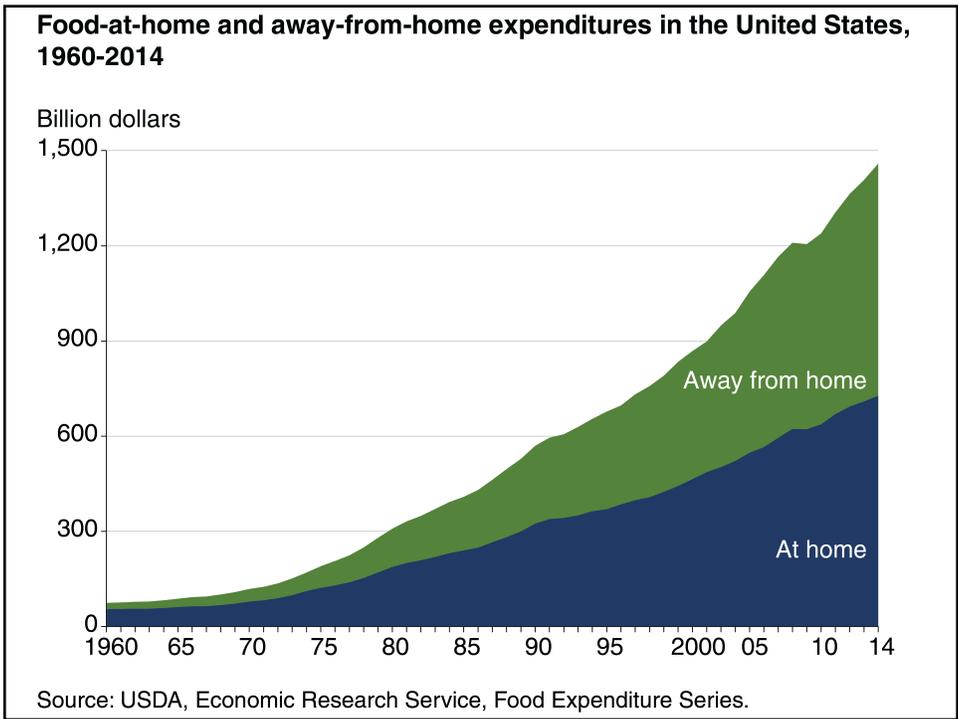
+ *Buy wisely*

- \* Grocery list
- \* Wishful thinking
- \* BOGO
- \* Club store portions



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+ *Buy Wisely*

**Sell-by, use-by, or “confuse-by”**

— *not standardized* —

\* **Sell-by** — *suggestion for display in store*

\* Still reasonable time to use

\* **Best-by** — *recommendation for best flavor/quality*

\* **Use-by** — *estimation for peak quality*

\* Rarely a safety concern

\* *Note: Do not use infant formula and baby food after date.*

\* **Closed or coded dates** — packing numbers for identification and recall purposes



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+ *Buy Wisely*

**Today's News**

\* Congress H.R.5298 - Food Date Labeling Act of 2016

\* Food Marketing Institute and Grocery Manufacturers Association: Voluntary initiative, summer 2018.

\* “BEST If Used By” describes product quality. Food may not taste or perform as expected but is safe to use or consume.

\* “USE By” foods that are highly perishable and/or have a food safety concern over time; these products should be consumed by the date listed on the package.



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## + *Store wisely*

- \**Listeria* will grow in the refrigerator.
- \*The longer foods are stored, the more time *Listeria* grows.
- \*Keep the fridge clean. *Listeria* can spread from one food to another through spills in the refrigerator.
- \*Listeriosis risk
  - \*Deli meats, hot dogs, smoked seafood
  - \*Raw sprouts
  - \*Raw milk and soft cheese made with *unpasteurized* milk, *could be* Feta, Brie, Camembert, blue-veined cheeses, or queso blanco, queso fresco.
  - \*Make sure label says, "made with pasteurized milk."

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## + *Store Wisely <40°*



### Warmest part of refrigerator: DOOR

- \***Milk:** Store where it's **coldest-back bottom shelf**.
- \***Eggs:** Original carton, center of the fridge.
- \***Packaged raw meat:** Store on tray, bottom shelf.
- \***Produce:** *Higher* humidity for greens and *lower* humidity for apples, pears, stone fruit.
- \***Think frozen or canned**

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## + Store Wisely

- **Room temperature:**  
banana, pineapple,  
ginger, winter  
squash, eggplant,  
basil
- **Cool, dark pantry:**  
potato, sweet potato,  
garlic, onion

- **Ripen at room temp  
then refrigerate:**  
avocado, kiwifruit,  
melon, peach, pear,  
plum, mango



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## FOOD STORAGE SAVVY: YOUR GUIDE TO WHAT GOES WHERE

Buy Wisely

First comes shopping, then comes putting food away – but where? You may be surprised to learn the best places to store your groceries! Here's a helpful guide from the Academy of Nutrition and Dietetics.



right Academy of Nutrition and Dietetics

EatRight.org

Source: "Complete Food & Nutrition Guide, Fourth Edition" by Roberts-Lewis Dugli, MS, RD, FNDL, CFPS. "A Guide to What Food Goes Where", www.eatright.org/foodstorage



+ *Buy Wisely*  
Seasonal Produce Guides

- <https://snaped.fns.usda.gov/seasonal-produce-guide>
- [fruitsandveggiesmatters.org/what-fruits-and-vegetables-are-in-season](http://fruitsandveggiesmatters.org/what-fruits-and-vegetables-are-in-season)



+  
Cook  
Carefully



serve just  
enough

cook just  
enough



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Photo courtesy of U.S. Department of Agriculture, Food Safety and Inspection Service



*“No one is born a great cook, one learns by doing.”*  
~Julia Child

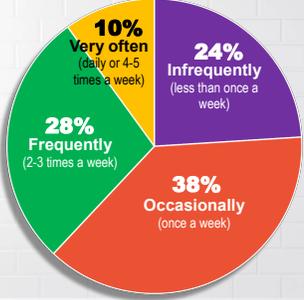


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**HARTBEAT ACUMEN** infographics 

**Kitchen Dilemma: What to Make?**  
Finding an answer to “what’s for dinner?” can be a real challenge for many of America’s households.

**How Often Do Consumers Struggle for Meal Ideas?**



Frequency	Percentage
Very often (daily or 4-5 times a week)	10%
Infrequently (less than once a week)	24%
Frequently (2-3 times a week)	28%
Occasionally (once a week)	38%

Cooking for a family must accommodate everyone’s schedule and food preferences ranging from avoidances to culinary variety and healthfulness.

Source: Culture of Food 2016 report, The Hartman Group

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+ Taste is the #1 reason why one food is chosen over another.

Improve **TASTE** with **FLAVOR**

- \* **Searing** meat deepens **flavor**
- \* **Chopping** herbs punches **flavor**
- \* **Roasting** vegetables enhances **flavor**
- \* **Squeezing** citrus brightens **flavors**

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**+ Cook Carefully tools...**

MEETING YOUR **MYPLATE** GOALS ON A BUDGET

Healthy Eating on a Budget Cookbook

- Two-Week Cookbook
- MyPlate on a Budget

**Supercook**

allrecipes.com®

recipe **REDUX**

**SERIOUS EATS**

**anyone CAN COOK**  
Step-by-step recipes just for you

**The Splendid Table®**  
O AMERICAN PUBLIC MEDIA™

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**+ Cook Carefully**

- \* **Time**
  - \* Refrigerate within 2 hours.
  - \* Reheat to 165°F, covered, rolling boil to heat throughout.
- \* **Temperature**
  - \* Bacteria **double every 20 minutes** under the right conditions.
  - \* A single bacterium can multiply to **trillions** in just 24 hours between 40°F and 140°F.

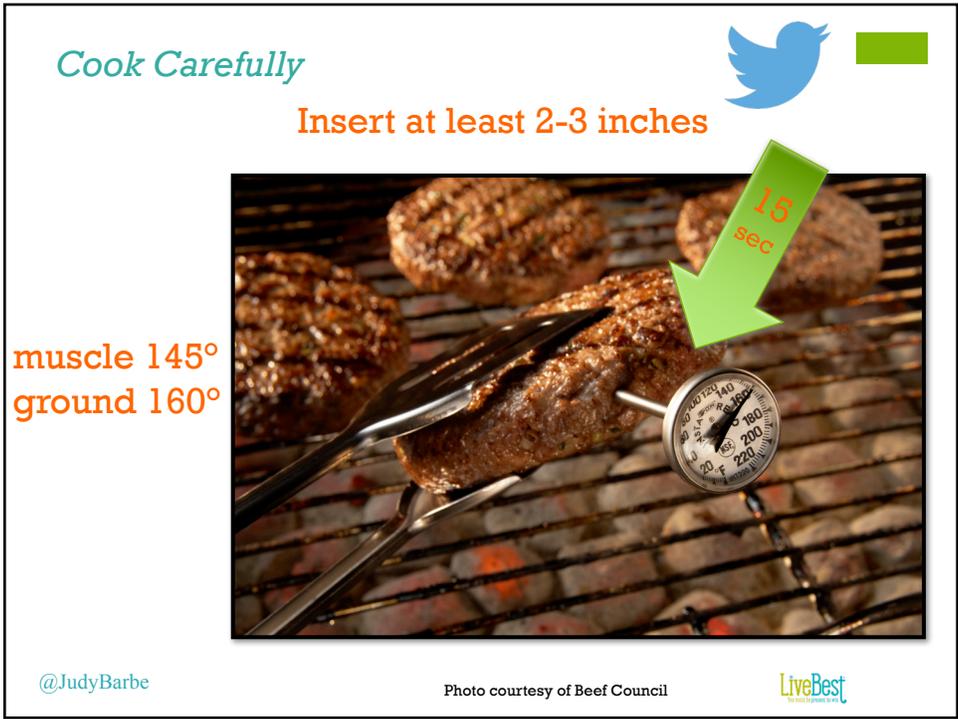
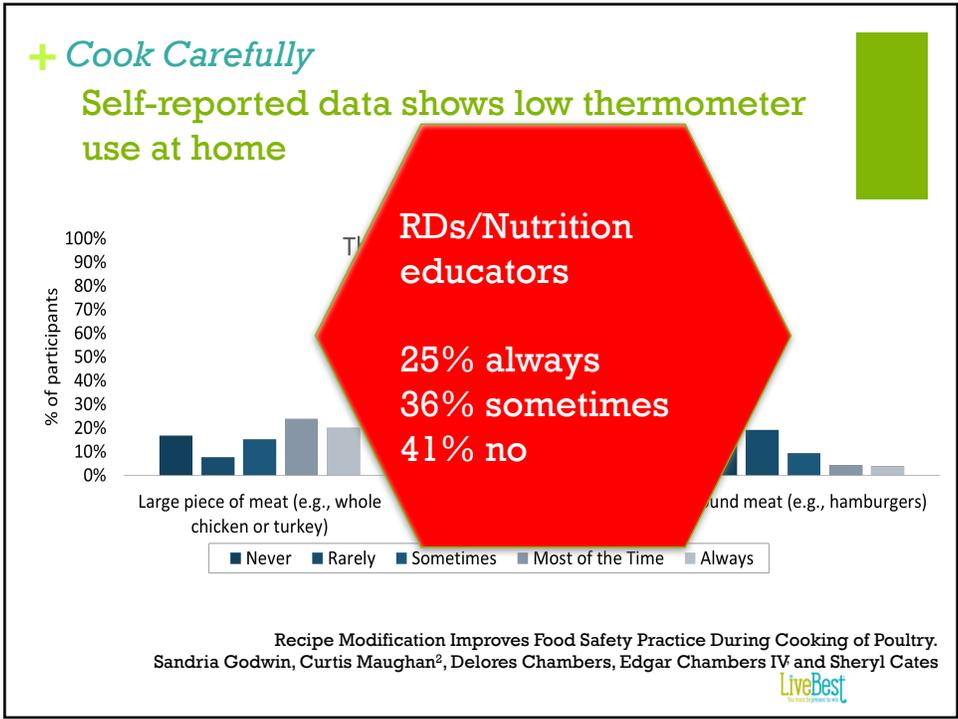
Temperature (°F)	Category / Description
165	Minimum Internal Temperature for Safety: Poultry, Stuffing, Casseroles, Reheat Leftovers
160	Ground Meats; Beef, Lamb, Veal (medium); Pork; Egg Dishes
145	Beef, Lamb, Veal steaks & roasts (medium rare); Seafood
140	Ham, fully cooked (to reheat); Holding Temperature for Cooked Foods
40	Refrigerator Temperatures
0	Freezer Temperatures

**Danger Zone**

Graphic courtesy of [Fsis.usda.gov](http://Fsis.usda.gov)

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*Pinterest*



Thickest, fleshy part of thigh, not touching bone.

breast = 165°  
thigh = 180°

Nailed it



Photo courtesy of U.S. Department of Agriculture, Food Safety and Inspection Service



+ *Cook Carefully tools...*

- \* "Is My Food Safe?" app, free iTunes
- \* USDA Ask Karen, food safety hotline  
**FoodSafety.gov**  
Food Safety and Inspection Service
- \* **TeamFoodSafety.org**, (FightBac)  
Partnership for Food Safety
- \* Food recall alerts: STOP Foodborne Illness  
**info@StopFoodBorneIllness.org**
- \* USDA's **FoodKeeper** app, free iTunes



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+  
Eat  
it  
All

something  
out of  
nothing

use what  
you have

bestovers

eat what  
will spoil

The Goldilocks' version  
*Just right*

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“We have a team of anthropologists in there now looking for the original meal.”

+ Calvin Trillin

ETHOS

**+ Eat it All**

*meatloaf (re)purposed*



\*Stir into egg muffins



\*Crumble in corn muffins

\*Chunk into spaghetti sauce

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**+ Eat it All**

*(re)purpose cheese*

*Grilled cheese*

*Fromage forte*



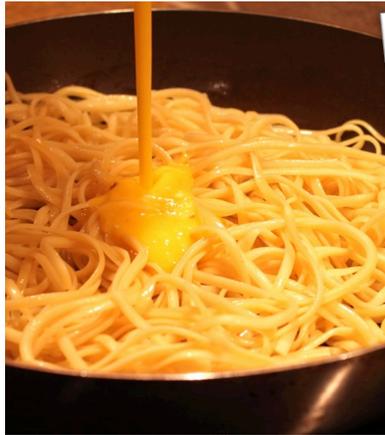
*Blue cheese chive dip*

[www.LiveBest.info](http://www.LiveBest.info)



+ *Eat it All*

*pasta*  
*soup, cold peanut noodle bowl, fritatta*



*Pasta with eggs and cheese*  
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+ *Eat it All*

*Eggs*  
*Omelet, top vegetables with fried egg*  
*Mushroom, potato frittata*



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*Asparagus and feta*

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+ *Eat it All*

*Beef, caramelized onion taco*



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*Fig, caramelized onion pizza*

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+ *Eat it All*

*vegetables*

*Hummus, pickle, mac and cheese, rice bowl*

*Roasted carrots & parsnips*

*Carrot, ginger, coconut soup*



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**+ Eat it all**

Preheat oven and baking sheet to 450°  
Brussels sprouts, onions, sweet potatoes,  
peppers, squash, carrots, cauliflower.  
Toss with oil before cooking.



*Butternut squash pear salad*



*Vegetables with bulgur*

**+ Eat it All**

*salsa*  
*tacos, grilled meats/fish, salads*

*Watermelon salsa*



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*Plum salsa*



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**+ Eat it All**

*(re)purpose bread  
croutons, crumbs for breading or fruit crisp*



*Strata*



*Baked chips*



*Cornbread, berries, yogurt*

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**+ Eat it All**

- Cook rhubarb, apples, berries, peaches or pears. Use on fish, poultry, pancakes, yogurt or waffles.



*French toast, berries, yogurt*

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*Rhubarb sauce*



*Squash*

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**+ Eat it All**

*last-leg bananas  
sorbet, add to muffins*



*Spiced banana oatmeal*  
[www.LiveBest.info](http://www.LiveBest.info)



**+ Eat it All**

*system in place  
flavor enhancer, soup base, broth, compost*



*tomato paste*  
[www.LiveBest.info](http://www.LiveBest.info)



*chipotle peppers*  


**+Eat it All**  
when life gives you strawberries, make *sangria*



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**What will you do?**

**+(re)purpose 3 +1**

1. Make a grocery list.
  1. Shop your kitchen first.
  2. Ask: What do I have *not* what do I want to eat today?
2. Bring older food to front to avoid cabinet castaways.
3. Right-sized portions... *Goldilocks'*

\* Donate to the local food bank.

**Smart Saving:**  
**EAT FIRST!**

EPA.gov  
too good  
to waste

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**+**

**Feed Others**

Food pantries	Shelters
Schools	Back pack

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**+ Feed Others: preferred donations**

- \* **Protein:** Peanut butter, nuts, seeds, canned chicken, tuna, beef stew, jerky, chili, ravioli
- \* **Fruit:** canned, water-packed. Dried fruit, no-added sugar
- \* **Vegetables:** canned vegetables. Beans/legumes (both dry and canned). Canned pasta sauce, soup
- \* **Whole Grains:** Breads, cereals, brown rice, pasta, flour, oats, barley, wild rice, pancake mix
- \* **Dairy:** milk, cheese, or yogurt
- \* **Great American Milk Drive** [MilkLife.com/give](http://MilkLife.com/give)

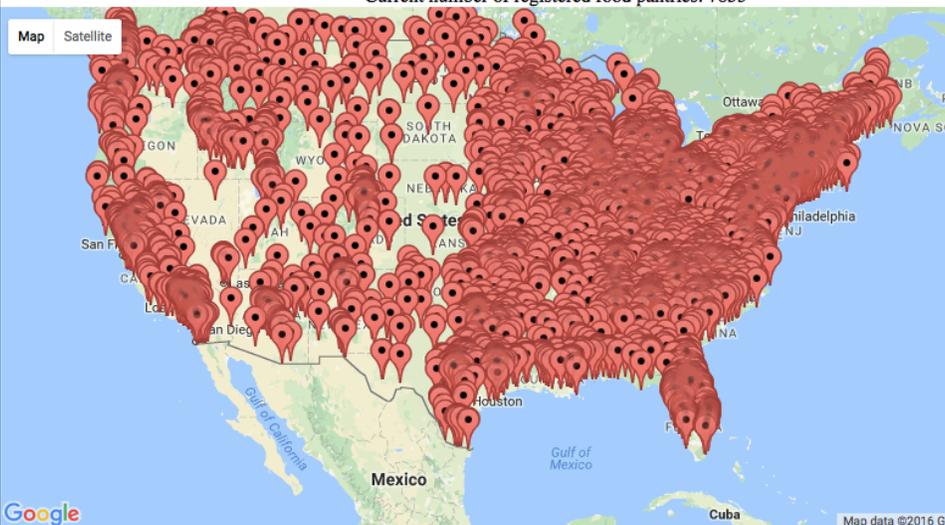
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**+ AmpleHarvest.org**

**AmpleHarvest.org Registered Food Pantries**

Current number of registered food pantries: 7853



## + (re)purpose on stage



MILANO 2015

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## + Solutions and Resources

- \*30-Day Food Waste Challenge  
[beefitswhatsfordinner.com](http://beefitswhatsfordinner.com)
- \*FAO.org
- \*USDA.gov
  - \*FNS and CNPP
- \*FoodWasteAlliance.org
- \*EPA.gov (food too good to waste)
- \*ReFED.com  
[www.LiveBest.info](http://www.LiveBest.info)
- \**American Wasteland*, Jonathan Bloom
- \**Waste-Free Kitchen Handbook*, Dana Gunders
- \*Greater Pittsburgh Community Food Bank: *Choose Healthy Options Program*, Journal AND, May 2015
- \*Lipinski, B. et al, 2013.  
[WorldResourcesReport.org](http://WorldResourcesReport.org)

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# + Academy of Nutrition and Dietetics Foundation white paper, July 2016



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webinar

free leader guide

equipment list

shopping list

Recipes  
[www.LiveBest.info](http://www.LiveBest.info)