



“Live Free, Live Fun”

Catie Faryl

Center For Creative Change

Visit and join us on Facebook at
Center for Creative Change,
Arts & Activism and
The Gentle Rebellion

please call 541 535-1854

centerforcreativechange@gmail.com

www.catiefaryl.net

RESOURCES:

- <https://www.yaleclimateconnections.org/2019/05/food-waste-has-crucial-climate-impacts/>
- Composting classes: www.ashland.or.us. 541-488-5340.
- Community Compost www.rogueproduce.com 541-301-3426. Weekly residential pickup of food scraps.
- Oregon Dept. of Environmental Quality www.oregon.gov/deq/mm/food/Pages/food-wastestrategy.aspx
- Rethink Waste Project - <http://www.rethink-wasteproject.org/foodwaste/>
- Food Too Good To Waste- www.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit
- NEIGHBORHOOD HARVEST – Harvests fruits, nuts and produce that would otherwise go to waste. 541-708-1807 neighborhoodharvestashland.wordpress.com/
- Emerging Futures and Southern Oregon Food Solutions Group www.sofoodsolutions.org Volunteer Trainings for Food Waste Reduction Program
- Phoenix/Medford Zero Waste, Talent Zero Waste on Facebook – programs and classes on reducing waste
- Neighborhood Food Project - <https://neighborhoodfoodproject.org/>
- Access provides emergency food boxes to hungry families and individuals in Jackson County. <https://www.accesshelps.org/>

FOOD & MATERIALS WASTE REDUCTION



“The Buzz”

Catie Faryl

Hi All! Buzz here to tell you why food and materials waste is dirty business and what you can do about it!

WHY REDUCE WASTE?

Here's some compelling reasons:

- * Because you can save money and help decrease the green-house gases that contribute to global warming.
- * Because reducing food waste and buying items with less packaging is something most citizens have the power to do.
- * If food waste were a country, it would be the third largest emitter of greenhouse gases behind China and the U.S., according to the World Resource Institute. A study by Project Drawdown, a coalition of experts focusing on climate change solutions, rated food waste reduction as #3 out of 80 solutions. We all eat so we can all be part of this solution. 43% of food waste comes from households. Globally food waste is the cause of 8% of all greenhouse gas emissions & this doesn't include emissions from transporting food from distant locations.

HOW YOU CAN REDUCE FOOD WASTE:

- * Buy what you know will get eaten - Think about your food needs for the coming week. Check refrigerator, freezer and pantry first before shopping and make a list. Resist impulse buying and sales (it's no bargain if it gets wasted).
- * Eat What You Buy - For leftovers and ingredients that need to be used quickly, identify an "Eat Me First" area of the fridge.
- * Smart Storage: Store fruits, vegetables and other products properly so they stay fresh longer.
- * Join a Community Supported Agriculture group, buy "ugly food" or sign up for delivery from: <https://www.imperfectfoods.com/join/subscription>.
- * If you have extra food – share it with friends and neighbors. Contact ACCESS - www.accesshelps.org 541 779-6691 for locations of food banks, community meals and places that accept & distribute food.
- * Buy Local! Buy in season! Trucking food from distances creates more GHG emissions.

TIPS FOR REDUCING MATERIALS, WASTE, GARBAGE & RECYCLING RELATED TO FOOD:

- * Go on a Tare! – The word "tare" refers to "the weight of a container". At Shop n' Kart, Ashland and Medford Food Co-ops and other independent groceries you can bring your own container, have it weighed and refill it with a bulk product. The weight of the container will be deducted at check-out so you only pay for the new contents. Many containers can be re-used dozens of times, keeping many glass and plastic containers out of the waste and recycling management stream. Ask chain grocery stores to provide more items in bulk and more opportunities to use the tare system by filling out Customer Comment Cards or talking to your produce and store staff.
- * Choose food items that have less packaging and use less plastic – Paper, light cardboard, glass and tin are easily recyclable in Ashland and Talent. Sign the Petition to ask City of Phoenix and Medford officials and staff to work with Rogue Disposal to create a recycling center in Phoenix or South Medford or to provide places for pick-up of recyclables from sorting bins close to our homes.
- * Bring your own shopping bags and use small reusable cloth bags or no bags at all for produce. Check out many helpful waste reduction aides a Ashland Food Co-op and Shop 'n Kart. Ray's Market in Talent has a bin with free reusable shopping bags. Check out plastic free grocery shopping @ wildminimalist.com.
- * Feeding Large Groups: If you are hosting a large party, you can borrow plates, silverware and other serving items from "Lend Me a Plate" offered by Southern Oregon Master Recyclers Association <http://www.somra.org>. Lend me a plate has kept 50,000 items out of land fills in 2 years.
- * Use waxed cloth bowl covers instead of plastic wrap.
- * Properly recycle plastic bags at drop-off locations <http://www.plasticfilmrecycling.org> Enter your zip code to find a location near you.
- * Use and re-use aluminum foil which like aluminum cans is recyclable if it's clean and free of food residue. When it's no longer reusable crumble it into

a ball. Place it with your regular recycling when the ball is grapefruit size or bigger. <https://www.editorchoice.com/aluminum-foil/34>.

- * Encourage your favorite restaurants to join the reusable "To Go" Box movement for take-out and leftovers. One Green To Go Box keeps 1000 toxic styrofoam containers out of the landfill. <https://www.yourgreen2go.com/>.
- * Consider if a product has unnecessary packaging before you buy it and look for zero waste soaps, shampoos, laundry detergents and other products. More are becoming available every day. Think about how to bring a Zero Waste store to our area. <https://zerowastestore.com/>.
- * Write letters to manufacturers and food producers asking them to limit plastics and unnecessary packaging. Leave hard plastics, Styrofoam, polystyrene and other non-recyclables at the point of purchase. Make requests at your favorite stores or companies to change their packaging by eliminating Styrofoam, polystyrene and hard plastics and to use corrugated cardboard whenever possible. Ask companies to find substitutes for waxed milk cartons, butter, cosmetics containers, plastic tubes and other fossil-fuel based and polymer packaging.
- * Styrofoam and refrigerants are deadly to Earth's thin, protective ozone layer (If Earth was an apple, the ozone layer would be equivalent to its skin!) There is only one place for disposal of styrofoam far north in Tigart, Oregon. The State of Oregon is considering a statewide ban and groups in Southern Oregon are putting pressure on cities to enforce the bans already on the books.
- * The EPA mandates that refrigerant gases be recycled, reclaimed, or recovered. Rogue Disposal and Recology both use the Valley View transfer station to provide a service to deal with refrigerant gases. The transfer station accepts the appliance (refrigerator, air conditioner, etc.) and charges for the service (a refrigerator costs \$34). The appliance is then picked up by North State Recycling in Redding, CA. They remove compressors and arrange to have refrigerant reclaimed by an outside, specialized contractor called Freon Free, in Vacaville, CA. Project Drawdown's research found that refrigerants are the #1 cause of greenhouse gas emissions.