TURNING FOOD WASTE INTO FOOD JUSTICE

❖ Topic Areas: Food Systems, Social Equity; & Waste Reduction & Recycling

❖ Bren Hall, Room 1414

❖ Tuesday, July 9th, 10:05am –11:20am

❖ Libby Gustin
FOOD SUSTAINABILITY THROUGH FOOD RECOVERY, GARDENING AND KNOWLEDGE
PURPOSE OF A FOOD SYSTEM:

Nurture human health in a stable system of production
SUFFICIENT

Production of food depends on the continued functioning of the earth’s systems which requires a stable & renewed use of the resources & eco-systems.
Achieving healthy diets from sustainable food systems require substantial shifts in diets, food waste/loss reductions and sustainable food production practices.
Human health and environmental sustainability are intrinsically linked, providing an excellent platform to address change.
About 21 percent of students on CSU campuses experience food insecurity while in college.
Sustainable Food Systems for Food Security and Nutrition
SOLUTIONS

❖ Recovery Programs
❖ Gardens
❖ Knowledge
Knowledge is a critical part of change
Did you know that if you eat more nutrient dense food you need less calories and feel more satiated?
Find simple approaches to teaching healthy affordable eating habits.
HM 370: EXPLORING A SUSTAINABLE FOOD SYSTEM

addresses sustainability in the food industry through the study of environmental science, sociology, and behavioral kinesiology
EAT A RAINBOW
INFORMATIVE COOKING SHOW
FOOD PREPARATION

❖ Consume as close to harvest as possible
❖ Utilize as much as possible (Bone broth, don’t peel carrots)
❖ Vine Ripe, Pesticide and Chemical free
❖ Wash in vinegar water solution store in glass containers
❖ Add Vit C to vegetable with Non-heme iron
❖ Soak Beans and grains
❖ Consume oil with fat soluble vitamins
❖ Let chopped garlic and onions sit for 10 minutes
What is your favorite dish?
Recipe Redesign

How can you make your recipe so they provide more nutrients?

Onion Dip
Recipe Redesign

When possible replace ingredients with:

❖ Fresh whole food

❖ Fermented or cultured food

❖ Sea salt, Himalayan, Kosher... (not table salt)
Recipe Redesign

When possible:

❖ Use raw and cooked foods
❖ Oils with oil soluble vitamins
❖ Vitamin C with nonheme Iron
USEFUL TIPS AND INFORMATION

Let onion and garlic sit 5-10 minutes before using

• It releases the alliin and alliinase allowing them to mingle and form a powerful new compound called thiopropanal sulfoxide to increase the onion’s health promoting benefits.
• The finer the cut the more extensive the transformation and stronger flavor

Power of powdered alliums (onion & garlic):

❖-Develop an even flavor profile
❖-Increase shelf life
Food Recovery is an opportunity to increase access.
RECOVERY

❖ Right Portion size
❖ Local distribution
❖ Seasonal consumption
❖ Repurpose leftovers
❖ Buy only what you consume
❖ Compost
RECOVERY FOR CAMPUS

❖ Falling Fruit: https://fallingfruit.org
❖ Imperfect Produce https://www.imperfectproduce.com
❖ Backyard Harvest
❖ Feed a Need
❖ Beach Bites
❖ Beach Pantry
❖ Grow Beach Harvest Program
Sustainable Food Garden
CAMPUS SOLUTIONS

❖ Campus Garden for all students, staff and alumni
❖ Campus garden donations to food banks
❖ Academic learning opportunities
❖ Cal Fresh
  • [http://web.csulb.edu/divisions/students/califresh/eligibility.html](http://web.csulb.edu/divisions/students/califresh/eligibility.html)
Hospitality Management & Computer Science
Sustain U

❖ Who we are
  ➢ Department under ASI with paid undergraduate and graduate students from Design, Environmental Science & Policy, Geography, and Nutrition Science

❖ What we do
  ➢ Primarily focused on consulting on sustainability, writing policy, providing educational outreach, conducting waste audits, and managing the Grow Beach University Garden
Pantry & Harvest Program Partners

cal fresh
Better Food for Better Living

Sustain U

49ERS Shops
at the beach

grow beach
Organic Garden

RECYCLING CENTER

ASSOCIATED STUDENTS INC.
Long Beach State University

BEACH PANTRY
Grow Beach University Garden

- Grow Beach was constructed in 2015 by an ad hoc group
- In 2016 Sustain U took control of the garden
- Gardeners began signing up after Sustain U conducted outreach through events and tabling
- Faculty, staff, and alumni began to grow so much food that Sustain U started donating it to employees and students
Grow Beach University Garden

- In just two years Grow Beach went from 14 gardeners to 58 gardeners and a team of volunteers.
- Grow Beach began to bring groceries to the Beach Pantry once every week.
- In the past year Grow Beach has donated over 200 lbs of produce to the Beach Pantry every Semester.
Number of Plots in Use

Number of Plots in Use

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Number of Gardeners

Number of Gardeners

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0  20  40  60  80
ASI Beach Pantry

- In 2016 ASI Vice President Logan Vournas spearheaded the Pantry’s creation.
- In 2018, the Beach Pantry secured a refrigerator which allowed the Beach Pantry to start a food rescue program on campus.
- The refrigerator allowed Sustain U to donate fresh produce for students to eat.
ASI Beach Pantry

- 3000 lbs of donated food during the Spring 2019 semester; 2000 pounds from Food Finders
- 6000 lbs of rescued food last year from Beach Finder, 49er Shops, IPCDC, and a local convention
- Grow Beach donates about 200 pounds of produce a term, with over 270 pounds in the Spring.
- Libby’s classes harvested over 65 pounds in Fall 2018 and 171.26 pounds in Spring 2019
ASI Beach Pantry Usage

ASI Beach Pantry Usage

Visits

Single Users

Fall 2016: 2,300 Visits, 473 Single Users
Spring 2017: 4,100 Visits, 741 Single Users
Fall 2017: 5,218 Visits, 1,059 Single Users
Spring 2018: 7,286 Visits, 1,252 Single Users
Fall 2018: 17,130 Visits, 3,188 Single Users
Spring 2019: 12,584 Visits, 2,449 Single Users
Impact

❖ **Gardeners (Seeders)**
  ➢ Therapy and stress reduction
  ➢ Enjoyment and achievement
  ➢ Learning to grow food

❖ **Beach Pantry (Feeders)**
  ➢ Feeding students in need
  ➢ Decrease effects of food insecurity

❖ **Students and Staff (Eaters)**
  ➢ Increased food access
  ➢ Greater appreciation for fresh produce