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7. Provide a final inventory of real property (i.e., land, structures) and equipment purchased.

8. Provide any additional comments, suggestions or ideas for DEQ’s Materials Management Grant Program.
1. A comparison of actual accomplishments with the project goals and objectives as outlined in the agreement. If a baseline assessment was done, include a description of that process and what was learned. Include a description of Project accomplishments not included in the goals and objectives, if applicable.

**PHASE 1:**

**Goals and Objectives Established:**

Our goal for Phase 1 of our Food Too Good to Waste Project was to recruit 50-100 households to participate in a 6 week household challenge, based on the EPA’s toolkit, Food Too Good to Waste, and to have measurable local data and success stories to parlay into our Phase 2 community outreach and education campaign. Participants would weigh their household’s wasted food for 6 weeks, while learning about the issue of wasted food and tools to make small changes to their habits in hopes that they would waste less food by the end of the challenge. The first 2 weeks were to be baseline measurement weeks, with the last 4 would be weeks to implement the tools to prevent wasted food. Our hope was that at least 50% of households complete the entire challenge.

We would recruit households using a bill insert (in partnership with our recycling and garbage providers), door hangers, posters, and our already existing email communication lists.

**Actual Accomplishments:**

Our challenge, renamed the Rethink Food Waste Challenge to more align with our existing branding, was four weeks, two weeks shorter than we initially planned. We recruited 213 households to sign up for the challenge. 163 of those households actually entered data at least one time, 137 (64%) of those households participated at least 3 of the 4 weeks, 101 (47%) of the households participated for all four weeks. We exceeded our initial recruitment goal and were very close to our retention goal of 50%.

We considered the data from all the households to determine the average amount of wasted food per person. We found that there was a 59% reduction in wasted food from week 1 to week 4 and a 33% reduction from week 2 to week 4.

Participants were recruited through a successful bill insert, posters, and email communications. They were given a scale, plastic bucket to collect wasted food, a basket with an “Eat First” laminated label, and the Rethink Food Waste Challenge Toolkit. This toolkit was based on the EPA’s FTGTW toolkit, but was edited and redesigned to align with the existing look and feel of the Rethink Waste Project.

We sent e-mails and posted a blog twice a week for the duration of the 4-week challenge with tips and resources around that week’s theme. We also highlighted initiatives happening in other parts of the country and the world including other challenges, documentaries, books, and news articles surrounding the subject of wasted food to show that many communities are taking the issue seriously. Participants who entered their data each week were entered to win an incentive prize; prize items were connected with that week’s tool, food, or waste prevention in general. Examples include glass food storage containers, beeswax food wraps, grocery store gift cards, reusable produce bags, and more. The final prize, offered to 2 winners who entered data for 3 out of 4 weeks, included $400 in “market bucks” to a farm that sold produce at a farmers market in both Bend & Redmond. One of the winners opted to give half their prize to a local soup kitchen ($200), as facilitated by us.
COMMUNITY CHALLENGE DATA AND INFORMATION

Dates of official Rethink Food Waste Challenge: May 14 – June 11, 2018

Waste Reduction Amounts During official RFW Challenge
Average amount of wasted food decreased per household from week 1 to week 4: 58.9%
Average amount of wasted food decreased per household from week 2 to week 4: 36.0%
Average amount of wasted food decreased per person from week 1 to week 4: 58.7%
Average amount of wasted food decreased per person from week 2 to week 4: 33.9%

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Total number of households that entered data 3 or 4 weeks: 137

Reasons why established goals were not met:

Established goals were met, but our activities were adjusted. We originally planned to do a 6 week challenge, but shortened it to 4 weeks. One way that we wanted to recruit people was through a bill insert in the local garbage bills. The ideal timeline when we wanted to do this was taken by another in-house bill insert by the garbage and recycling provider, so we decided to shorten the challenge from the initial 6 weeks to 4 weeks to accommodate the delayed schedule. This allowed us to get the bill insert sent out and still have adequate time for participants to sign up. The shorter schedule also ensured that the challenge ended before school got out for the summer, when many people leave for vacation. The 4-week challenge, which has been implemented in other communities as well, seemed to be long enough for folks to learn about their habits and to make small changes, but short enough for them to maintain interest without getting distracted by other life issues. Finally, the shortened schedule also gave us more time to flesh out all of our redesigned tools and set up our website to collect contact information and data.

The use of the bill insert turned out to recruit a total of at least 74 households, possibly up to 99, so we think it was a good idea to make the change. We also planned on using a door hanger, which we had designed and printed, but in the end found that it demanded more staff time than we had available, and that in the end sign ups were coming in anyway and so it was deemed less critical. Instead, we
used the door hangers as in person handouts at a few outreach events we attended before the
challenge kicked off.

Our original retention goal for households participating in the challenge was 50%. Although we
only retained 47% of households, our retention number was 101 households, which is as many as we
had hoped to recruit, let alone retain.

**PHASE 2:**

**Goals and Objectives Established:**

In Phase 2, we planned to take what we learned in our challenge and incorporate that into our
messaging for delivery in a community-wide campaign. Using Community Based Social Marketing
techniques, we planned to return to the same neighborhoods with updated door hangers and send out
updated bill inserts in Bend & Redmond. These materials would be updated with local data and stories
to compel people to access and utilize the tools that the challenge participants utilized in Phase 1. We
also planned to create a print ad for each tool, as well as an overarching wasted food prevention
message in both print and social media, and a billboard, to be placed during the summer months.
Planned outreach events focused on Farmers Markets events where possible in Bend, Redmond, and
Sisters. Outreach would include providing printed out tools, weekly recipes utilizing common local food
currently in season, and asking people to pledge to prevent wasted food using social media.

**Actual Accomplishments:**

After the end of the official challenge (Phase 1), we took time to evaluate the data, solicit
feedback from challenge recipients, and work with the designers to re-work Phase 1 collateral to be
both timeless and to incorporate both quantitative and qualitative data from the community challenge in
Phase 1. We organized a strategic lay out for Phase 2, which included scheduling outreach events,
presentations, and ad placements. Phase 2’s official kick-off event was a screening of ‘Wasted -The
Story of Food Waste’ from executive producer Anthony Bourdain, which brought in over 150 people
from the community. We also did a panel of local food waste prevention heroes for a Q+A session after
the film.

- Social media was used as a marketing tool, with efforts focused on Facebook. Twitter was not as
  successful in getting participation.
- Although social marketing was used more heavily than canvassing, rack cards were designed,
  printed and distributed in central Redmond and some neighborhoods in Bend. Those rack cards
  had a quote from a participant on the front and an ask to “pledge to waste less food” on the back.
  Those canvassing efforts did result in a few email signups.
- Print ads: Created a series of 6 print ads highlighting each food waste prevention tool and an ad
  with an overarching wasted food prevention message. The ads always encourage people to waste
  less food and to go to the website to learn more. Ads were placed in many local papers over the
  course of phase 2.
- Outreach at events: Tabling at 18 events: including music events, seasonal festivals and one
  farmer’s market. We also had recipe cards highlighting a prolific in-season vegetable on the table of
  one produce vendor with food waste prevention information on the back.
- Formal presentations: We did presentations at four Cooking Matters classes (cooking classes for
  low income folks) in La Pine, Bend, Redmond and Sisters and 7 other presentations. Three more
  presentations are scheduled in February for a “Know Less” series put on by the Deschutes County
  Library.
- “Eat First” Basket: The original EPA Toolkit for Food Too Good to Waste suggested the use of an
  Eat First Basket. After developing our style for the Rethink Food Waste Challenge, we printed and
laminated “Eat First” cards and attached them to baskets to be given out. We have given out approximately 300 baskets.

- **Unanticipated Accomplishments:**
  - E-mail series: Compiled all of the e-mails designed for the original challenge into a long lasting email series. People can sign up for this email series at any time to take a self-guided food waste reduction challenge. The series lasts for 4 weeks and gives tips and resources on how to reduce food waste in a digestible way. It will be available in perpetuity. So far, 322 people have signed up for the email series since its launch in the beginning of September 2018. We are continuing promote this series through the Rethink Waste Project website, RWP newsletters, as well as tabling events and presentations.
  - In the midst of this outreach campaign, Bend’s garbage and recycling service providers implemented a residential food waste pilot program within city limits. They used our Rethink Food Waste materials in their customer outreach materials, including food waste prevention tips. Each household in the pilot also received an “Eat First” card to use.
  - The Environmental Center’s Youth Education Program incorporated the Rethink Food Waste materials into a Rethink Food Waste lesson available for classrooms. This content is being incorporated into the EarthSmart program for 4th and 5th graders, which reaches 750-1000 students per year in Deschutes County.

**Reasons why established goals were not met:**

Established goals were met. However, one of our Phase 2 activities included scheduling a billboard with a wasted food message. We did not end up having this billboard because of a miscommunication. The Rethink Waste Project regularly schedules billboards with our work for Deschutes County Dept. of Solid Waste, and the billboard company ended up putting another recycling related message we had already produced with them, rather than a food waste specific one. This billboard had a recycling message and was paid for by DCSW -- it did not come out of the DEQ grant money. The unspent billboard funds were spent in other outreach areas such as the unplanned movie screening, event tabling fees and additional newspaper advertisements.

2. **A description of significant problems encountered** during Project design and implementation and how these problems resulted in Project changes or expected accomplishments.

No significant problems to report other than the schedule change and billboard problem, described above.

3. **A description of the most and least successful components** of the Project explaining why they were or were not successful.

**MOST SUCCESSFUL**

The “Eat First” Basket
- Handed out “Eat First” baskets to each of the original challenge participants. From their feedback, we found that this basket was the single most useful tool introduced during the challenge. Here are some participant quotes that support that conclusion:
  - “Love the Eat First basket! That’s been a huge help for our family!”
  - “Eat First basket continues to be the best part of this project. It is a very helpful prompt both for what to use and how much to be buying.”
  - “We were already trying to plan for shopping and use up our food well but it was an eye opening experience to see all the week’s waste together in the bucket. It was more than we thought! Our favorite takeaway is the Eat First basket. Brilliant! Thank you!”
• “The ‘Eat First’ basket is excellent as it helps to focus attention on produce before it is beyond using. Leftovers sit next to basket so they don’t get missed.”
• “What I got most out of this project was using the Eat First bin. I LOVE this idea! It's helped us so much as far as prioritizing what we pack for lunch or use in cooking. “
• “WOW! What a great challenge. I was surprised at my first week of data on how much I wasted and proud of myself for the improvements. For me, the ‘Eat First’ bin is what made the biggest difference followed by changing when we deal with lunch boxes. Poor chickens aren’t getting as many scraps but I know my wallet has got to be bigger in return. THANK YOU SO MUCH!!!”
• “I really LOVE the ‘Eat First’ bin. It is so simple but so brilliant. I've converted the top shelf for eat first items and I've really [been] able to use those items first before cooking anything new. Plus when I have a few funky items I can pretend I'm on the TV series ‘Chopped’.”
• “I hope others will be intrigued with the Eat First baskets. We continue to be challenged by the items in our basket and like the creativity challenge using these items provides. We have some new favorite meals thanks to using the Eat First basket. We have also created an Eat First section in our refrigerator’s freezer. Works great!!”
• The “Eat First” basket was so successful that it was decided to keep giving it out to anyone who was interested during Phase 2 of the project. It’s always on our table during events and has been advertised as available on our website. It encourages engagement and it is bright and colorful and draws attention. For folks who don’t want a basket, we encourage them to take a laminated “Eat First” card that they can use in their fridge. This has been a low cost item with a high impact.

Movie Screening: Wasted: The Story of Food Waste, September 24, 2018
Although there was no planned date in mind to officially begin Phase 2, but after discovering the “Wasted” movie and expecting a good turnout for its attendance, we decided for the film showing to be our official kickoff in September.
• The movie screening of Wasted brought out a lot of people (150+), in part due to the death of the film’s executive producer being just before the showing.
• Film tickets were free, with an optional donation. This allowed anyone to come see it, and the show was sold out while covering costs.
• The film was followed up by a post-movie panel Q&A with community members who are actively helping reduce food waste here in the county.
  o Meiko Lunetta, Program Coordinator from the High Desert Food & Farm Alliance
    • Meiko works to support Central Oregon's food system and increase food access. She is passionate about connecting community members to resources through collaborate with farmers, businesses and organizations alike.
  o Melissa Miller, General Manager, Sodexo & COCC Dining Services.
    • Melissa is passionate about reducing food waste at COCC and through collaborative efforts with several local non-profits is giving extra prepared foods to hunger relief agencies in Bend. She strives to feed people as well as educate the students at COCC around food waste and food insecurity.
  o Megan French and David Aleksander, Farmer/Co-Owner, Boundless Farmstead
    • Megan is a born and raised Oregonian who has worked in the food and farm scene for a number of years. She and her partner David started Boundless Farmstead in 2018. They farm using organic practices and sell their products direct to consumer as well as to local restaurants.
• Partnered with the High Desert Food and Farm Alliance to put the movie on -- they helped gather the panelists and helped to promote the film.
• HDFFA and Rethink Food Waste each had a table set up with information and fliers where we could chat with people who had questions about wasted food or our organizations. It was a location where you could sign up for the e-mail series and get a free “Eat First” basket.
• A combination of partnering with local organizations and good advertising made this event very successful. It was also helpful for it to be free in order to encourage anyone to come.

Developing the Rethink Food Waste E-mail Series
• After coming across something similar from the City of Kirkland, Washington, we decided to create the e-mail series. This involved compiling all the e-mails from the challenge into material that would be relevant and timeless (“evergreen” content). The idea being that folks can sign up to take a self-paced, self-guided challenge to learn about the issue of food waste, even though the official challenge has already taken place.
• Sent out a feedback form several months after the e-mail series went live and did get a good amount of interaction from folks who had signed up. There was a prize drawing with incentives for participation in the feedback survey.

Feedback Surveys
• Sent out 2 feedback surveys. One right at the end of the challenge sent only to the 213 official challenge participants, and one sent out in November to all official challenge participants as well as folks who had signed up for the e-mail series in Phase 2. The second form went out to an additional 245 households or a total of 458.
• These feedback surveys served several functions:
  o Provided social media fodder including quotables and photos.
  o Continued interaction and participation from community members.
  o Created a place for challenge participants to give suggestions for future outreach ideas as well as feedback on what worked and what didn’t for them.
  o Asked participants to refer a friend to sign up for the e-mail series. This was successful and yielded over 30 new participants.

Insert in Garbage Bills
• The call for sign-ups in the garbage bill was very successful. The first round of inserts yielded between 74 and 99 sign-ups (~41%) for the original Rethink Food Waste Challenge. We worked with two companies – one that services south of Bend to La Pine, and the other services North of Bend and Redmond. The bill insert in Redmond was to a smaller population however, as the City of Redmond bills residents within city limits, so our bill inserts reached only those residents outside of city limits.
• The garbage bill does not discriminate and goes across all socio-economic boundaries, which helped to reach a wider variety of people. However, since we did not collect any socio-economic data, we are unsure of the average type of person who signed up.

Incentives for participation
• Having goodies for people to win helped to maintain interest.
• Incentive prizes were intentionally relevant to wasted food, which helped with the mission. In the post-challenge feedback form, we asked for photos showing something from the challenge. Some photos showed the use of the beeswax wraps that were given out as a prize.
• The $400 grand prize of a CSA was probably a big draw as well.

LEAST SUCCESSFUL

Outreach events at grocery stores
• People tend to be in a hurry and don’t want to stop and chat when they are grocery shopping. This could work better if there was some kind of interactive game and a prize to give away, as people love free stuff.

Outreach events at music events
• Some music events were great, and others were not. It really depended on our location at that specific venue and on the weather. The music on the green events in Redmond occurred during very high temperatures and there were not too many people out. There were also some events that were not well attended due to poor quality, smoky air in August during wildfire season.

4. An explanation for significant differences between Project budget and Project expenditures.

Nothing to report.

5. A discussion of the technical and economic feasibility of others carrying out a similar project. Include recommendations on what should be done differently in managing a similar project.

• Using incentives as a draw is crucial for participation. People love to win stuff. When purchasing incentives, try to find items that aligned with the mission of preventing food waste along with things that people might not buy for themselves. The beeswax wraps, for example, are a little expensive to buy, but we felt they drew in some interest because they are unique and pretty. Using your incentive dollars wisely is important.

• When tabling at an outreach event, it is very important to have something on the table to draw people in. A combination of giveaways associated with the project, a large and striking visual aid, and some kind of interactive activity are some ideas. Suggestions include:
  o A reusable straw giveaway -- for signing up for the food waste email series
  o A question or game -- maybe a spinning wheel with questions on it like “what’s the best way to store cilantro?” or “What’s the difference between composting and wasted food?” or “How much food does the average household throw away?”
    - Upon answering the question correctly, the participant wins a reusable straw or if you are at a farmer’s market, maybe they win a half dozen apples with a list of things you can do with all the apple parts

• Although it was a relatively expensive part of advertising, putting the informational insert in the trash bill seemed to be very successful.

• Sitting down in front of a group of attentive people is a great way to get information across. Although tabling puts your face and logo out there, the interactions aren’t always genuine or very long. Reach out to organizations to do “lunch and learn” sessions. Maybe suggest doing the food waste challenge as an organization. If the organization doesn’t have funds, maybe you can use funds from the project to pay for their lunch or perhaps split the bill. Free food gets people to come to events.

• The Eat First basket was very successful and we got great feedback from participants around its usefulness. Bring these to any event or presentation you go to as a visual and as a giveaway.
  o NOTE: It felt a little conflicting buying new plastic baskets from the dollar store while working for an organization attempting to decrease waste. The dollar baskets were bright and pretty and striking, but some more eco-friendly alternative would have been more aligned with the goals. No specific suggestions here, but maybe something to think about.

• Social Media: It seems everyone gets their information from Facebook or instagram. Learn about how to use this and maintain presence here. Encourage its use during the program. A
good way might be to get a volunteer intern that focuses solely on social media. It’s important to stay active in the social media world and a good way to measure interaction between you and participants as well as between participants themselves.

- Meal planning workshops at specialty stores that have the space for and history of events, (like Whole Foods and Natural Grocers, locally) might work as opposed to just tabling at a grocery store. An evergreen item that was created towards the end of the challenge was a meal planning shopping list; it could be made into pads or a fridge magnet, and could be a good giveaway item in conjunction with a store workshop.
- The actual vs proposed budget was right on target for each section. Although it was originally thought the FTGTW Coordinator position would be 20 hours a week, and it ended up being 16, it didn’t affect the budget. The change in hours per week allowed for more calendar time for the campaign to settle into the community, which may have allowed for a broader reach of people. In any case, the budget wasn’t overshot or under estimated in terms of time.

6. Provide copies of materials related to the Project including brochures, public service announcements, photographs, news clippings, or reports.

See all deliverables below. All are listed in the table of contents.

**DELIVERABLES - brochures, photographs, news clippings, reports, etc.**

**COMMUNITY CHALLENGE DATA AND INFORMATION**

**Official Dates of Original Rethink Food Waste Challenge**
May 14 – June 11, 2018

**Waste Reduction Amounts During official RFW Challenge**
Average amount of wasted food decreased per household from week 1 to week 4: 58.9%
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Total number of households that entered data 3 or 4 weeks: 137
PRESS RELEASES AND NEWSPAPER ARTICLES
Original Press Release – 5-1-18
Sent to Bulletin, Source, Nugget, Spokesman, CBN, KPOV.

PRESS RELEASE
FOR IMMEDIATE RELEASE:
May 1, 2018

Our Food is Too Good to Waste
Local challenge to reduce wasted food will kick off on May 14th

Deschutes County, Oregon – In the United States, 40% of food we are growing, raising, and cooking ends up going to waste. In an effort to increase awareness around the poignant issue of wasted food, the Rethink Waste Project, a program of The Environmental Center, is searching for residents of Deschutes County to take the Rethink Food Waste Challenge.

Food is wasted throughout the chain: at the farm, in transport, at grocery stores and other distributors, at restaurants, and at the household level. The Challenge will focus on the household level where 25% of what people buy ends up not getting eaten and being tossed.

1 in 8 Americans do not have access to enough food, yet the average family of four spends $130 per month on food they throw away. 135 million tons of greenhouse gases are produced from wasted food. With food waste education, the Rethink Food Waste Challenge will address these social, economic, and environmental issues all at the same time.

The Challenge, which begins on May 14, will encourage behavior changes by asking each participating household to weigh and record their cumulative wasted food each week. During the four-week challenge, participants will receive tips and resources about ways to prevent wasted food through simple behavior changes.

As an incentive to submit weekly data, there will be drawings for prizes that help prevent wasted food, such as glass and stainless steel food storage containers and reusable beeswax food wraps, plus $100 gift card to the grocery store of your choice. There will also be two grand prize drawings for $400 worth of harvest bucks, redeemable from the Dome Grown Produce stand at the Redmond Farmer’s Market or the new East Bend Farmer’s Market. Participants will also feel good about making changes in their own lives that will help their greater community.

The Rethink Food Waste Challenge, possible through a waste prevention grant from the Oregon Department of Environmental Quality. The Rethink Waste Project provides waste prevention and reduction education for Deschutes County residents through a partnership with Deschutes County Department of Solid Waste and our local garbage and recycling service providers.

Learn more and sign up for the Rethink Food Waste Challenge at:
http://www.RethinkWasteProject.org/FoodWaste/
Cascade Business News Online - 5-1-18
http://cascadebusnews.com/food-good-waste/

Local challenge to reduce wasted food will kick off on May 14

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Food is wasted throughout the chain: at the farm, in transport, at grocery stores and other distributors, at restaurants, and at the household level. The Challenge will focus on the household level where 25 percent of what people buy ends up not getting eaten and being tossed.

One in eight Americans does not have access to enough food, yet the average family of four spends $130 per month.

Nugget Newspaper - Focus on Health – 5-2-18

Environmental Center

Forty percent of our food never gets eaten. And it's estimated that a quarter of what goes into Deschutes County's landfill is wasted food. We're better than that. It's time to rethink food waste, and we want to help you do it.

We are looking for households in Deschutes County to take part in our Rethink Food Waste Challenge. For four weeks beginning May 14th, you will collect your weekly wasted food and enter its weight on our website at the end of each week. The first week do as you normally do. The next 3 weeks we'll give you tips, ideas and resources to help you prevent wasting food.

We have free scales for the first 100 households to sign up. Each week you participate, you'll be entered to win $1,600 worth of prizes — grocery store gift cards, nice kitchen supplies, plus a grand prize of farmers market harvest bucks! Sign up online at www.RethinkWasteProject.org/FoodWaste.
Rethink Your Food Waste

Deschutes County’s Knott Landfill, which is projected to be full by 2029, consists of 26% wasted food. As a community, we can change this - and it’s easy to do!

In May 2018, over 200 Central Oregonians pledged to waste less food by taking our Rethink Food Waste Challenge. For four weeks, participants tracked their wasted food and learned easy ways to waste less. Over the course of the challenge, the amount of wasted food went down by an average of 40%!

Now it’s time to spread the word. Sign up now (or tell a friend) to receive our self-guided Rethink Food Waste Challenge email series. Waste less food in your home, save time and money, and play an important role in this community effort. Sign up at: RethinkWasteProject.org/Food

"WOW! What a great challenge. I was surprised at my first week of data on how much I wasted and proud of myself for the improvements. For me, the Eat First bin was made the biggest difference."

Rethink Your Food Waste!

"Having our waste go down so much in the last two weeks has really inspired me! I can definitely see how meal planning and proper storage is improving our food wasting habits.”

- Rethink Food Waste Challenge Participant

The average family of four spends $1,600 each year on food they throw away. Ten percent of our energy and 25 percent of all fresh water go towards producing food that’s never eaten. And one in six people in the U.S. face hunger on a daily basis.

In May 2018, over 200 Central Oregonians pledged to waste less food by taking Rethink Food Waste Challenge. For four weeks, participants paid attention to what they wasted in their own home and then learned easy ways to reduce that household waste. Over the course of the challenge, their amount of wasted food went down by an average of 40 percent. What would it look like if each of those people spread the word and got five more people to take the challenge?

Sign up now to get our Rethink Food Waste Challenge Email Series and take the challenge yourself. Waste less food in your home, save money and time, and be a part of our community’s effort. Pledge to waste less food, because our food is too good to waste.

RethinkWasteProject.org/Food
I imagine standing in front of a fridge stocked with produce, dairy, meat, plus dozens of condiment jars. Now take a quarter of that food out and bury it. That might sound ridiculous, yet that's what happens all across the country: more than one-fourth of the food produced in the U.S. ends up in a landfill.

According to ReFED, a national coalition that analyses the economics of food waste, 85 million tons of food is wasted in the U.S. each year—nearly a pound per person, every day, filling over 20 percent of landfill space.

Across Oregon, food waste contributes to an estimated 18 to 26 percent of the waste stream. Timmy Schlink, director of solid waste for Deschutes County, suspects Bend sits at the higher end.

“Considering the impact of tourism, we probably have more food thrown away than in other communities,” he said.

How to reduce food waste?

Efforts are growing, locally and nationally, to reduce food loss at every point along the supply system.

**Food waste on the farm**

American consumers have high standards for food’s appearance. Twenty percent of the produce on store shelves is never touched. An odd shape or blemish is enough to give it a failing grade. Rejected produce also wastes the water and any chemicals used to grow it.

Most often, rejected produce is left to rot or sent to the landfill. Nationwide campaigns such as Imperfect Produce and Ugly Fruit & Veg are working with grocery markets to accept a wider variety, but consumer attitudes hold the key to success. The mission depends on people’s willingness to purchase less-than-perfect produce.

In Central Oregon, the High Desert Food & Farm Alliance led the push through its Grow & Give program, which brings locally grown food to those who need it. HDFFA’s program coordinator, Mello Lazzara, understands why food is often left in the fields—and also how to save it.

“Partners leave produce behind when they know it will be rejected by buyers,” she said. “Sometimes they have to move on to the next crop, even when there’s food yet to pick.” HDFFA helps by organizing harvesting events known as gleanings. Gleanings use volunteers to pick what’s left behind after the main harvest.

During the 2018 growing season, gleaning happened at 24 local farms. Each brought in about 1,200 pounds of fresh food, then donated to NeighborImpact, a local organization that distributes the produce among food banks and meal sites.

**Matching supply to demand**

Once food hits grocery shelves and commercial kitchens, another 25 million tons of food goes into the trash. ReFED identifies two major causes: confusion about “best by...” dates, and a mismatch between food supply and demand. “Sell by” labels rarely mean food is unsafe. Yet grocery stores regularly remove any food approaching the labeled date.

One option is to donate excess food where it can be used quickly: Grocery Outlet in Bend brings weekly loads of food to Shepherd’s House shelter. Many other stores connect with NeighborImpact, which claims it’s the largest distributor of donated food in Central Oregon.

“In 2018, we diverted over a million pounds of food from the landfill,” said Carly Sanders, NeighborImpact Food Program Director. Trucks make regular pickups at 18 groceries, and distribute through the brown bag program in Deschutes, Jefferson and Crook counties.

**Turning scraps into soil**

High desert soil lacks organic material, so composting food is a double win. Commercial compost pickup is growing, but the added cost and training are obstacles for many businesses, according to Bend Garbage & Recycling.

At home, people can add vegetable scraps to yard debris bins for easy composting. Deschutes County officials have discussed expanding residential compost to include all food scraps over the next few years, as a possible solution for extending the life of Knott Landfill.

Reducing waste at home

According to a 2017 report from the Natural Resources Defense Council, the greatest amount of food is wasted at home, in home kitchens. As a wealthy nation, the ability to buy more food can build apathy about discarding it, and Americans throw out $144 billion every year.

ReThink Waste, a project of The Environmental Center in Bend, aims to reduce that number. Its online challenge offers a free 4-week series to help users use food more efficiently.

**Resources for reducing food waste**

- Volunteer for a gleaning or donate produce to HDFFA at 541-390-3572 or info@hdff.org
- Locate a Brown Bag site at NeighborImpact.org or call 541-548-1380
- Learn more about ReFED’s reports at refed.com
- Sign up for the ReThink Food Challenge at rethinkwasteproject.org
- Find commercial composting information at bendgarbage.com and residential composting information at deschutesrecycling.com
PRESS RELEASE
FOR IMMEDIATE RELEASE:
January 14, 2019

Our Food is Too Good to Waste
Local challenge reduces household food waste by 40%

Deschutes County, Oregon – In the United States, 40% of food we are growing, raising, and cooking ends up in the landfill. In an effort to increase awareness around the poignant issue of wasted food, the Rethink Waste Project, a program of The Environmental Center, adapted an EPA developed food waste reduction program for Deschutes County residents. So far, 535 households have pledged to waste less food through the Rethink Food Waste Challenge.

Food is wasted throughout the chain: at the farm, in transport, at grocery stores and other distributors, at restaurants, and at the household level. The challenge focuses on the household level where 25% of what people buy ends up not getting eaten and being tossed.

1 in 8 Americans do not have access to enough food, yet the average family of four spends $130 per month on food they throw away. 135 million tons of greenhouse gases are produced from wasted food. With food waste education, the Rethink Food Waste Challenge will address these social, economic, and environmental issues all at the same time.

The original 4-week challenge, which took place in May of 2018, asked people to enter their household’s food waste data while learning tips and tricks to reduce that waste. “I was embarrassed by the amount of food I wasted last week,” said one challenge participant who was surprised by the rate at which his food waste accumulated. “This week, I really made a conscious effort to use up what I already made or what was going to go bad first. And you know what? It worked!”

The data showed a 40% decrease in wasted food. A self-paced educational e-mail series is now available on the Rethink Waste Project website for any household that wants to learn more about why wasted food is an important issue and how an individual can help make an impact toward change.

The Eat First basket, a tool from the challenge with the highest impact according to participant feedback, provides a place in your refrigerator to put food that needs to be eaten soon. Free Eat First baskets are available at The Environmental Center, while supplies last.

“We have come a long way in just 4 weeks,” said another participant. “Even our friends and guests are on board so a nice ripple effect from this challenge. I think the tip that helped the most was not putting too much on your plate at first. You can get more, but clean your plate with a small amount.”

The Rethink Food Waste Challenge was made possible through a waste prevention grant from the Oregon Department of Environmental Quality. The Rethink Waste Project provides waste prevention and reduction education for Deschutes County residents through a partnership with Deschutes County Department of Solid Waste and our local garbage and recycling service providers.

Learn more and pledge to waste less food at RethinkWasteProject.org/FoodWaste.
Cascade Business News – Our Food is Too Good to Waste - 1-15-18


Our Food is Too Good to Waste

BY CSN ON JANUARY 15, 2019

(Well organized fridge of a Rethink Waste Project participant with an Eat First basket in use / Photo Courtesy of the Environmental Center)

In the United States, 40 percent of food we are growing, raising and cooking ends up in the landfill. In an effort to increase awareness around the poignant issue of wasted food, the Rethink Waste Project, a program of The Environmental Center, adapted an EPA developed food waste reduction program for Deschutes County residents. So far, 535 households have pledged to waste less food through the Rethink Food Waste Challenge.

Food is wasted throughout the chain: at the farm, in transport, at grocery stores and other distributors, at restaurants and at the household level. The challenge focuses on the household level where 25 percent of what

Sisters Nugget – Health and Wellness Issue – 1-16-18

Environmental Center

Rethink food waste in the new year. Looking for a healthy resolution for 2019? The Rethink Waste Project has a free email series all about reducing wasted food, thereby addressing the health of the planet and the body!

Change your habits to prep fresh veggies when you get them home from the store so you reach for those carrot sticks instead of for the potato chips. Organize your fridge (and keep it organized!) and use one Eat First basket (pick one up from The Environmental Center (16 NW Kansas Ave., Bend) for free, while supplies last) to prevent accidental science projects. Shop smarter and save money: use what you have and buy only what you need.

Learn more about why wasted food is an important issue, why it happens, and easy ways you can prevent it. Educate and challenge yourself; sign up for the Rethink Food Waste Email Series. This year, pledge to waste less food: www.RethinkWasteProject.org/FoodWaste.
PRINT ADS

Phase 1
Ran in HDFFA (4/2018 – year long publication) Food and Farm Directory and the Nugget (5/2/18)

Phase 2 - RFW Print Ad Series
These ads ran at least twice each in The Source, Go Magazine, Redmond Spokesman, and the Sisters Nugget Newspaper between September and January. The “Take the Challenge” one ran in Cascade Business News on October 3.
BILL INSERTS

Phase 1 – 5-2018 Mailing
Inserted in Bend Garbage and Recycling, High Country Disposal, and Cascade Disposal in their May 2018 Mailing:

Phase 2 – 8-2018 Mailing
Inserted in Bend Garbage and Recycling, High Country Disposal, and Cascade Disposal in their August 2018 Mailing:
Phase 1 – Participant Recruitment – before challenge start date (5-14-18)
Phase 2 – Wasted Film Poster – 9-24-18

Did you know that ~26% of Deschutes County’s Knott Landfill is made up of wasted food? Join us to view WASTED! and chat about the issue of food waste on a national and local level.

SEPTEMBER 24
VOLCANIC THEATRE PUB
70 SW CENTURY DR.

DOORS AT 6:30P, FILM AT 7P
PANEL DISCUSSION PLUS Q&A AFTER THE FILM

$10 SUGGESTED DONATION
RethinkWasteProject.org/food

Learn how the small things YOU do really can make a difference!
Tabling Poster – 7 Tips to Reduce Food Waste – Phase 2

1. Organize your fridge — and keep it organized.
2. Use an “Eat First” Basket!
3. Spread the word: tell your friends. Let’s make change as a community.
4. Buy ugly produce.
5. Make a weekly menu plan with room for a leftovers night.
6. Shop your fridge first!
7. Pledge to waste less food: take the Rethink Food Waste Challenge!

www.RethinkWasteProject.org/
FoodWaste
MATERIAL TO HAND OUT

Door Hanger – Phase 1
Door Hanger - Ended up using them as a tabling / rack card instead of a door hanger, since we got much more interest than anticipated for the original challenge.
Rack Card – Phase 2
Evergreen Material

LOVE YOUR PLANET. EAT YOUR FOOD.
Did you know that the average American spends $130/month on wasted food? Or that 1 in 4 of your bags of groceries ends up in the landfill?
Pledge to waste less food at RethinkWasteProject.Org/FoodWaste.
Learn what food you’re wasting in your home and how to prevent it.

🛒 SHOP SMARTER
Shop your pantry and freezer first.

⏰ PREP SMARTER
Wash, chop, and store your produce so it’s ready to use.

👏 STORE SMARTER
Know what produce stays on the counter and which goes in the fridge.

🍏 “EAT FIRST” BASKET
Put your leftovers and need-to-use food bits in here.

A program of The Environmental Center
Recipe Cards – Phase 2
Recipes handed out to Dome Grown Produce with ingredients that were particularly prolific in a given week. Recipe on front, RFW Challenge information on back.

Recipe of the Week
Braised Chard with Cilantro
Serves 4
From Deborah Madison, Vegetarian Cooking for Everyone

Ingredients
- 2 large bunches chard, about 2 pounds, leaves sliced into 1 inch wide ribbons
- 1 1/2 cups of the chard stems, trimmed and diced
- 1 onion, thinly sliced
- 1/2 cup chopped cilantro
- 1/2 cup olive oil
- 1 teaspoon paprika
- 1 garlic clove, pounded with 1 teaspoon salt
- Salt and freshly milled pepper

Directions
1. Place all ingredients in a wide, heavy pot with a few pinches of salt
2. Add 1 1/4 cups water, cover tightly, and cook over medium heat for 45 minutes. Check once or twice to make sure there's enough moisture. If anything is sticking, add a few tablespoons of water.
3. When done, the chard should be silky and very fragrant. Add salt and pepper to taste.

Recipe of the Week
Spicy Kohlrabi Noodles
Serves 2-3
From www.loveandlemons.com

Ingredients
- 2 cups kohlrabi
- 4 oz. cooked (and cooled) rice noodles
- 1 sliced jalapeno, sliced and a few Thai red chilies
- 1/2 avocado, sliced
- 2 tablespoons fish sauce (or soy sauce of choice)
- 1 teaspoon rice vinegar
- 1 clove of garlic, minced
- 1 teaspoon minced ginger

Dressing:
- Lime juice and zest
- 2 tablespoons fish sauce (or soy sauce of choice)
- 2 tablespoons rice vinegar

Directions
1. Mix the dressing together.
2. Peel the kohlrabi if you like. Cut off the fibrous, rubbery sections and leave the more tender skin on. Use a mandoline to slice kohlrabi into planks and then slice the planks into thin matchsticks. Toss the sliced kohlrabi with the dressing and chile peppers. Chill for about 30 minutes.
3. Toss the marinated kohlrabi with noodles, avocado, herbs, crushed peanuts and scallions. Taste and adjust seasonings. Serve cold or at room temp, with extra lime slices on the side.

Want to learn more about how to Rethink Food Waste? Visit our website and pledge to waste less food: get our Rethink Food Waste Challenge E-mail Series in your inbox! www.RethinkWasteProject.org/FoodWaste

A LITTLE FOOD FOR THOUGHT

Taking the Rethink Food Waste Challenge is easy, we promise. We'll help you figure out how much food is really going to waste in your home — and how to make small shifts in how you shop, store, and prepare food, so you can toss less, eat well, and save money.

The best part? Take the challenge whenever it works for you!

SAVING FOOD AND SAVING MONEYY

The average person who took the 4-week Davidson County Rethink Food Waste Challenge reduced their wasted food by 59% from week 1 to week 4. That’s a lot of dollars in the pocket!

Sign up for the challenge today!

SHE HELD FARMERS’ MARKETS, HELPED FEED THE HOMELESS, AND PARTNED WITH NUTRITIONISTS TO HELP FEED FAMILIES!

THE RETHINK FOOD WASTE CHALLENGE WORKS!
Refrigerator Magnet / Notepad – Phase 2
Evergreen Material
Welcome to the RETHINK FOOD WASTE CHALLENGE

Attention foodies! Communities, families and individuals are working to reduce less food by making small shifts in how they shop for, prepare, store and save food.

The information in this packet will teach you:
- How important the issue of wasted food really is
- How much food you are wasting at home
- How to reduce waste and save money

People + Food

We’re always up for a good challenge, right?

If you’re making small shifts in how you shop for, prepare and store food, you can save time and money and keep valuable resources used to produce and distribute food from going to waste. It’s a win-win!

What you need:
- You only need the basic tools to get started:
  - A pen / pencil
  - Paper or use our worksheets
  - Basket / container — which we’ll provide to the first 100 people!
  - A small kitchen scale — which we’ll provide to the first 100 people!

What to do:

- Sign up for the challenge.
- Be aware of your own actions at home. Did you buy too much? Help us take the challenge.
- Use the strategies and tools on the following pages to reduce your wasted food by an average of 30%. You can do it!
- Check out our Facebook page and our website for tips and information on how to save food.
- Tell your friends — spread the knowledge!
- Check out upcoming Rethink Food Waste Challenge community events to show support and learn more.

Food waste makes up 25% of our trash landfills — that’s as much as 28% of 19 ELEPHANTS its weight!

Chew on this

Here’s why the challenge is important:

**Financial Impacts**

$1,600 / A YEAR ON FOOD THEY THROW AWAY.

**Environmental Impacts**

135 MILLION TONS OF GREENHOUSE GASES COME FROM WASTED FOOD EVERY YEAR.

**Social Impacts**

CURRENTLY 50 MILLION AMERICANS DO NOT HAVE ACCESS TO ENOUGH FOOD.

Simple changes can have a big impact. Our local Rethink Waste Project is leading the way with the EPA-developed Rethink Food Waste Challenge because our food is just too good to waste. www.rethinkwasteproject.org/FoodWaste

So what is this challenge?

Tell me about food waste.

The average American household waste about 20% of the food they buy. Yet, most people don’t think they throw that much. Did you know that an estimated 20% of food (landfills) is food waste? Whether you just tossed that yogurt with the expiration date, a box of bread or milk that smacked a little funny, you’re probably wasting some food this week. We want to change that.

What is the challenge?

The Rethink Food Waste Challenge helps you realize how much food you are throwing out. You’ll learn easy ways to save time and money and keep valuable resources from going to waste. We are enrolling at least 100 households from Escondido County to participate in a 4-week study of food waste in the home from May 14 – June 10. The first 100 households who sign up will receive a digital scale to weigh the food waste and a budgiet in which to save your food waste during the challenge. Both are yours to keep. Starting each Monday, you will set aside all food that you would normally toss. At the end of the week — or Sunday — you will assess your food waste weight or volume. If you don’t have a scale, you can use an online form. That’s it.

Why should I do this?

Well, first of all, you can feel good about yourself and your hearer by being aware to be more conscious about what food you are throwing away. The Rethink Food Waste Challenge will take you less than 10 minutes per week and it’s only for one month. Second, you can feel good about being a part of this community study! Plus, when you submit your wasted food weight, you will be entered in a weekly drawing for $200 in food-related prizes including items such as Hydro Flask insulated food flasks, grocery store gift cards, glass food storage containers with matching lids, beewax food wraps, and more. All households that complete at least 3 of the 4 weeks of the challenge will be entered in a drawing to win a $200 in Market Bucks (use to choose your own adventure in Elmwood Green Produce Farm out of Richmond). The Farm has a stand at both the Redwood Farms Market and the new East Ben Franklin Market. There will be two grand prize winners!

Sign up at www.rethinkwasteproject.org/FoodWaste
Let's do this!

Step by step, step by step.
Here are instructions... along with tips and tricks... to get you started, keep you going, and show you some results... Sign up now and go, go, go!

Week 1
Collect and weigh the food you throw out.

First, just do what you normally do. Don't think about it too much. Dogs howl have a baseline of normal and three is a good representation of your usual week of food waste.
- Start eating your wasted food in your waste container on Monday.
- Continue to place all your wasted unopened food in the containers for the entire week.
- What counts as food waste? Stale bread, frappuccinos, fruit from the back of the fridge, restaurant doggie bags, plate scraps, or the dinner you prepared. Everything that was at one time edible that you would usually throw away, even if you intend to compost some of this, will still count towards your total of wasted food if it was eaten at one time. Do not include inedibles such as apple cores, orange peels, corn cobs, eggs shells or bones.

At the end of the week on Sunday, weigh the food waste and record the number in your container on the online form or with a phone call (541-388-4988). Make sure to subtract the weight of the bucket (5.5 ounces if you are using ours). If you don’t have a scale, you can estimate total weight.
- Lastly throw your wasted food in your compost or garbage now that the week is over.

Weeks 2, 3, & 4
Practice Using Smart Tools

Each week of the challenge, we'll send you an email with tips and resources for the week ahead. You can also find the SMART Save Money and Reduce Food Waste in our toolkit at www.RethinkFoodWasteProject.org/SMARTR.
- Continue to eat your food in containers.
- During the week, use the tools to think a little more about what you are eating and how to prevent it from happening.
- Keep notes on what works to reduce food waste and what doesn’t.
- Submit the weight of your food waste at the end of each Sunday through the online form.

Keeping score

We’re so glad you’re up for the challenge! To make it as easy as possible, use these worksheets to keep track of your progress. Enter either weight or volume of wasted food. If weighing your food, make sure to subtract the weight of the container.

1. May 14–May 20
   - Week 1: Do What You Normally Do
     - Number of people in the household
     - Food Weight
     - Food Volume
     - Number of days collected
     - What to waste and why:

2. May 21–May 27
   - Week 2: Shop Smarter
     - Number of people in the household
     - Food Weight
     - Food Volume
     - Number of days collected
     - What to waste and why:

3. May 28–June 3
   - Week 3: Prep Smarter
     - Number of people in the household
     - Food Weight
     - Food Volume
     - Number of days collected
     - What to waste and why:

4. June 4–June 10
   - Week 4: Store It Smarter
     - Number of people in the household
     - Food Weight
     - Food Volume
     - Number of days collected
     - What to waste and why:

Shop smarter

Rethink Food Waste Menu Planning

Think about how many meals you'll eat at home this week and how long for your next shopping trip.

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<thead>
<tr>
<th>MEALS FOR THE WEEK</th>
<th>SHOPPING LIST</th>
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Store smarter

In or out of the fridge?

Use this quick fruit and veggie storage guide during the challenge—and after—to help you make the most of these delicious items:

**Inside the fridge**
- Apples
- Berries
- Oranges
- Nectarines
- Lemons and oranges
- Mangoes, melons, apricots, peaches, and plums
- Avocados, pears, tomatos (after opening at room temperature)
- Almost all vegetables and herbs

**About Humidity Controlled Drawers**
- High setting: produce sensitive to moisture loss (cabbage, brussel sprouts, green beans)
- Medium setting: produce that needs moisture (onions, garlic, potatoes, peppers, and herbs)
- Low setting: produce not sensitive to moisture loss (cucumber, tomatoes, zucchini, squash, onions, leeks, carrots)

**Outside the fridge**
- Bananas, mangoes, papayas, and pineapples
- Store in a cool place
- Potatoes and onions
- Store in a cool, dark place
- Meat
- Watermelons
- Store at room temperature—once out, store in fridge

Many foods give off natural gases that harm the produce of other foods. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in different bins. Consider using bags and containers designed to keep extend the life of your produce. To prevent mold, wash lettuce and berries just before eating.
Phase 2 – Evergreen Challenge Document
Still available on website, broken up into separate tools. Used for tabling events as a complete handout.
Food: Too Good to Waste, The Rethink Food Waste Final Grant Report

29 | Page
### Prepping Smarter

**Chop, chop!**
Prep now, eat later! Prepare perishable foods soon after cooking or purchase foods that will keep for a few days. It will be easier to whip up meals later in the week, saving time, effort, and money. Who doesn’t love that?

#### Tips and Tricks

- When you get home from the store, take the time to wash, dry, chop, slice, and place your fresh food items in clean storage containers for snacks and easy cooking.
- **Behind your theater and out of sight:** Store food such as bread, rice, flour, or meats that you know won’t be able to eat in time. Make a list and put it outside of your freezer so you know what food you have on hand.
- Cut your time in the kitchen by preparing and freezing meals ahead of time.
- Prepare and cook perishable items, then freeze them for use throughout the month. For example, bake and freeze chicken breasts or fry and freeze tacos.

#### The Average American Wastes

254 LBS OF EDIBLE FOOD EACH YEAR.

### Storing Smarter

**In or out of the fridge?**
Use this quick fruit and veggie storage guide during the challenge—and after—to help you make the most of these delicious items!

#### Inside the Fridge

- **Apples**
- **Berries**
- **Cherries**
- **Grapes**
- **Kiwi**
- **Lemons and oranges**
- **Mangoes, melons, watermelon, and peaches, pears, and plums (after opening at room temperature)**
- **Avocados, peas, tomatoes (after opening at room temperature)**
- **Almost all vegetables and herbs.

#### Outside the Fridge

- **Bananas, mangoes, papayas, and pineapples:** Store in a cool place.
- **Potatoes and onions:** Store in a cool, dark place.
- **Beets:**
- **Winter squashes:** Store at room temperature—once cut, store in a refrigerator.

#### About Humidity Control Drawers

- **High setting:** Produce sensitive to moisture loss (beets, carrots, potatoes, tomatoes, onions)
- **Produce sensit to ethylene gas (broccoli, celery, zucchini, squash, lettuce)
- **Low setting:**
- **Produce not sensitive to moisture loss:** Produce that emits ethylene gas (bananas, oranges, avocados, garlic, onions, tomatoes, and tomatillos)

---

*Always think about the essential role of the grocery store but through the challenge, I’ve been a lot better about recognizing what I’ve done, which is pretty obvious. This is the only change I’ve made to my diet. I’ve cut down on my meat consumption, purchasing at least 50% less.*

---

*This was a big step for me, and I’m really happy that I can do it. I’ve also been trying to figure out how to make long-term changes and proper storage is helping with meal planning and better use of the ingredients I have on hand.*
SOCIAL MEDIA SAMPLE

Facebook posting from 5/23/18

Chopped: Home Edition!
In honor of this week’s theme for the Rethink Food Waste Challenge (Shop Smarter), I am shopping my fridge before going to the grocery store! And I need help.
What would you do with these 4 ingredients from your fridge/cupboard?
- A bunch of Kale
- Some cilantro from last week’s recipe
- A bunch of already cooked, leftover rice
- Half a block of feta cheese

222 People Reached
53 Engagements

Kim Ely and Celeste A Fulton
6 Comments

Most Relevant

Write a comment...

Kim Ely rice cakes: chop the kale finely and mix everything together. Add a little flour or something to bind if needed and dust in flour or corn meal or bread crumbs then pan fry.

Regina Loy I would use the rice, kale, and cilantro to make the fried rice from Mark Bittman’s cookbook “How To Cook Everything”. The feta cheese would have to wait for another day.

JJ Briggs I’d have to add a couple things but, I’d make Carmelized Kale (onion, kale and red pepper flakes) with a Cilantro Lime Rice (rice, cilantro, lime) topped with the feta. Actually I kinda want to try to make this.

Deborah Kuh Schluter I'd make a cold rice salad for lunches - just chop and add your favorite vinaigrette dressing and a protein option
PHOTOS

Of Participants
1 – Original Challenge Prize Winners  2 – Feedback form Prize Winner  3 – Grand Prize Winner

From Participants
1 – Eat First Basket and batch cooking, organized refrigerators, plus examples plus demonstrated use of a beeswax wrap.

2 – Creative data keeping sheet, refrigerator lists to help with menu planning, a chalk board for the week’s menu, frozen tomato paste ice cubes
From Events and Presentations
1 – Photos from Tabling, clockwise from top left: La Pine Elementary Fall Fest (9/3/18), Locavore Member Appreciation Day (7/9/18), Redmond Repair Café (), Deschutes Onsite Clinic Wellness Fair (9/22/18), Music in the Pines-La Pine (8/23/18), National Night Out-Ariel Glen South Apartments (8/7/18)

2 – Photos from Wasted: The Story of Food Waste film screening – talk and panel (9/24/18)  3 – Cooking Matters Class, Bend High (10/29/18)
Photos of Incentives

**Phase 1 – Weekly Prizes**
**Phase 1 – Grand Prize**

![Grand Prize Image]

**Phase 2 – Feedback Form Prizes**

![Feedback Form Prizes Image]
Phase 2 – Tabling Food Waste Prevention Feedback

My favorite way to prevent food waste is.... separate veggie
Right in fridge
Left = leave it be now
Right = Right away

My favorite way to prevent food waste is.... compost what I can’t or don’t eat. Or feed it to my chicken

My favorite way to prevent food waste is.... Use my FAT FIRST’ booklet

My favorite way to prevent food waste is.... STAY AWARE. Notice what goes on in my own kitchen, the challenge made me realize how much I had been throwing away.

My favorite way to prevent food waste is.... Make a meal plan and use it while I am shopping! PLAN AHEAD

My favorite way to prevent food waste is.... I cut up my carrots into sticks when I get home! That means carrot snacks instead of chips! (healthy and less food waste)
# LIST OF PRESENTATIONS AND EVENTS BY DATE

<table>
<thead>
<tr>
<th>Presentation</th>
<th>Date</th>
<th>Estimated # Attended / interacted</th>
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</thead>
<tbody>
<tr>
<td>Cook Crossing - housing works apartment presentation</td>
<td>8/8/2018</td>
<td>2</td>
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<tr>
<td>Bend Parks and Rec Staff Lunch and Learn</td>
<td>9/20/2018</td>
<td>30</td>
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<tr>
<td>Cooking Matters - Redmond</td>
<td>10/22/2018</td>
<td>8</td>
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<tr>
<td>Cooking Matters - Sisters</td>
<td>10/23/2018</td>
<td>7</td>
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<tr>
<td>Cooking Matters - Bend</td>
<td>10/29/2018</td>
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<tr>
<td>Cooking Matters - La Pine</td>
<td>11/5/2018</td>
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<tr>
<td>Housing Works Apts Redmond - Reindeer Meadows</td>
<td>11/8/2018</td>
<td>11</td>
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<td>Daughters of the American Revolution Meeting</td>
<td>11/10/2018</td>
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<tr>
<td>Housing Works Apts Redmond - Aspen Villas</td>
<td>12/12/2018</td>
<td>15</td>
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<tr>
<td>Rotary Club Meeting Presentation - Sisters</td>
<td>1/8/2019</td>
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<tr>
<td>Housing Works Apts, Sisters - Tamarack Village</td>
<td>1/24/2019</td>
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<tr>
<td>Know Less Waste - East Bend Library</td>
<td>2/7/2019</td>
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<tr>
<td>Know Less Waste - Sunriver Library</td>
<td>2/8/2019</td>
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<td>Know Less Waste - Sisters</td>
<td>2/20/2019</td>
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<th>Event</th>
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<tr>
<td>COCC Tabling Event</td>
<td>3/14/18</td>
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<tr>
<td>COCC Garden Club Spring Faire</td>
<td>4/14/18</td>
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<td>Earth Day Fair</td>
<td>4/21/18</td>
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<tr>
<td>Central Oregon Home and Garden Show</td>
<td>5/4-5/6/18</td>
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<tr>
<td>Bend Open Streets</td>
<td>5/13/18</td>
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<tr>
<td>How-To Fest, Redmond Library</td>
<td>6/9/2018</td>
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<td>Locavore Members jam</td>
<td>7/9/2018</td>
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<tr>
<td>Music on the Green - Redmond</td>
<td>7/25/2018</td>
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<tr>
<td>Market of Choice - Music on the Patio</td>
<td>8/3/2018</td>
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<tr>
<td>National Night Out - Ariel Glen Apts</td>
<td>8/7/2018</td>
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<td>CE Lovejoy's - Dancing in the Garden</td>
<td>8/16/2018</td>
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<tr>
<td>Music on the Green - Redmond</td>
<td>8/22/2018</td>
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<tr>
<td>Music in the Pines (La Pine)</td>
<td>8/23/2018</td>
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<td>NWX Farmer's Market</td>
<td>8/25/2018</td>
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<tr>
<td>La Pine Fall Festival</td>
<td>9/3/2018</td>
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<tr>
<td>DOC (Deschutes onsite clinic) Wellness Fair</td>
<td>9/22/2018</td>
<td>30</td>
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<td>Wasted Film Screening</td>
<td>9/24/2018</td>
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<tr>
<td>Fall Fest</td>
<td>10/6/18-10/7/18</td>
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BLOG POSTINGS

5/20/18 - RETHINK FOOD WASTE CHALLENGE, WEEK 2: SHOP SMARTER

5/23/18 - RETHINK FOOD WASTE: SHOP SMARTER AND TECHNOLOGY

5/27/18 - RETHINK FOOD WASTE: PREP SMARTER

5/30/18 - YOUNG CHILDREN WASTE SO. MUCH. FOOD. HERE ARE SOME TIPS FROM LIVING WITH ONE.

6/3/18 - SMART STORAGE FOR YOUR FOOD AND HOW TO NAVIGATE DATES ON FOOD PRODUCTS
http://www.rethinkwasteproject.org/2018/06/03/smart-storage-for-your-food-and-how-to-navigate-dates-on-food-products/

6/6/18 - COMBATING FOOD WASTE: DESCHUTES COUNTY AND BEYOND!

9/20/18 - BACK TO SCHOOL LUNCHES ZERO WASTE STYLE

PARTICIPANT QUOTES – Excluding quotes specifically about the “Eat First” basket

- Thanks for conducting the food waste challenge! It raised a lot of awareness about food and other forms of waste within our family and with friends curious about the challenge. It only took 4 weeks for us to get under a pound of waste!

- We have come a long way in just 4 weeks. We are waaaaaaay better about food waste now. Even our friends and guests are on board so a nice ripple effect from this challenge. I think the tip that helped the most was not putting too much on your plate at first. You can get more, but clean your plate with a small amount. That has worked very well for our family. The blog post and articles were interesting and helpful. Thank you so much for doing this!!

- I am amazed at how much we've reduced our food waste by making a concerted effort to only buy what we know we'll eat and eat what we have! This has been a valuable experience; thank you!

- We have gotten much better about not wasting food - thinking ahead about what meals we really need to purchase ingredients for has helped a lot, I think we were over-buying groceries before. I’ve also made a habit of cooking a “kitchen sink” frittata or scrambled eggs each week, and I throw all the veggies that need to be used up into them. This week it contained sun dried tomatoes, jalapeños, and roasted garlic that I had left over from a friend’s pizza party, as well as spinach that was on its last leg. I purchased chicken sausage and eggs specifically for the meal, but the rest was all ingredients that needed to be used up.

- Loved the suggestion to shop my fridge/cupboard this week and also the Chopped idea. I had some leftover onion and a couple of squishy tomatoes which, together with a can of olives and a can of sardines from my
pantry became a wonderful pasta sauce...very Mediterranean and healthy! Such great tips that are so easy to incorporate into my day-to-day life. Also looking forward to cataloging what’s in my freezer, very useful.

- I've always thought meat was an essential purchase at the grocery store but through the challenge I've seen how little meat I actually eat before it goes bad. I'm pretty shocked by this since I didn't think I purchased that much meat in general, but now I think I can cut down my meat consumption/purchasing by at least half!

UNANTICIPATED MATERIALS

Rethink Food Waste Challenge E-mail Series
Sign up available online: www.rethinkwasteproject.org/foodwaste

1.) Confirmation e-mail: Rethink Food Waste: Your Self-Guided Course - http://eepurl.com/dESfbf
2.) Week 1 e-mail: Rethink Food Waste Challenge, Week 1 - http://eepurl.com/dESfaP
3.) Week 2 e-mail: Rethink Food Waste Challenge, Week 2 - http://eepurl.com/dESfa5
4.) Week 3 e-mail: Rethink Food Waste Challenge, Week 3 - http://eepurl.com/dESfa1
5.) Week 4 e-mail: Rethink Food Waste Challenge, Week 4 - http://eepurl.com/dESfaT
6.) Final e-mail: http://eepurl.com/dESfaL

Week 2: Sample email
Free baskets and laminated Eat First cards at The Environmental Center, while supplies last!

Feedback from folks who have taken the challenge has revealed the Eat First cards are the single most useful of the tools.

Find a basket OR just use a section of one of your refrigerator shelves. Print out an Eat First card and attach it to the basket or shelf. This is a place for you to put food in your fridge that you need to “Eat First”. This prevents those small items from getting lost in the fridge and spoiling before you can eat them.

Not sure what to put in your basket? Some ideas include: half a sandwich, a partially used can of tomato paste, some bean dip, a jar of chipotle peppers, and half a zucchini.

EAT FIRST CARD

Shop Smarter: Plan your week’s meals.

Take a few minutes at the beginning of your week to think ahead.

- Download the meal planner sheet and make a real plan! Check out this blog from Kirkland Conserves about a meal planning experience.
- Take a few minutes to organize your fridge so you know exactly what is in there.
- Shop your fridge, freezer and cabinets as you make your list. Use up the leftovers. Make a sauce from that leftover tomato paste.
- Mark down leftovers right on your meal planner.
- At the store, stick to your list. Buy only what you need.
- Buying in bulk doesn’t have to mean buying large quantities.
- Don’t like paper? Try using a meal planning app! Check out our blog about using technology to Shop Smarter.

SHOP SMARTER: Meal Planner

Chopped: Home Edition

Have you ever seen Chopped? If not, check it out. It’s a pretty fun cooking show where the chefs make up meals with mystery ingredients. Make it fun by using up bits and pieces of food in your fridge! Kids can have fun with this one, too.

You can put “Chopped” Night on your Meal Planner for one dinner.

What would you do with the following ingredients?

- A bunch of kale
- Some cilantro left over from last week’s recipe
- Some already prepared leftover rice
- Half a block of feta cheese

CHOPPED: Rethink Food Waste

Remember to collect and record your food waste each week!
RFW Materials Used in Youth Classroom Education
Youth Ed Program from The Environmental Center created a Rethink Food Waste lesson using RFW materials:

Residential Composting – Bend Garbage and Recycling, Cascade Disposal
The two municipal waste haulers in Bend implemented a residential composting program during Phase 2 of the Rethink Food Waste Project and asked us to participate in the informational flier. We also provided 600 laminated “Eat First” cards which were distributed to the pilot yard debris customers along with their countertop compost pail.
7. **Provide a final inventory of real property (i.e., land, structures) and equipment purchased**, if applicable, with any acquisition cost exceeding five thousand dollars ($5,000). Describe what controls are in place to ensure that the property and equipment will be used for purposes authorized by this agreement.

   Not applicable. Nothing to report.

8. **Provide any additional comments, suggestions or ideas for DEQ’s Materials Management Grant Program.**

   - We found the Material Management grant to be a good fit for adapting the EPA’s FTGTW program for local use, and those materials have now made our Rethink Waste Project outreach and education much more robust. We would be happy to assist other communities interested in our process and program development.
   - A Materials Management Grant that assisted our community with creating opportunities for textile recycling would be a valuable program. To our knowledge there exists no opportunities for textile reuse/recycling beyond/after clothing donation to thrift stores.