

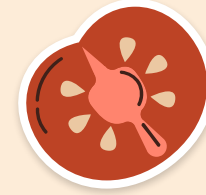
**Session:** How to Navigate Food Waste w/  
Scrappy Cooking  
**Track:** Young Leaders  
**Sponsored by** the Colorado Department of  
Agriculture

**THANK YOU TO OUR EVENT SPONSORS!**  
**¡GRACIAS A TODAS LAS ORGANIZACIONES QUE FORMAN PARTE**  
**DE LA CUMBRE ALIMENTICIA 2023!**

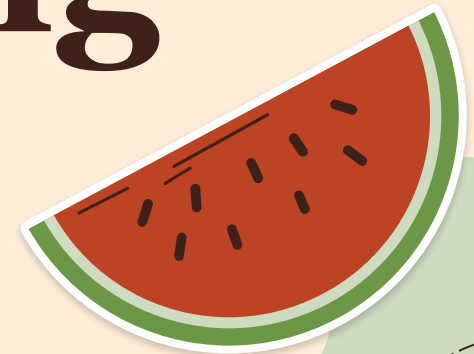




Young Leader Host Committee:



# Navigating Food Waste through Scrappy Cooking



# Introductions: Meet Us!



Angelique



Miguel



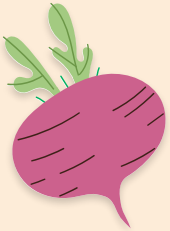
Taliah



# Introductions: tell us about yourselves!



Why did you choose this breakout group?



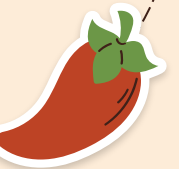
What do you hope to learn in today's session?



Have you ever been involved in any environmental/sustainability initiatives?



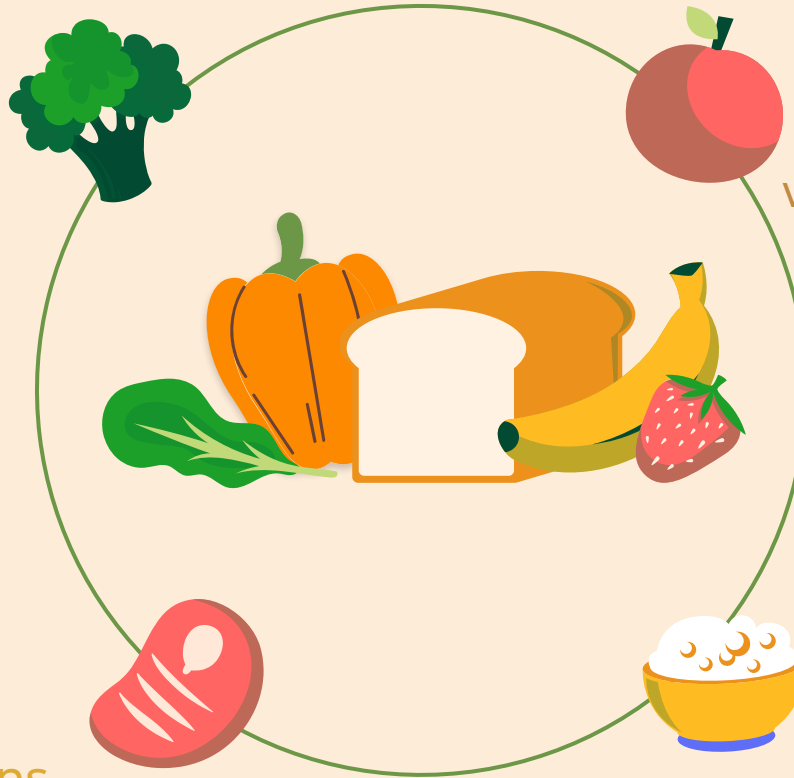
How interested are you in finding practical solutions to reduce food waste?



# Our mission:

## Food System

Introduce the significance of a food system



## Food Waste

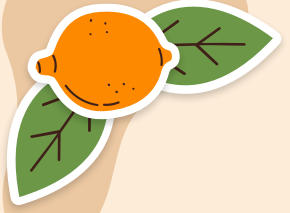
Introduce the idea of food waste and how it impacts the Colorado Food System

## Engagement

Provide information in a meaningful way that deepens understanding of the topics discussed

## Solutions

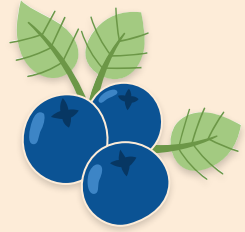
Explain the significance of food waste and provide accessible solutions



# Statistics:



12.8% of American households experience food insecurity



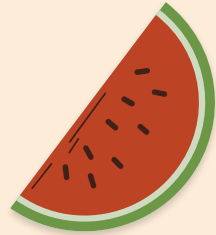
01



12.8%



40% of food in America is wasted

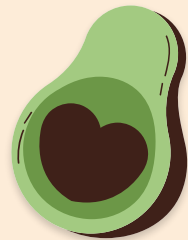


02



40%

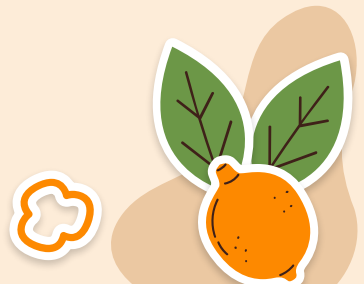
100% of Americans could have enough food if resources were allocated properly



03



100%

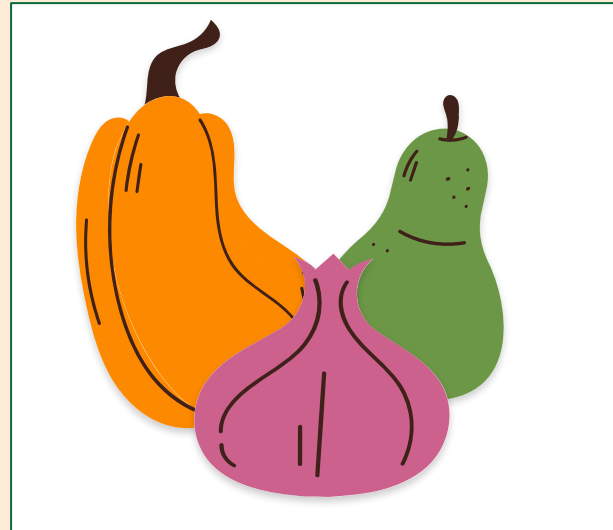


# Statistic Analysis:

What does this all mean?

Food waste is a prevalent issue

- Over **40%** of food is wasted and **12.8%** of Americans experience food waste
  - If food waste is reduced **ALL AMERICANS COULD BE FED!!**



We **NEED** to reduce food waste

- To reduce food waste, we first need to understand the Colorado Food system
  - Will lead us to solutions on food waste!

# Food System Overview:

What is one thing you notice about this diagram?

What aspect, Or aspects, of the diagram do you think are important? Why?

What do you think the purpose of this diagram is?





# So, what is a Food System?

Term	Definition	Application
<b>Food system</b>	A complex network that includes all the inputs and outputs associated with agricultural and food production and consumption	The Colorado Food System describes the interactions between agricultural productions and the means in which it is transformed into food items and transported throughout Colorado.

# What Do You Already Know?

What you  
**KNOW**  
about it

- How would you define food waste?
- What do you think contributes to food waste?
- How is food waste connected with other parts of the food system?
- How does food waste affect your own life?

# Introduction To Food Waste:

## Definition

Food waste is food that is intended for human consumption but is instead thrown away.

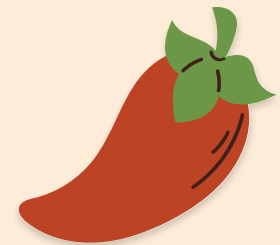
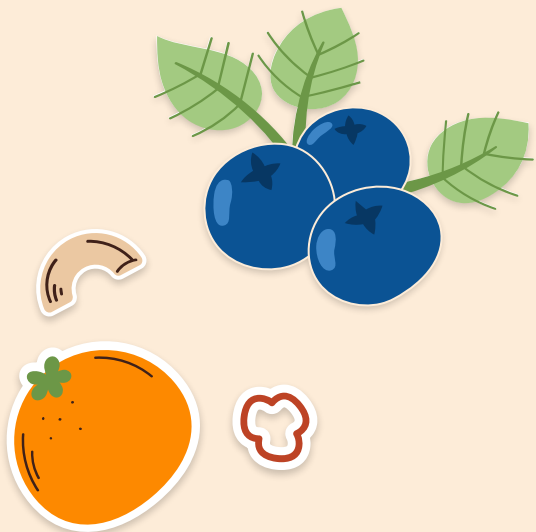
## Food Waste

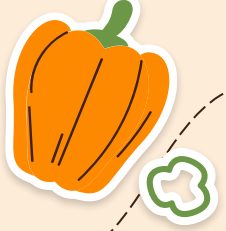
## Problems

There is enough food produced for everyone in the United States, but 40% goes to waste

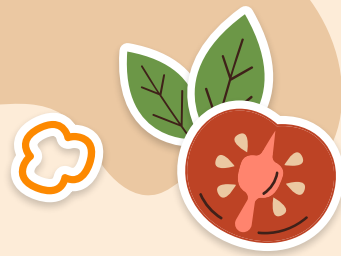
## Examples

- Main contributor: agricultural products left unharvested
- Food not consumed in restaurants/ grocery stores/ home life
- Food Scraps





# Exploring Solutions:



\*Additional information on other solutions available in the back of your pamphlet\*

## Solutions to Food Waste

### Scrappy Cooking

Using food items that would otherwise be wasted to create different food items

### Meal Plans

Plan a “clean out” meal that uses items in your pantry/fridge that will go bad soon

### Grocery Shopping

Make a list with what you plan to use and don't buy certain items in bulk

### Best By Dates

Some foods can be used past their expiration date (See pamphlet)



# Scrappy Cooking Introduction:

Term	Definition	Application
Scrappy Cooking	A way of cooking that incorporates food scraps in daily cooking; Scrappy cooking can help you eat more plants, save money, and be more environmentally conscious by making the most of what you grow and buy.	Scrappy cooking allows us to accessible mitigate food waste because it requires no additional purchases and is something we can ALL do.

Note: Scrappy cooking is most efficient when incorporating a food scrap into a dish, rather than a meal composed of purely food scraps

# Guess the Ingredients!

## Can you name them all!?

### Berry Vinaigrette

7 Ingredients

### Agua Fresca

5 Ingredients

### Fruit Roll Ups

5 Ingredients

\*\*PLEASE ALERT US OF ANY ALLERGIES BEFORE BEGINNING\*\*



# Food Activity:

## Fruit Roll Up

Taliah

### Ingredients:

Bananas, Strawberries, Blueberries,  
Chia Seeds, and Maple Syrup

## Agua Fresca

Angelique

### Ingredients:

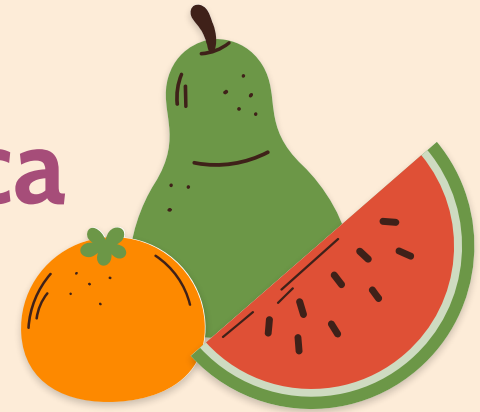
Dried Hibiscus Flower, Strawberries  
Lime Juice, Sugar or Agave Nectar, and Water.

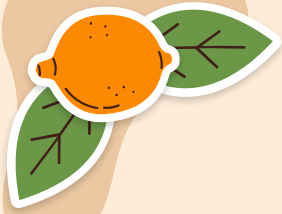
## Berry Vinaigrette

Miguel

**Ingredients:** Strawberry tops,  
Lemon Juice, Balsamic Vinegar, Maple  
Syrup, EVVO, Salt, and Pepper

All recipes  
included in  
take-home gift!





# Deep Processing:

Explain the interplay between the Colorado Food System, Food Waste, and Solutions to Food Waste

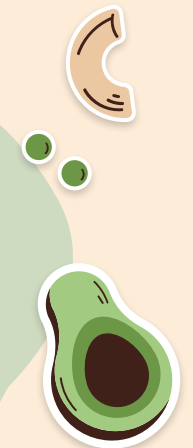
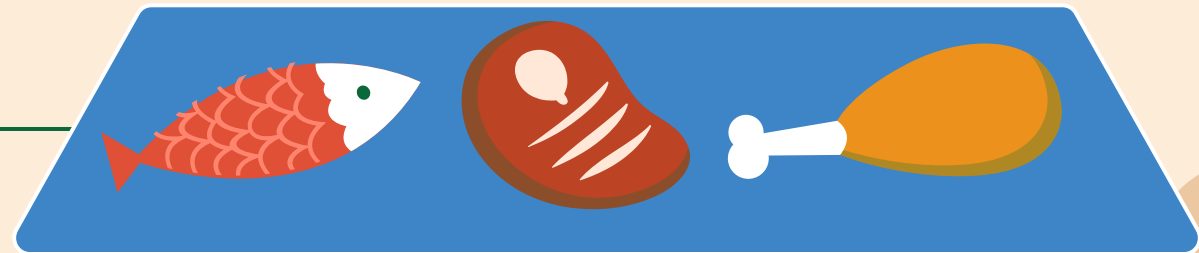
Solutions



Food Waste



Colorado Food System





# Reflection:

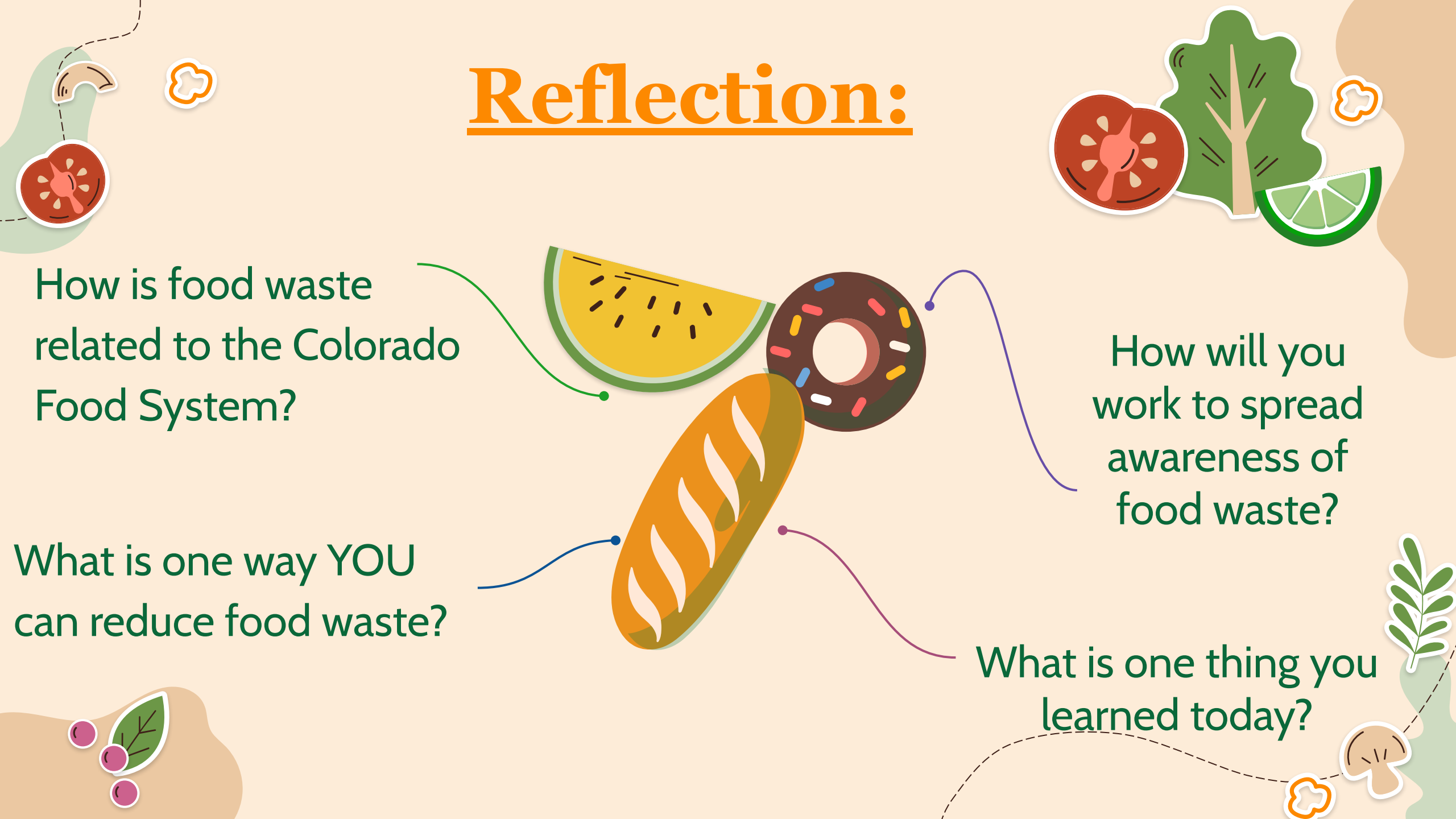
How is food waste related to the Colorado Food System?



How will you work to spread awareness of food waste?

What is one way YOU can reduce food waste?

What is one thing you learned today?



# Closing Statement

We deeply value your opinions and we ask that everyone fill out this survey before leaving. By filling out this survey, you help us improve Young Leader sessions in future Colorado Food Summits! Thank you all for your time!



**THANK YOU TO OUR EVENT SPONSORS!**

**¡GRACIAS A TODAS LAS ORGANIZACIONES QUE FORMAN PARTE  
DE LA CUMBRE ALIMENTICIA 2023!**



 **FOOD SYSTEMS INSTITUTE**  
COLORADO STATE UNIVERSITY



**COLORADO**  
Department of Agriculture



**COLORADO FOOD SYSTEMS**  
ADVISORY COUNCIL



**COLORADO BLUEPRINT**  
**TO END HUNGER**