



# COMMERCIAL FOOD SERVICE RESOURCE GUIDE

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Wasted food means wasted money. Every year, food service businesses in the United States lose as much as \$57 billion through wasted food. But, the good news is that your business can take simple, but effective steps to reduce your wasted food. Studies show that nearly all businesses that try to reduce their wasted food through measurement, employee training, and kitchen best practices experienced a positive return on investment. Check out the resources listed in this guide and see how much money your business can save.



# MEASURING WASTED FOOD

## GUIDE TO CONDUCTING AND ANALYZING A FOOD WASTE ASSESSMENT

This guide from the Environmental Protection Agency provides detailed step-by-step instructions for conducting a comprehensive food waste assessment and analyzing the results. [https://www.epa.gov/sites/production/files/2015-08/documents/r5\\_fd\\_wste\\_guidebk\\_020615.pdf](https://www.epa.gov/sites/production/files/2015-08/documents/r5_fd_wste_guidebk_020615.pdf)

## FOOD AND PACKAGING WASTE PREVENTION TOOL

Information on the reason for waste such as over-preparation or improper cooking is important to collect in order to make meaningful changes. Food service establishments can use this tool, created by the U.S. Environmental Protection Agency (EPA), to track the daily amount, type of, and reason for wasted food and packaging. Users enter information into the Food and Packaging Waste Prevention Tool, which automatically creates graphs and data summaries to help identify patterns of waste generation. Based on these patterns, a business can make strategic changes to its operation to maximize waste reductions and cost savings. Note: After clicking on the link for this tool, select "Save" instead of "Open" to ensure your browser opens this tool with the right program. <https://www.epa.gov/sustainable-management-food/tools-preventing-and-diverting-wasted-food#packaging>

To go deeper to measure and track the amount, type of, and the source of the food and packaging waste in your business, check out these resources at the Environmental Protection Agency's website: <https://www.epa.gov/sustainable-management-food/resources-assessing-wasted-food>

## PAPER WASTE TRACKING TOOL

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Prefer a hard copy log to track your business' wasted food? EPA also has a hardcopy tool in pdf format that can be downloaded at: <https://www.epa.gov/sites/production/files/2015-08/documents/food-waste-log.pdf>

## FOOD WASTE MANAGEMENT COST CALCULATOR

The Food Waste Management Cost Calculator (1 pg, 586 K) estimates the cost competitiveness of alternatives to food waste disposal, including source reduction, donation, composting, and recycling of yellow grease. The calculator:

- Develops an alternative food waste management scenario based on your waste profile, availability of diversion methods, and preferences, and
- Compares cost estimates for a disposal versus an alternative scenario.

This calculator demonstrates that environmentally and socially responsible food waste management is cost-effective for many facilities and waste streams. The more you know about your current waste management costs, the more accurate the calculator's estimate will be, but default values are provided for many variables. <https://www.epa.gov/sustainable-management-food/tools-preventing-and-diverting-wasted-food#calculator>

## FOOD WASTE ESTIMATION GUIDE

This site has useful tools to help your business estimate the amount of food waste it is likely to be generating. Along with general information, the site includes specific guidance for: supermarkets and groceries, restaurants, colleges and universities, hospitals, and hotels.

<https://recyclingworksma.com/food-waste-estimation-guide/>

# PREVENTION TIPS

QUICK

## FOOD LOSS PREVENTION OPTIONS FOR UNIVERSITIES

This 2 page tip sheet from EPA provides a range of prevention ideas, including tips for performing a waste audit, involving kitchen staff, prep and storage, purchasing, serving, and more. [https://www.epa.gov/sites/production/files/2016-08/documents/food\\_loss\\_prevention\\_options\\_universities\\_august\\_2016.pdf](https://www.epa.gov/sites/production/files/2016-08/documents/food_loss_prevention_options_universities_august_2016.pdf)

## UMASS AMHERST DINING SERVICE CASE STUDY

In this case study, learn how the UMass Amherst foodservice program reduced its food waste generation by switching to trayless dining, improving food preparation techniques to reduce trim waste, reducing line wait times, and implementing “just in time cooking stations.” <https://recyclingworksma.com/wp-content/uploads/2012/01/UMassCaseStudyFINAL-1A.pdf>

## REDUCING WASTED FOOD AND PACKAGING: A GUIDE FOR FOOD SERVICE AND RESTAURANTS

This guide, published by the Environmental Protection Agency, offers information on reducing food waste, donation, and alternatives to landfill disposal of your organic waste. [https://www.epa.gov/sites/production/files/2015-08/documents/reducing\\_wasted\\_food\\_pkg\\_tool.pdf](https://www.epa.gov/sites/production/files/2015-08/documents/reducing_wasted_food_pkg_tool.pdf)

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## HOW TO REDUCE FOOD WASTE: A GUIDE FOR BUSINESSES AND INSTITUTIONS IN MASSACHUSETTS

This brief guide, prepared by the State of Massachusetts, but equally relevant to Oregon businesses, provides

advice for reducing kitchen waste and front-of-house waste, as well as links to other useful resources.

<http://www.recyclingworksma.com/wp-content/uploads/2015/11/How-to-Reduce-Food-Waste.pdf>

## REFRIGERATOR AND FREEZER STORAGE CHART

The FDA tips sheet provides guidelines for food storage that can help you avoid wasting food through spoilage. <https://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/ucm109315.pdf>

## FOODSERVICE FOOD WASTE ACTION GUIDE – REFED

This comprehensive guide covers a wide range of prevention options tailored to foodservice companies, ranked in terms of their profit and feasibility potential. The guide addresses differences among food service operations and lays out opportunities in particular sectors, such as healthcare and educational institutions. It guide also provides real life examples of solutions in practice and tips on developing waste prevention strategies. Prevention opportunities covered include menu planning and service, procurement and supply chain, and production efficiency (including inventory management and production planning). The guide also covers food donation and waste recovery, and includes links to additional resources. [http://www.refed.com/downloads/Foodservice\\_Guide\\_Web.pdf](http://www.refed.com/downloads/Foodservice_Guide_Web.pdf)

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