



TORONTO
ENVIRONMENTAL
ALLIANCE

It tea

Zero Waste High-Rise Project
- Online Learning Session



Highlight model
buildings



Support buildings to
develop zero waste plan



Promote success stories
and lessons

ZERO WASTE HIGH-RISE PROJECT

Ontario
Trillium
Foundation



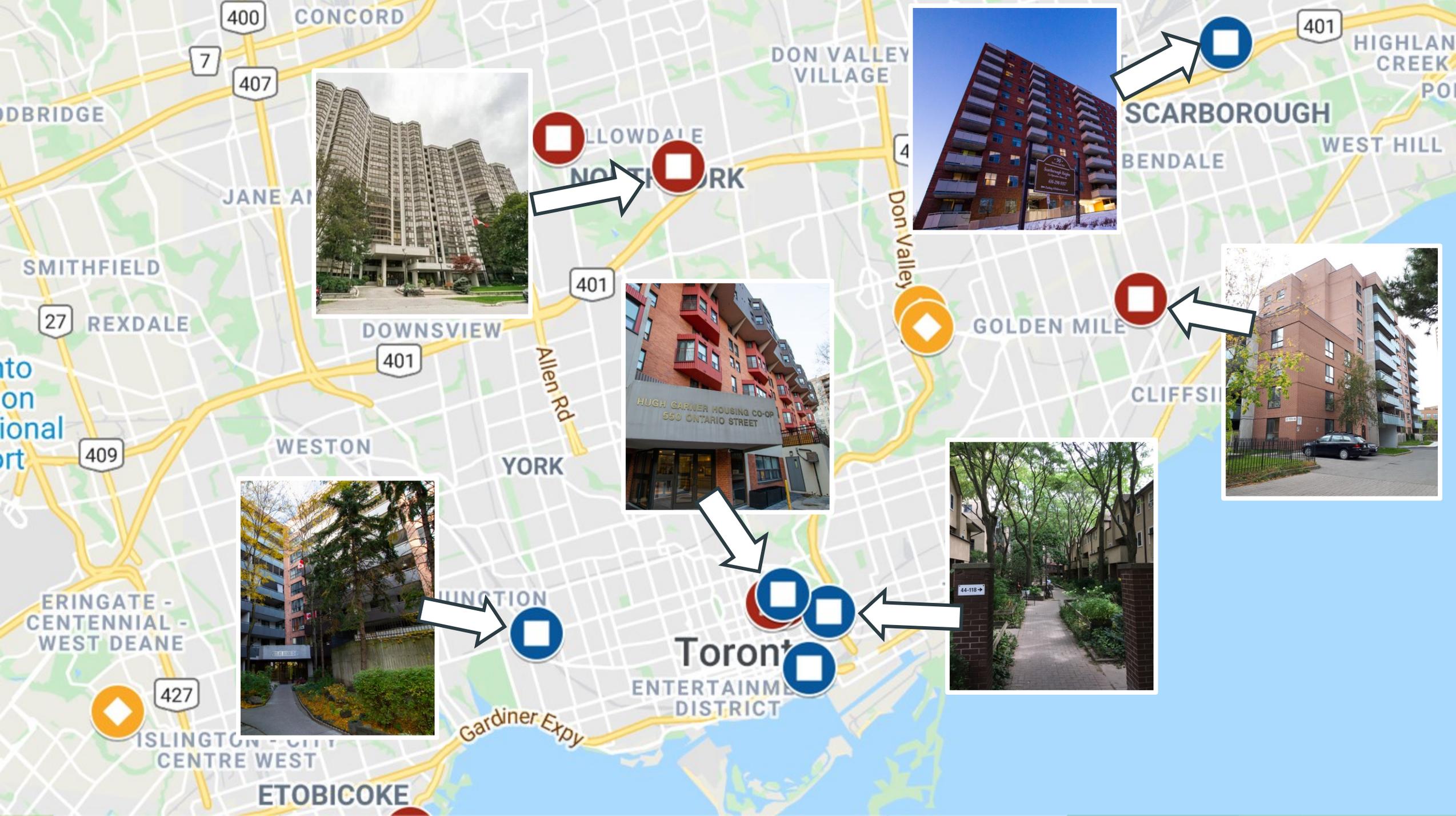
Fondation
Trillium
de l'Ontario

An agency of the Government of Ontario.
Un organisme du gouvernement de l'Ontario.



UNIVERSITY OF
TORONTO

ZERO WASTE HIGH-RISE PROJECT



Reducing Food Waste and Keeping Organics out of the Garbage.

- ▶ Why is it important to keep Organics out of the Garbage?
- ▶ What happens after the City collects our Organics?
- ▶ Rose Barcarse from Second Harvest
 - ▶ Tips to reduce food waste at home
- ▶ Q/A

Organics in Toronto

ACCEPTED IN TORONTO GREEN BINS



NOT ACCEPTED IN TORONTO GREEN BINS



Why Sort Organics?

Extend

- Extend the life of our landfill

Reduce

- Reduce odours and greenhouse gas emissions

Recycle

- Recycle into nutrient-rich resource

Replace

- Replace chemical fertilizers

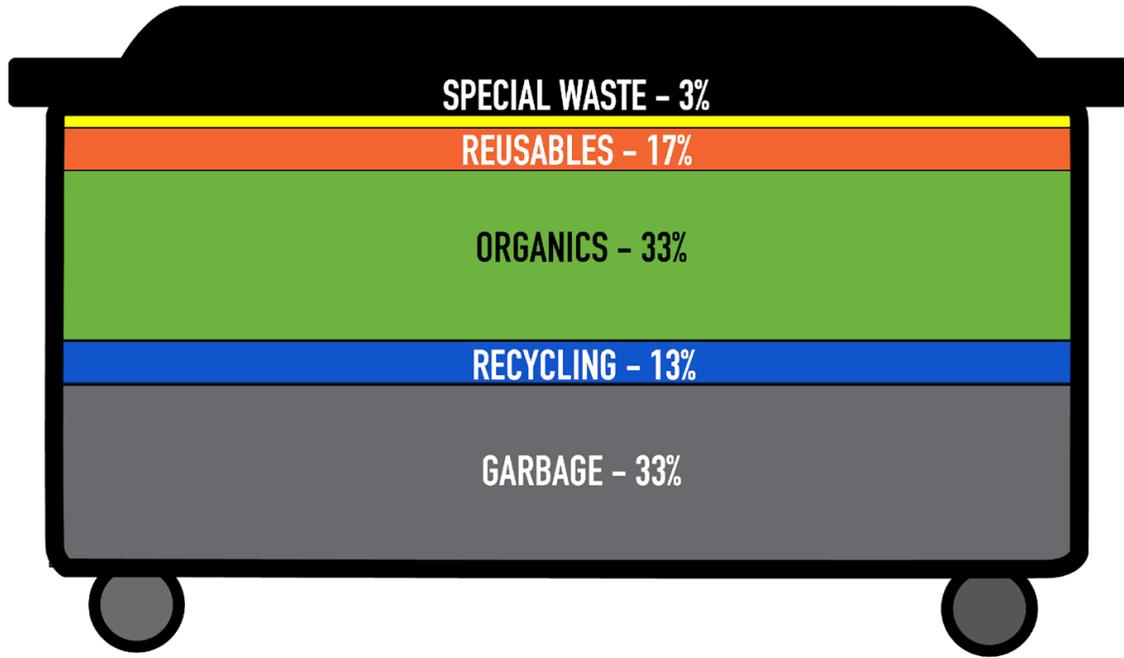


Toronto's Anaerobic Digesters

- ▶ Hydropulpers mix food waste with water and remove contaminants (plastic residue from bags, diapers etc)
- ▶ Anaerobic process (without oxygen) creates minimal odours and the high temperatures kill bacteria
- ▶ Owned by the City and operates within City limits







Zero waste high-rise buildings make organics accessible and convenient



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Food Waste Prevention

Save more by learning the difference between date labels and storage tips that keep food lasting longer

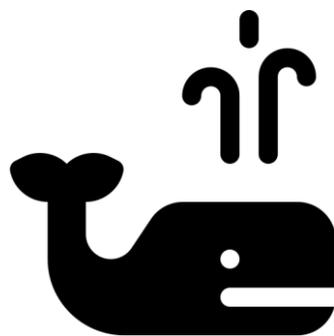


Introductions

Rose Barcarse

The Avoidable Crisis of Food Waste in Canada

58%



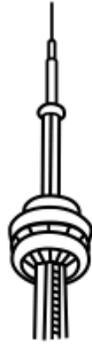
of all the food
produced in Canada is
lost or wasted, which
amounts to
**35.5 Million Metric
Tons**

the equivalent of
over **350,000
Blue Whales**



The Avoidable Crisis of Food Waste in Canada

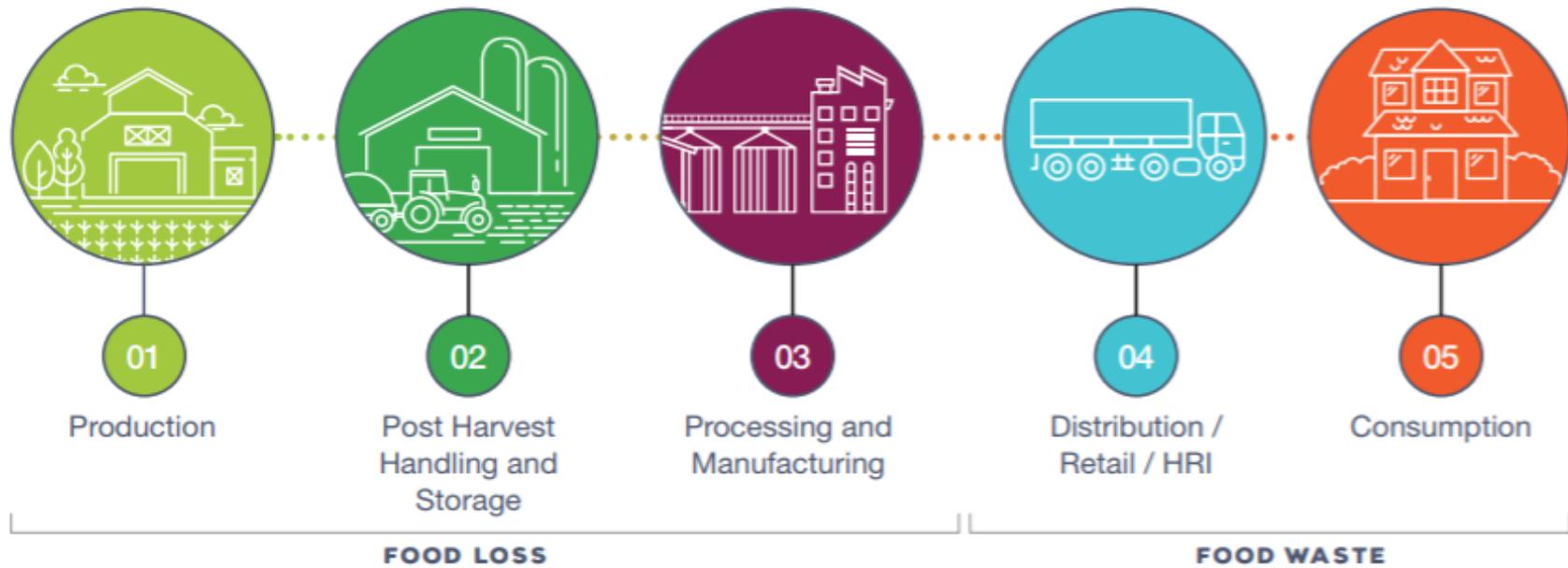
31.4%



of all the food wasted in Canada is *avoidable* food waste, which amounts to **11.17 Million Metric Tons**

the equivalent of over **90 CN Towers**





The Avoidable Crisis of Food Waste in Canada

“In date coding we have created A monster”

--retail executive interviewed for the study.

1

Manufacturers give their products conservative Best Before Dates to uphold a perception of quality

2

There are no government regulations about food date labels in Canada, Manufacturers are responsible for determining dates

3

Consumers perceive Best Before Dates as Expiry Dates, assuming food is unsafe to consume when the date is near or passed

Canada's Food Date Labelling System

What is a Best Before Date?

- ▶ Best Before dates are given to the product by the Manufacturer
- ▶ Represent an estimate (a guess) of when the food is still at peak quality or freshness.
- ▶ The BBD is not a food safety indicator,
- ▶ It is not the same as an expiry date



What is an Expiry Date?



Nutritional supplements

Only 5
food items have
an expiry date
in Canada



Baby formula & human
milk substitutes



Formulated liquid
diets



Meal replacements



Pharmacist sold foods
for low-energy diets

FOOD CONSUMPTION timetable



FOOD**RESCUE**.CA

Keeping everyone safe is paramount to all of us involved in rescuing food. Very few foods have an expiry date. Most foods display a best before date which means that food is still edible after the date has passed. This guide helps to clarify when food can be consumed past a best before date. Always use your senses to evaluate food quality.

BB = Best Before Date

FOOD CATEGORY	ITEMS	CONSUME BY
 Produce	Perishable fresh fruits and vegetables	No visible rot, mold, or bio-degrading smell
	Shelf stable canned fruits and vegetables, pickles, sauces,	1 year past BB

Test Your Knowledge

2 Weeks



3 months
(6 months
frozen)



1 year



1 Year



2
weeks



Expiry
Date

Improving Food Literacy

- ▶ Best Before Dates started gaining momentum in food retail in the 1970s- what did we do before?
- ▶ Building our own food literacy, how might we know if food is good or safe to eat?
 - ▶ Proper food storage and handling



Demystify Your Fridge

THE UPPER SHELVES

The upper shelves are slightly warmer than below, and are a great place to store items that don't have a high safety risk.

Great for leftovers, drinks, yogurt, dips, and sauces

THE LOWER SHELF

The bottom shelf is the coldest place in the fridge. Foods with a higher risk are better off in the coldest section.

Store meat, poultry, and fish here in trays to prevent them from dripping

HIGH- AND LOW-HUMIDITY DRAWERS

The adjustable levers on the crisper drawers change humidity levels. If your refrigerator has these, set one to high (closed, less air coming in) and one to low (open, more air coming in).



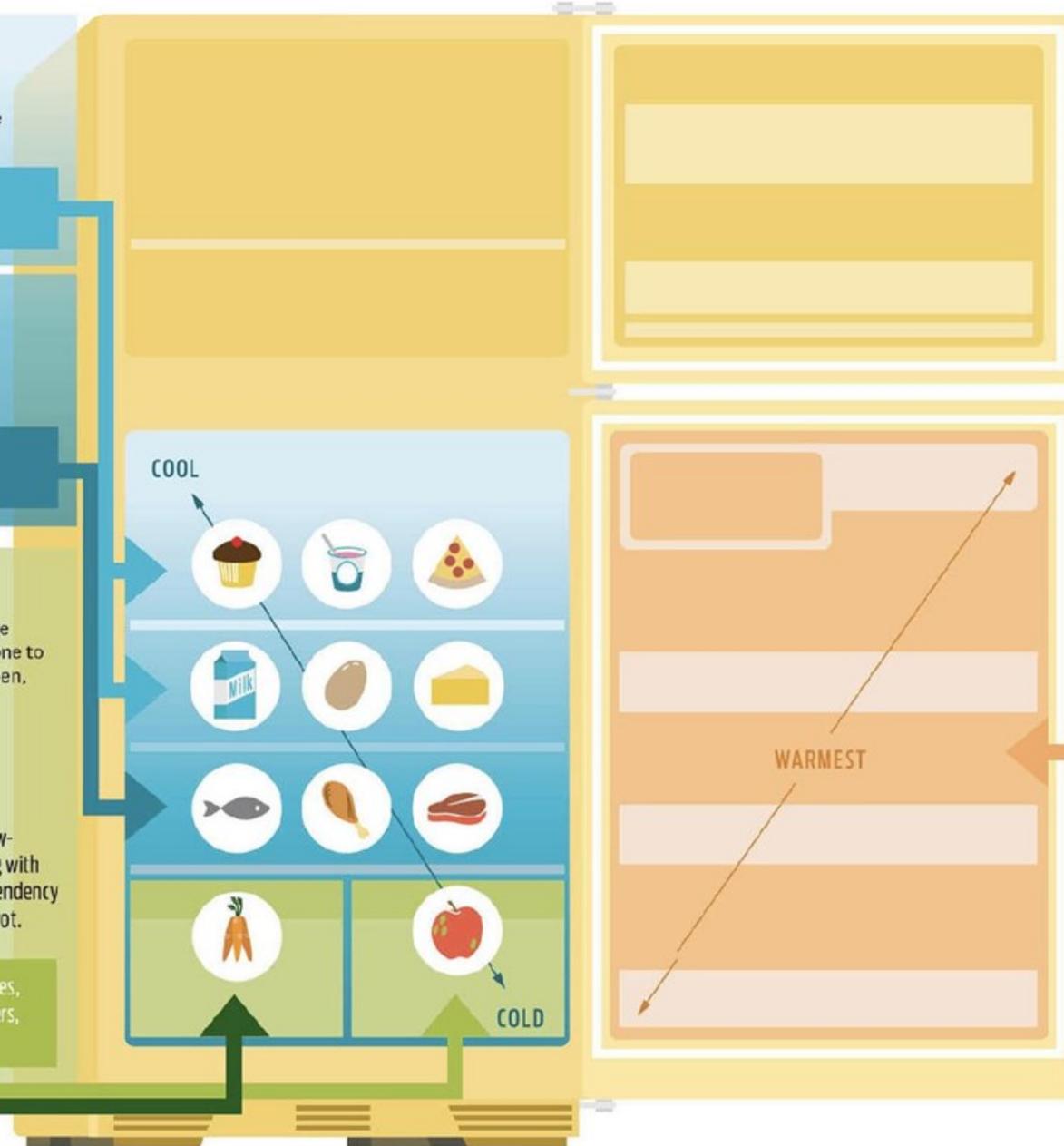
Put most veggies, particularly those that might wilt, in the high-humidity drawer.

Carrots, leafy greens, spinach, arugula, basil, broccoli, etc.



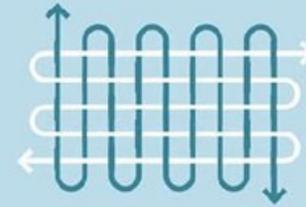
Put fruits in the low-humidity drawer, along with vegetables that have a tendency to break down and rot.

Pears, apples, grapes, mushrooms, peppers, avocados, etc.



DO NOT OVERFILL

The fridge needs air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.



40° F/4° C OR BELOW

Because bacteria grow most rapidly between 40° and 140° F/4° C and 60° C, your fridge should be set to maintain a temperature of 40° F/4° C or below.



THE DOOR

The refrigerator door is the warmest part of the fridge, getting a nice dose of warm air every time the door is opened.



It's a good place for condiments. It is not a good place for anything that is even moderately perishable. Though some models may have a compartment for eggs in the door, it's probably a better idea to keep them on one of the main shelves.

NEVER LET ICE BUILD UP

It forces your fridge to use more energy.



Storing Common Items



**Lettuce/
Leafy Greens**

Keep in original packaging, or rinsed and loosely sealed in a plastic bag or sealed container with a damp paper towel.



Tomatoes

Store at room temperature away from direct sunlight (on a countertop)

Once ripe, they can be stored in the fridge.



Onions

Store in a cool, dry, dark place outside the fridge.

Once chopped, you can store in fridge or freezer.



Potatoes

Store in a cool, dry, dark place outside the fridge, and **AWAY** from strong smelling foods like onion.

Storing Common Items



Carrots

Remove (and save!) green tops and store in a plastic bag in the high humidity drawer in the fridge.

For long-term storage, can be kept in water in the fridge.



Herbs

Basil is best stored at room temperature in a jar of water.

Other herbs do well wrapped in a damp paper towel in a bag in the fridge, or in a jar of water in the fridge door.



Apples

Will stay fresher longer in the low humidity drawer vs. a fruit bowl.

Keep an eye on a bunch of apples and remove (and eat!) any that are starting to bruise.



Mushrooms

Store in original packaging or a paper bag in the low humidity drawer in the fridge.

General Rule: Once something is chopped, store in airtight container.



Storing Cooked Items



Storing & Labelling

- Label with date and item name
- Eat leftovers within 3-4 days
- Cool food before storing in the fridge



Freezing & Thawing

- Defrost in your fridge
- Portion out items to freeze
- Take inventory



Take Home Messages:

1. Use Your Eyes and Nose to help determine if food is safe: look for tears, rips, signs of infestation, water damage, bad smell, discolouration or molding;
2. Be sure to always store food properly: reduce the growth of microbes

Second Harvest E- Learning



A Guide to Food Date Labels in Canada

There is a lot of confusion about our date labelling system, which is a significant cause for food waste in Canada. This brief course is helpful to anyone interested in better understanding the complicated world of food date labels.

[Enter this course](#)



A Donor Guide to Food Recovery

This brief course is designed for food businesses to better understand the implications of food waste in Canada, and to get clarification on misconceptions regarding food donation. By taking this course, businesses will be better equipped to make regular food donations in their community.

[Enter this course](#)



A Guide to Food Waste Audits

This brief course will help organizations to develop a streamlined process to engage in food waste audits. By taking this course businesses and organizations will better understand the environmental impacts of food waste, and gain the knowledge and resources needed launch a food waste audit of their own.

[Enter this course](#)



Thank You!