



# STOP WASTE

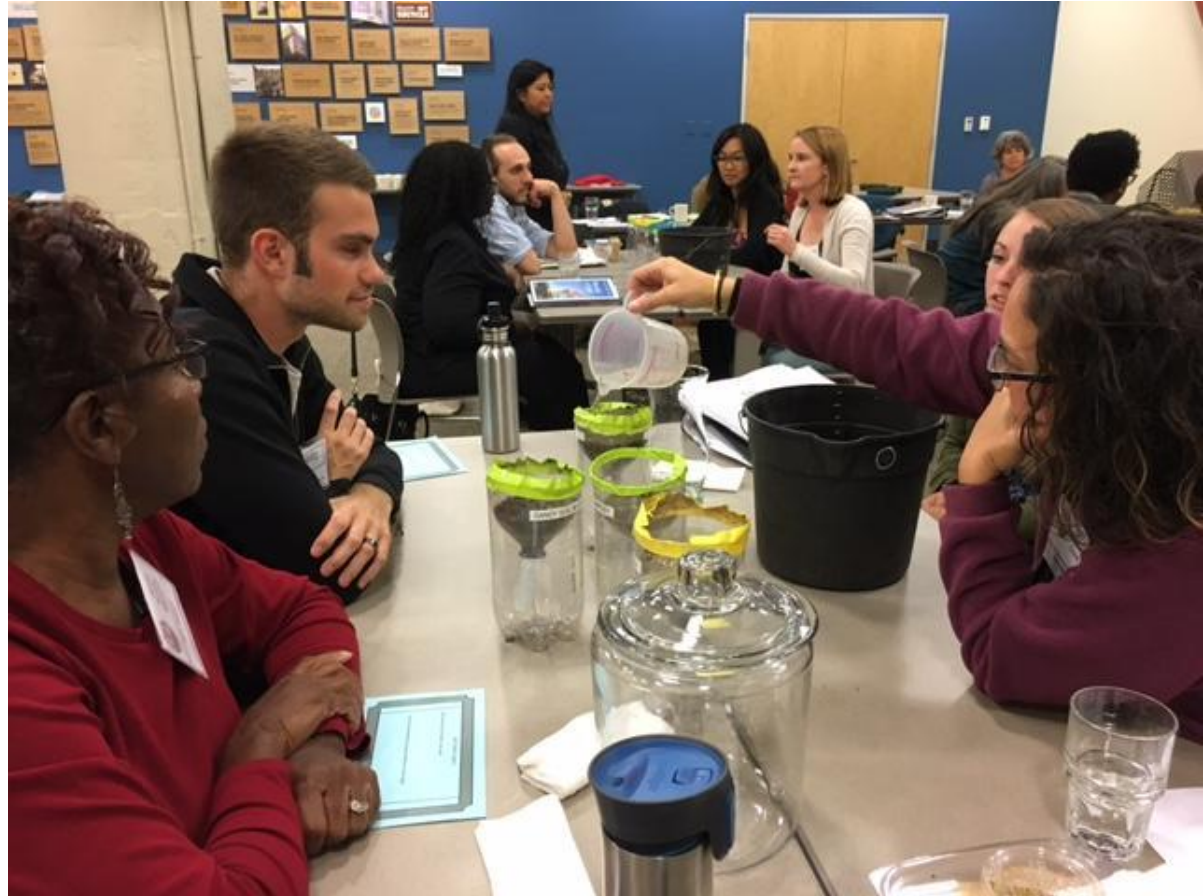
at home • at work • at school

# SWEET

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StopWaste Environmental  
Educator Training

# What is SWEET?



## How does it work?



# Why SWEET?



stopwaste  
Jack London Square

stopwaste StopWaste Environmental Education volunteer Lila shares tips on how to stop wasting food. Her favorite tips: shopping with a plan and buying only what you need. #StopFoodWaste #ERF2018 #SWEET2018 @eatrealfest

lilus\_paris\_waikiki Yep that's true! I hate buying too much 🙄👍

lilus\_paris\_waikiki @ronafortiche @reana\_taherally @anil\_prouti

reana\_taherally 🍌👍



Liked by themonkeyflower and 32 others

SEPTEMBER 16, 2018

Add a comment...



# Stop Food Waste Campaign

## A Bouquet to Remember



Why store your herbs like cut flowers?



Find out at [StopFoodWaste.org](http://StopFoodWaste.org)

## A Love that Lasts



Why store your potatoes with an apple?



Find out at [StopFoodWaste.org](http://StopFoodWaste.org)

## A Berry Sweet Spot



Why do berries like dry and airtight spaces?



Find out at [StopFoodWaste.org](http://StopFoodWaste.org)

# Community Partnerships



Food Waste Display & Table  
*Fremont Main Library*

# Cross Training



## Food going to waste in your fridge?

Our 10-minute fridge check will help you see how much food is going uneaten and provide tips to reduce wasted food at home!

### Fruit & Veggie STORAGE GUIDE

Keep your food fresher, longer.

| WHERE                    | WHAT | HOW   |
|--------------------------|------|---|
| REFRIGERATOR             |      | <ul style="list-style-type: none"> <li>Set your fridge to 40 degrees or below.</li> <li>Store veggies separately from fruit.</li> <li>Use plastic bags and containers to prevent drying out.</li> <li>Wash berries and grapes when ready to eat.</li> </ul> |
| COUNTER AND REFRIGERATOR |      | <ul style="list-style-type: none"> <li>Ripen on the counter.</li> <li>When ripe, store in refrigerator.</li> <li>Separate ripe from unripe fruit.</li> </ul>  |
| COUNTER                  |      | <ul style="list-style-type: none"> <li>Store herbs like basil upright, with cut stems in a cup of water, like flowers.</li> <li>Separate bananas from the bunch and store.</li> </ul>   |
| PANTRY                   |      | <ul style="list-style-type: none"> <li>Store in a cool, dark place like a cupboard or pantry.</li> <li>Store potatoes separately from onions to prevent sprouting.</li> <li>Store an apple with potatoes to prevent sprouting.</li> </ul>                   |

Want to learn more? Visit [StopFoodWaste.org](http://StopFoodWaste.org)



- Presentations
- Lunch & Learns

### SHOPPING LIST with Meals in Mind

1 Before you shop, plan the meals you'll eat at home and list items needed.  
 2 "Shop" your fridge, freezer and cupboards for ingredients first.  
 3 Note quantity of fruit and veggies needed from the store.

| MEAL                   | ALREADY HAVE               | NEED TO BUY             |
|------------------------|----------------------------|-------------------------|
| Example: Veggie Quiche | Example: Mushrooms - 1 cup | Example: Eggs - 1 dozen |
| Mon                    |                            |                         |
| Tue                    |                            |                         |
| Wed                    |                            |                         |
| Thu                    |                            |                         |
| Fri                    |                            |                         |
| Sat                    |                            |                         |
| Sun                    |                            |                         |

Visit [StopFoodWaste.org](http://StopFoodWaste.org)

# EAT THIS FIRST

STOPWASTE  
at home • at work • at school

StopFoodWaste.org

# Community Outreach Grants



- In-person Presentation
- Stop Food Waste Challenge
  - Survey
  - Fridge Audit
- Social Media Posts & Newsletters
- Share Stop Food Waste Videos



# Food Waste Modules

- City Staff
- Volunteer Groups
- Community Champions



# Thank you!

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