

Nutrition 101

Sustainability



NUTRITION 101

Sustainability

Introductions:

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*Please speak with a Registered Dietitian or Physician
for medical advice.



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(USDA) Supplemental Nutrition Assistance Program-- SNAP.
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Contact Jenna at jmccarthyccs@gmail.com for more information.

Sustainability

Hygiene

Allergies

Food Temperatures

**Food Waste,
Recovery &
Redistribution**

Food Storage



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HYGIENE



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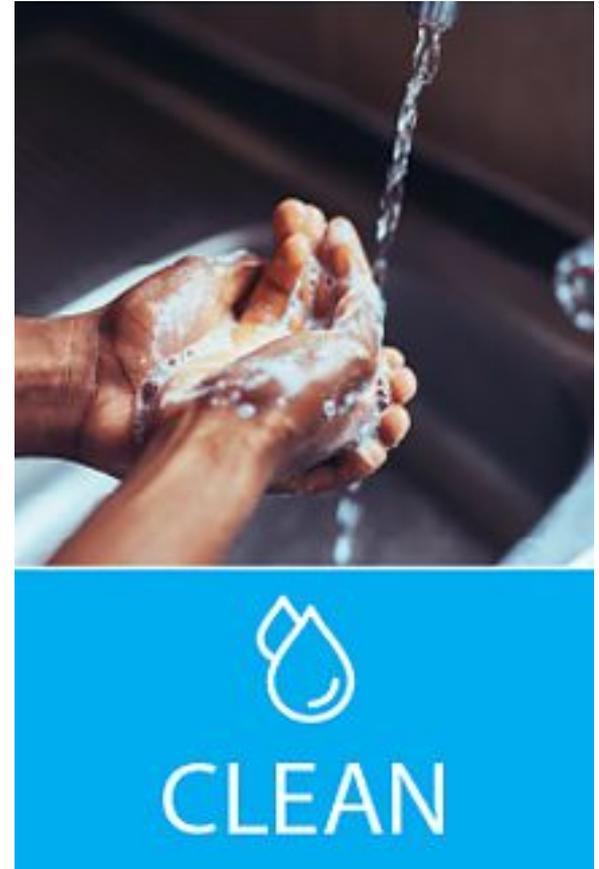
Hygiene

HAND WASHING

20 sec, soap & water,
before, during, after
food prep.

Wash hands & utensils
with warm, soapy
water after each food
item prep.

Keep germs from
spreading on surfaces.



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Hygiene

SEPARATE

Raw meat, poultry, and seafood should be kept separately from other foods.

Use separate tools.

Wash hands and utensils after handling.



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ALLERGIES



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Allergies

MAJOR 9 ALLERGENS

1. Milk
2. Eggs
3. Fish
4. Shellfish
5. Tree nuts
6. Peanuts
7. Wheat
8. Soybeans
9. Sesame



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Allergies

PREVENTION

Schools-

- Daily management in individual children
- Prepare for allergies
- Provide professional staff development
- Create healthy, safe environment

PREVENTION

Home -

- Avoid cross contamination
- Label foods “safe” or “not safe”
- Assign special utensils to avoid mix up
- Wash all dishes
- Educate family members

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FOOD TEMPERATURES



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Temperatures

COOK

Internal temps high enough to kill germs.
Best practices to use a thermometer.



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COOK

Internal temps high enough to kill germs.
Best practices to use a thermometer.

Beef/Veal/Pork	
Fish	
Ground meats	
All Poultry	
Re-heating	



NUTRITION 101

Temperatures

COOK

Internal temps high enough to kill germs.
Best practices to use a thermometer.

Beef/Veal/Pork	145°
Fish	145°
Ground meats	160°
All Poultry	165°
Re-heating	165°



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Temperatures

CHILL

Staying out of the
“Danger Zone”

40° = Refrigerator

0° = Freezer

**How do you typically
thaw your leftovers?**



CHILL

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Temperatures

CHILL

Staying out of the
“Danger Zone”

40° = Refrigerator

0° = Freezer

Shallow containers

Within 2 hours

Thaw slowly (fridge,
cold water, microwave)



CHILL

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FOOD WASTE, RECOVERY & REDISTRIBUTION



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Food Waste

**Keep Good Food Out of Your Garbage Pail and Kitchen Sink
Don't Feed High-Priced Human Food to Hogs or Chickens**

WASTE NO FOOD!

HOUSEHOLD WASTE ABOUT 700 MILLION DOLLARS

"The general household refuse, except individual and commercial should consist essentially of the residue of food consumption and the residue of waste. As a nation we seem to have a distaste of economizing. In many homes there is a strong feeling that it is 'only decent' to provide more food than will be eaten and that it is degrading to make do. The survey of the Department of Agriculture report to us that the dietary studies made by these points to an annual food waste of about \$100,000,000. Of course, the waste is the residue of every food item in a kitchen, but in the handling of materials and waste the waste is considerable. Even if the waste were reduced by half, the waste would still be enormous. The food waste in the household, the reports assert, results in large amounts from food preparation and handling, from improper care and handling, and, as well as the kitchen, from serving an undue quantity of excess and over-abundant meals and habits to serve and utilize the food not consumed. As an instance of improper handling, it is illustrated that in the preparation of potatoes 20 per cent of the edible portion is every year is discarded." - Survey of Agriculture, March 5, 1935

FOOD IS WASTED

When anything edible is allowed to go to the garbage pail or allowed to spoil for lack of proper handling

FOOD IS WASTED <small>When too much is served at a meal. Uneaten portions are left on the plate and later thrown into the garbage pail. Learn to know the needs of your family and serve such no more than you think he will want.</small>	FOOD IS WASTED <small>When food is prepared for a meal. Unneeded portions are likely to be thrown into the garbage pail or allowed to spoil. Many housewives do not know how to use left-over foods to make appetizing dishes.</small>
--	--

FOOD IS WASTED

When burned or spoiled in cooking. Improperly prepared or poorly measured food will be left on the table and probably wasted. Buy food wisely and then prepare it carefully.

When handled carelessly. Buy clean food, keep it clean until used, and be neat in all details of cooking and serving. This means waste and is a valuable health measure to seek.

When we eat more than our bodies need for growth and repair and to supply energy for our work. Overeating leads to poor health and fat instead of bones, makes us sluggish and inefficient instead of energetic and successful. Eat strength and so more. Eat for physical and mental efficiency.

**DEMONSTRATE THRIFT IN YOUR HOME
MAKE SAVING, RATHER THAN SPENDING, YOUR SOCIAL STANDARD**

Begin to save to-day. For practical advice on how to feed your family efficiently and make the most of the food you buy or raise write to-day to your State Agricultural College, or your county agent, or to the

**U. S. DEPARTMENT OF AGRICULTURE
WASHINGTON, D. C.**

Food

- 1 - buy it with thought
- 2 - cook it with care
- 3 - serve just enough
- 4 - save what will keep
- 5 - eat what would spoil
- 6 - home-grown is best

don't waste it

COMMITTEE OF PUBLIC SAFETY, DEPARTMENT OF FOOD SUPPLY, HOUSE OF REPRESENTATIVES, WASHINGTON, D. C.



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Food Waste



FOOD THROWN AWAY

63 MILLION TONS
FOOD AMERICANS
THROW AWAY ANNUALLY

SOURCE: REFEED 2018 ANNUAL REPORT

6 MILLION TONS
FOOD CALIFORNIANS
THROW AWAY ANNUALLY

SOURCE: CALRECYCLE.CA.GOV/ORGANICS/FOOD



35 MILLION

AMERICANS STRUGGLE WITH
FOOD INSECURITY



SOURCE: WWW.FRAC.ORG/HUNGER-POVERTY-AMERICA

FOOD THROWN AWAY

68% IN LANDFILLS
WHERE FOOD WASTE ENDS UP

SOURCE: WWW.EPA.GOV/RECYCLE/REDUCING-WASTED-FOOD-HOME

22% HOW MUCH MUNICIPAL SOLID WASTE
IN THE U.S. LANDFILLS IS FOOD WASTE
(THE LARGEST COMPONENT)

SOURCE: WWW.EPA.GOV/RECYCLE/REDUCING-WASTED-FOOD-HOME

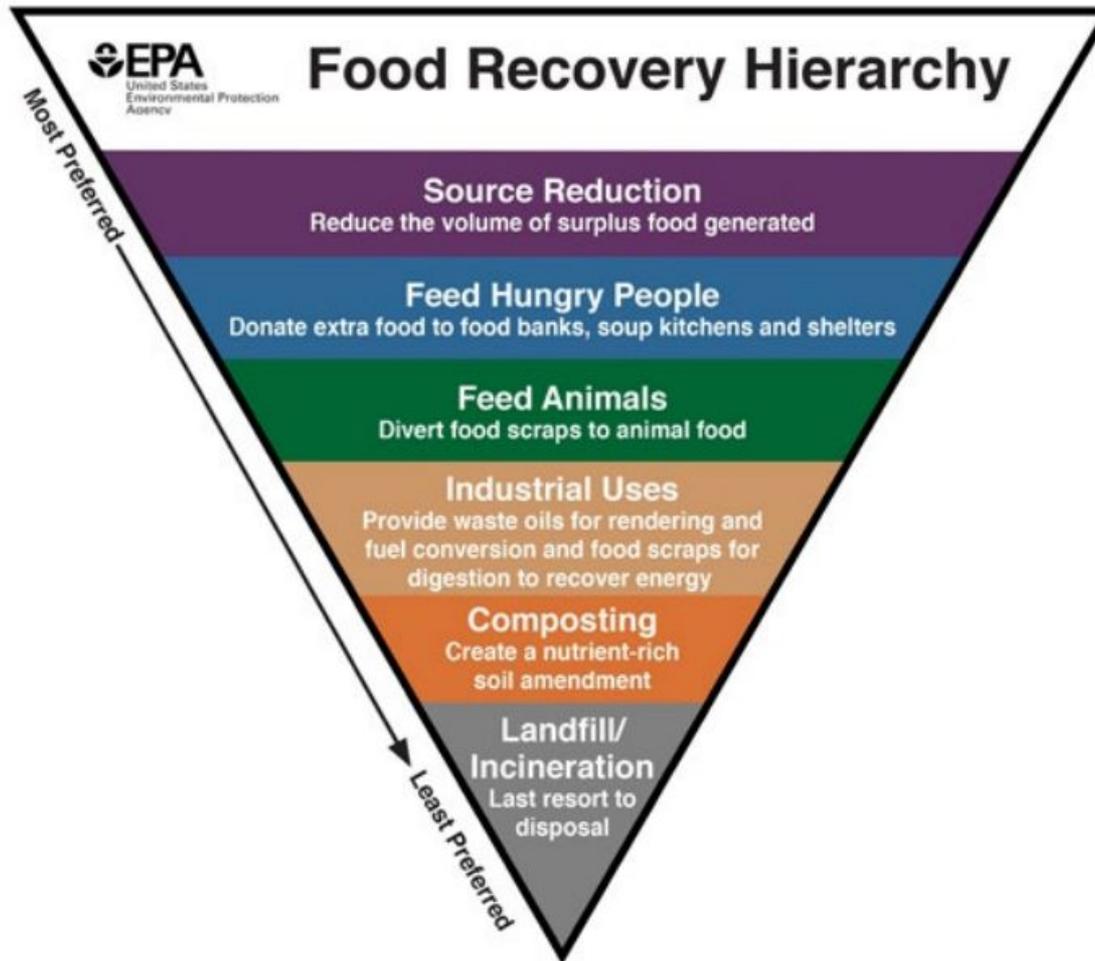


10 MILLION
CALIFORNIANS STRUGGLE WITH
FOOD INSECURITY

SOURCE: CAFOODBANKS.ORG/
HUNGER-DATA

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Food Waste



ONGOING CA STATE LEGISLATION

SB1383 - Statewide effort set by Gov Brown in 2016 to reduce emissions of short-lived climate pollutants. Targets must reduce organic waste 75% by 2025 in addition to redistributing rescued food for people to eat by at least 20% by 2025.

Landfills are the 3rd largest source of methane in CA. Organic waste in landfills emits 20% of the state's methane, a climate super pollutant 84 times more potent than carbon dioxide.



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SB 1383 Requirements and Timeline

SB 1383 Requirements

2020	50 PERCENT REDUCTION IN LANDFILLED ORGANIC WASTE (11.5 Million Tons Allowed Organic Waste Disposal)
2022	REGULATIONS TAKE EFFECT
2025	75 PERCENT REDUCTION IN LANDFILLED ORGANIC WASTE (5.7 Million Tons Allowed Organic Waste Disposal)
2025	20 PERCENT INCREASE IN RECOVERY OF CURRENTLY DISPOSED EDIBLE FOOD



Source: CalRecycle



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EDIBLE FOOD RECOVERY

Edible Food - safe to eat for human consumption. May include non-perishable and unspoiled perishable food at the end of its shelf life.

Food Recovery - Collecting edible food that would otherwise go to waste and redistributing it to feed people in need.



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WHAT DOES THIS MEAN FOR THE EASTERN SIERRA?

- School gardens
- Pilot Composting Programs
- Grants for recycling green waste
- TOML planning collaboration/capacity planning to establish food recovery and compliance
- Collaboration between Mammoth Disposal, CalFresh Healthy Living & High Sierra Energy Foundation to provide outreach and education
- Providing trash assessments for businesses - HSEF
- April Earth Month presentations and assemblies
- Implementing pilot program - reusable to-go containers

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FOOD STORAGE



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EXPIRATION DATES

USE BY: quality, not safety

SELL BY: quality, not safety

BEST BY: quality, not safety

EXPIRES: safety - baby formula, baby food



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Food Storage

REFRIGERATOR & FREEZER STORAGE CHART

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous. Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer	Product	Refrigerator	Freezer
Eggs			Soups & Stews		
Fresh, in shell	3 - 5 weeks	Don't freeze	Vegetable or meat-added & mixtures of them	3 - 4 days	2 - 3 months
Raw yolks, whites	2 - 4 days	1 year			
Hard cooked	1 week	Don't freeze	Bacon & Sausage		
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze	Bacon	7 days	1 month
unopened	10 days	1 year	Sausage, raw from pork, beef, chicken or turkey	1 - 2 days	1 - 2 months
TV Dinners, Frozen Casseroles			Smoked breakfast links, patties	7 days	1 - 2 months
Keep frozen until ready to heat		3 - 4 months	Fresh Meat (Beef, Veal, Lamb, & Pork)		
Deli & Vacuum-Packed Products			Steaks	3 - 5 days	6 - 12 months
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 - 5 days	Don't freeze	Chops	3 - 5 days	4 - 6 months
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze	Roasts	3 - 5 days	4 - 12 months
Store-cooked convenience meals	3 - 4 days	Don't freeze	Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 - 2 days	3 - 4 months
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze	Meat Leftovers		
			Cooked meat & meat dishes	3 - 4 days	2 - 3 months
			Gravy & meat broth	1 - 2 days	2 - 3 months
			Fresh Poultry		
			Chicken or turkey, whole	1 - 2 days	1 year
			Chicken or turkey, parts	1 - 2 days	9 months
			Giblets	1 - 2 days	3 - 4 months



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ROTATION

FIFO - First in first out basis

Fresh Foods First

Don't Over Buy

Store Foods Appropriately



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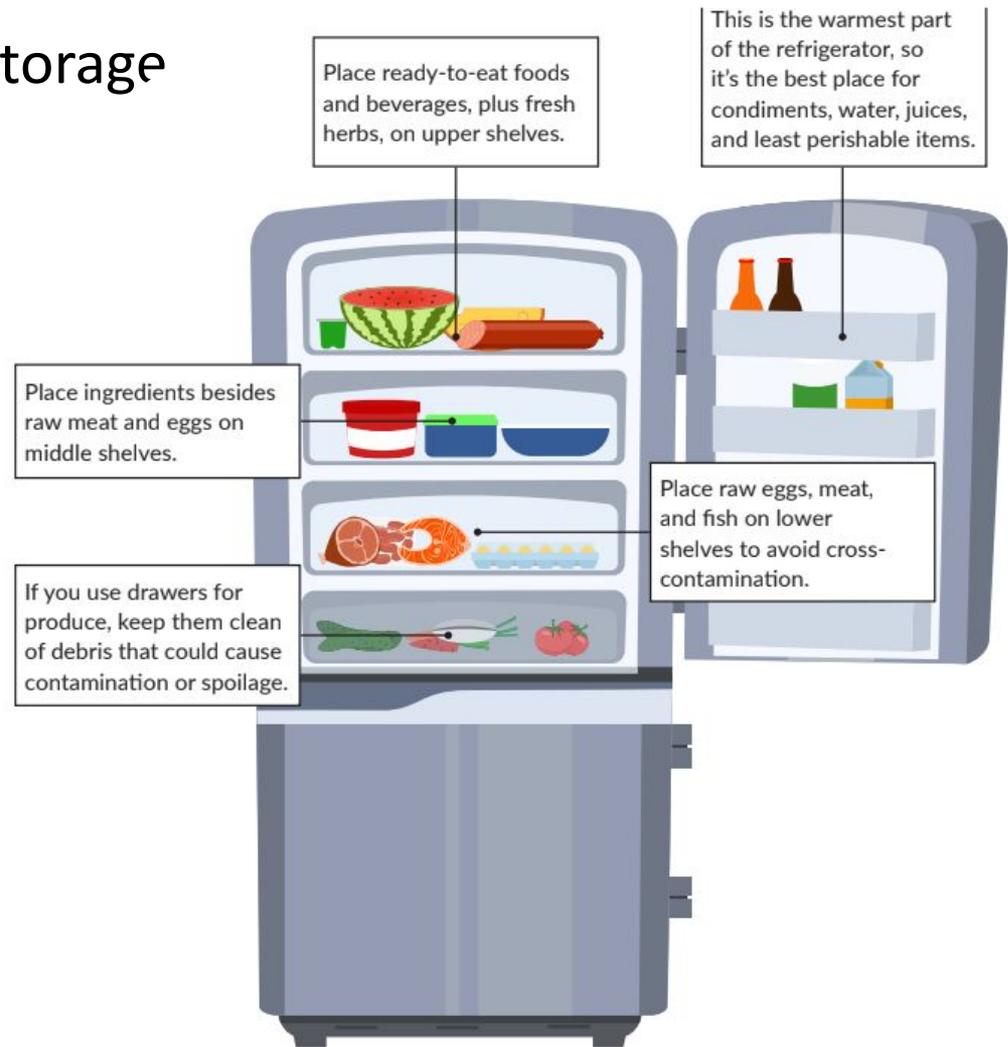
Food Storage

Fridge:

Apples
Non starchy veg
Greens

Counter:

Potatoes
Tomatoes
Avocadoes
Citrus



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USE - COMPOST - TOSS

Use - Make leftovers, share, grow.

Compost - Under sink, back yard, worm.

Toss - Last resort to disposal.



What are YOUR tips & tricks for saving food?

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RECIPES

- Banana Peel Bread
- Carrot-Top Pesto
- Roasted Squash Seeds
- Homemade croutons
- Homemade Breadcrumbs



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Materials

Resources and Handouts:

[FoodSafety.gov](https://www.foodsafety.gov)

[Food Keeper App](#)

[USDA Food Safety Resources](#)

[Food Date Labels Food Waste Prevention](#)

[FDA Refrigerator and Freezer Chart](#)

[FDA Food Waste Prevention](#)

[UC Master Gardeners - Composting](#)

[CalRecycle & SB1383](#)

[Leftover Recipes Utah State](#)

[Inyo350 Composting Video](#)



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Materials

References:

[Four Steps to Food Safety CDC](#)

[FDA Food Allergies](#)

[CDC Food Allergies in Schools](#)

[Food Waste, Harvard Nutrition](#)

[USDA Food Labels](#)

[Mammoth Disposal](#)

[CalRecycle](#)



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