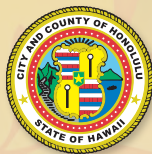


Food: Too Good To Waste

**Cookbook and
Smart Food Tips**





Aloha!

Sharing great food with friends and neighbors is a wonderful island tradition, but you may be surprised to learn that the average Oahu household throws away more than 425 pounds of food each year, valued at about \$1,600.

This cookbook is a toolkit designed to help you save money, reduce waste, and benefit the environment by making small and easy changes in the way you shop for, prepare and store food.

The City and County of Honolulu is pleased to offer you some exciting recipes from local kitchens, along with valuable tips for stretching food budgets, avoiding waste and making the most of leftovers.

We hope you'll enjoy planning some new dishes—and saving money too!



Kirk Caldwell
Mayor, City and County of Honolulu



Food: Too Good to Waste is the result of a partnership between the City and County of Honolulu, the United States Environmental Protection Agency, and the contributing restaurants and grocers found in this guidebook/cookbook. The City and County of Honolulu invited all restaurants on Oahu, as communicated through the Hawaii Restaurant Association, to participate in this project. The restaurants included herein were those that agreed to participate. These restaurants contributed to the content and will be among the distribution points for the books. Additionally, some restaurants will be offering coupons to encourage people to return the survey forms to the City and County of Honolulu so that we can better assess the needs of the public.



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What's Up With All the Food Waste?

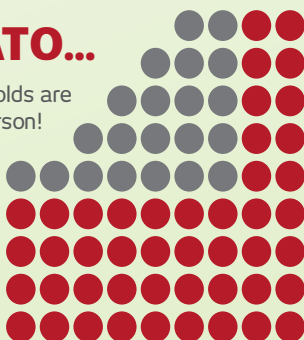
CONSIDER THE TOMATO...

31% of fresh tomatoes bought by U.S. households are thrown out—that's 21 tomatoes a year per person!



Throwing out that many tomatoes costs us a bundle—**over \$2.3 billion a year.**

If only it was just tomatoes... the cost of all U.S. household food waste = \$166 BILLION!



WASTED FOOD = WASTED RESOURCES

U.S. FOOD WASTE ACCOUNTS FOR:

25%
of all
our fresh
water use.

Enough
energy to
power the
country for
more than
a week.

Enough land
to feed the
world's hungry
twice over.

By making small shifts in how we shop, store, and prepare food, we can keep the valuable resources used to produce and distribute food from going to waste.

Sources: USDA Economic Research Service (ERS) Total and Per Capita Food Loss in the United States (2012); USDA ERS, The Value of Retail and Consumer-Level Fruit and Vegetable Losses in the United States (2011); Yonkers, The Climate Change and Economic Food Waste in the United States (2012); National Resources Defense Council, The Progressive Increase of Food Waste in America and Its Environmental Impact (2009).



**TOO GOOD
TO WASTE**

Did You Know?

- Wasted food represents **23% of global agricultural land**.¹
- **25% of U.S. freshwater and 4% of U.S. oil consumption** goes to produce food that gets wasted.^{2,3}
- Americans throw away approximately **one quarter of all food and beverage purchases**. This adds up to **\$1,350 to \$2,275 lost per year per household**.²
- Americans waste **1,400 calories per person every day**, enough to feed more than the **one billion hungry people worldwide**.³
- The total food waste in Hawaii is estimated at over **\$1 billion per year**, which, in 2010, was equivalent to **1.52 times the total production of agriculture in Hawaii**.⁴
- Hawaii Residents throw away approximately **one quarter of all food and beverage purchases**, which equates to a loss of about **\$700 per person per year**.⁴
- On Oahu, **15% of residential garbage is food**, which is about **425 pounds of food waste per household every year**.⁵

...and Did You Know?

There are so many recipes that have been **specifically created to use every scrap of food in your kitchen** to help reduce waste. Read on for more helpful tips.

- Croutons, bread pudding, bread crumbs, and French toast use stale bread.
- Rice pudding and fried rice use leftover rice.
- Soups can use every bit of food in your kitchen from meat bones and scraps to vegetable peelings and leftovers.
- The bulking grains for a meatloaf can be whatever cereals, crackers, or bread you have hanging around.
- Jambalaya can be a jumble of meats, rice, and vegetables with tomatoes, spiced up Cajun style.

Be creative. Try a fun family meal challenge—open the fridge and see how many leftovers you can incorporate into a new, delicious dish.

¹ Kummu M, de Moel H, Porkka M, et al. (2012) Lost food, wasted resources: Global food supply chain losses and their impacts on freshwater, cropland, and fertiliser use. *Science of the Total Environment*, 438: 477-489.

² NRDC (2012) Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill. New York, New York: Natural Resources Defense Council (NRDC).

³ Hall KD, Guo J, Chow CC, et al. (2009) The Progressive Increase of Food Waste in America and Its Environmental Impact. *PLoS ONE*, 4(11): e7940. doi: 10.1371/journal.pone.0007940.

⁴ Loke MK and Leung PS (2015) Quantifying food waste in Hawaii's food supply chain. *Waste Management & Research*, 33(12): 1076-1083.

⁵ ENV (2011) Curbside Recycling Program Evaluation and Strategic Planning Phase I. Honolulu, Hawaii: Refuse Division, City and County of Honolulu Department of Environmental Services (ENV).

Smart Shopping

Make a Shopping List with Meals and Portions in Mind

- Make a shopping list based on the meals you will eat at home and the timing of your next shopping trip. Use the shopping list template provided in this cookbook (page 25), visit www.opala.org for suggested mobile apps (like Cozi or Pepperplate) to help you plan menus and track shopping lists or use web-based tools (page 23).
- Plan multiple meals using shared ingredients.
- Shop your fridge and cupboards first to avoid buying food you already have.
- Include quantities on your shopping list so you buy just what you need. Choose loose fruits and vegetables over pre-packaged to control the quantity you purchase.
- Grocery shop with a full stomach—this can help you stick to your list.
- Avoid marketing gimmicks that encourage you to buy more than you need. If you purchase 10 items for \$10 and only eat five before they spoil, that's money wasted.
- Buy fresh ingredients in smaller quantities with more frequent shopping trips so you waste less and enjoy fresh food.

Shopping Planner

Weekly Menu Plan

Top tips:

- Check what you already have in your fridge, freezer, and cupboard
- Plan your menu around your weekly activities
- Place menu plan on your fridge
- Use a mobile app to help you plan menus and track shopping lists

Shopping List

Top tips:

- Write your shopping list from your menu plan
- Identify how much you will need
- Remember to take your list to the grocery store

	Item/Amount Needed	Already Have
Monday	Fruits and vegetables	
Tuesday	Breads and cereals	
Wednesday	Dairy and frozen items	
Thursday	Meat and fish	
Friday	Non-perishables	
Saturday	Drinks	
Sunday	Other household items	

See the **Getting Organized Tools** section (page 22) for a tear-out version to copy.

Smart Storage & Preparation

Storage Guidelines for Fruits and Vegetables

- Learn which fruits and vegetables stay fresh longer inside or outside the fridge.
- Freeze fresh foods that you won't eat in time (breads, sliced fruit, meat, cheeses, butter, herbs, vegetables).
- Place fresh food items in clear storage bags or containers as soon as you get home from the store.
- Keep your refrigerator between 37° and 40°F and the freezer between 0° and 2°F.
- If you like your fruit at room temperature, take what you will eat for the day out of the fridge in the morning.
- Many fruits give off natural gases that hasten the spoilage of other nearby produce. Store bananas, apples, and tomatoes by themselves and store fruits and vegetables in separate bins.
- Consider storage bags and containers designed to help extend the life of your produce.
- To prevent mold, wash berries just before eating.
- For more tips visit:
<http://makedirtnotwaste.org/at-home/prevent-wasted-food> and
www.opala.org

Keep Inside the Fridge:

- Apples, berries, and cherries
- Grapes, kiwi, lemons, and oranges
- Melons, nectarines, apricots, peaches, and plums (after ripening at room temperature)
- Avocados, pears, and tomatoes (after ripening at room temperature)
- Almost all vegetables and herbs

Keep Outside the Fridge:

- Bananas, mangos, papayas, and pineapples (once cut, store in fridge)
- Potatoes and onions: store in a cool, dark place separately from each other (gases from onions cause potatoes to sprout)
- Basil and winter squashes: store at room temperature (once cut, store squashes in fridge)

Prep Now, Eat Later

- Prepare and cook perishable items, then freeze for use throughout the month. For example, bake and freeze chicken breasts, or fry and freeze ground beef.
- Batch cook entire meals ahead of time and store in the fridge or freezer.
- Prep (peel and chop) food immediately after returning home from the grocery store. This may help save time when cooking.
- For more tips on how to preserve and prepare foods visit: www.extension.umn.edu/food/food-safety/preserving/



Smart Eating



Use the “Eat Me First” Sign in the **Getting Organized Tools** section (page 27).



Eat What You Buy

- Organize your refrigerator and move food soon to spoil to the front or a designated “eat now” area. You can use any available box and the “Eat Me First” sign provided in the Getting Organized Tools section (page 27).
- Store leftovers in clear containers so you can easily see what you have on hand in the fridge.
- Use a grease pen or sticky notes to write the dates on food containers in the fridge.
- Learn the difference between “sell-by,” “use-by,” “best-by” and expiration dates. You can rely on your own sight and smell over food dates in most cases. Visit the USDA’s website for more information.
 - “A Sell-By” date tells the store how long to display the product for sale. You should purchase the product before the sell-by date.
 - A “Best if Used By (or Before)” date is recommended for best flavor or quality. It is not a purchase or safety date.
 - A “Use-By” date is the last date recommended for the use of the product while at peak quality, determined by the product manufacturer. It is not a purchase or safety date.
 - To check the shelf life of a particular food item, you can visit www.stilltasty.com.
- Make a list each week of what needs to be used up and plan upcoming meals around it.



Recipes & Quick Tips for Leftover Meat, Poultry, Fish

- Leftover **ham** can be cut into steaks, wrapped individually in plastic wrap and then frozen in freezer bags. Take them out for lunches or quick meals as needed. Cut ham into cubes and store in freezer bag, or mix in scrambled eggs, potatoes (hash browns or breakfast mash), add to pasta, salads, omelets.
- Leftover **taco meat** can be added to chili or onto baked potatoes, or try making homemade nachos.
- Leftover **steak** is easily shredded in a crockpot or you can use it for a breakfast treat of steak 'n eggs. Try using leftover steak in your favorite quesadilla recipe or as a salad topper.
- Leftover **cooked fish** can be used for fish tacos or fish cakes, or try mixing it with sour cream and chives or green onion for a refreshing chip dip. Make easy fish chowder using 1 can of diced tomatoes, 4 cups of water, 1 onion, and whatever vegetables you want.



Braised Pork Filling

2.5 lbs	pork scrap, from leftover roast
1 lb	red onion, large diced
8 oz	Jalapeño pepper large diced
1 whole	pineapple, small diced
2 Tbsp	garlic (chopped or paste)
2 Tbsp	ground cumin seed
2 Tbsp	oregano
1 cup	red pepper purée
8 oz	pineapple juice
1 cup	lime juice
1/4 cup	orange juice
2 Tbsp	beef broth base (bouillon cubes)
2 Tbsp	cider vinegar
	salt to taste

In medium mixing bowl, add lime, orange, pineapple juices and red pepper paste. Let stand 30 minutes or until paste has mostly dissolved. Combine all ingredients in baking dish, mix thoroughly and cover with foil and braise at 350 for 2 hours. When cool enough to handle, use forks to shred pork mixture. Season to taste. Uses: taco filling, empanadas, stuffed peppers, enchiladas, or quesadillas.



Since 2012, **Cactus** in Kailua has been recognized for its “Modern Latin Cuisine” while supporting local farms and sustainable practices. **Chef Thomas Borges** “celebrates the cuisines of the New Americas with Aloha,” and works diligently to improve kitchen operations to reduce the restaurant’s environmental footprint. Aluminum, glass bottles, and cardboard are all recycled. Fry oil is picked up for bio-diesel production. Compostable and recyclable containers are used for to-go orders, and eco-friendly chemicals are used as much as possible. Cactus even installed LED lighting to save on energy usage.

Finding savings in your home kitchen can be just as difficult as finding savings in a restaurant. Chef Thomas recommends finding the balance between cost and quality. Buying a local or organic product may cost a few cents more, but it may last longer, which ultimately prevents waste. He suggests checking your refrigerator daily and planning your meals weekly. Visit Cactus at 767 Kailua Rd (Davis Building) in Kailua or visit www.cactusbistro.com.

Thomas’ Quick Tip: Never be afraid to look up and try a new recipe. You can use up any scraps or leftovers that may be in the refrigerator, and it may inspire a dish that could be a new family favorite!

Quiche

Quiche is a savory cheesy custard pie that consists of four basic parts: crust + custard + fillers + seasonings. Yields one 8 or 9" quiche.

Basic Crust

The crust can be an 8" or 9" homemade or frozen pie crust. Leftover bread can also be used to make a toasty crostini pie crust by thinly slicing the bread, brushing with melted butter, and pressing into the bottom of a pie pan. Mini quiches can be made by pressing pie dough into large muffin tins.

Basic Custard

3 eggs, beaten
 1 1/2 cups milk
 1 Tbsp sour cream or half and half (optional)
 1 tsp salt
 1 tsp Worcestershire sauce (optional)
 spices (your choice, depending on main ingredients)
 Filler: a combination of grated cheese(s) with any leftover meat and vegetables. See next page for suggestions.

Preheat the oven to 350°F. Pre-bake the pie crusts for about 10-12 minutes before adding the rest of the ingredients. Whisk the custard ingredients together. Add the filler ingredients and seasonings to the custard mix. Pour into pre-baked pie crust. Bake at 350°F for 35 to 45 minutes until the custard top is golden brown and springs back to the touch. Allow to cool for 10 to 15 minutes before serving. Serve with a lightly dressed leafy salad.



Tom Jones' family-style Japanese restaurant **Gyotaku** has been on Oahu since 2001 and is still expanding. To reduce food waste, he plans his menu with a variety of dishes around a small list of ingredients. Tom suggests making the most of your freezer—catch foods at the right moment and freeze them at the peak of ripeness if you are not going to eat them immediately. Keeping "green" is important to Tom, any food waste that does occur in the kitchen of Gyotaku ends

up feeding pigs on Oahu and cooking oil is recycled into biodiesel. Glass bottles, plastics, aluminum, and cardboard are recycled as well, saving both money and landfill space. Visit Gyotaku in Pearl City, King Street, Niu Valley, Aikahi Park, or online at www.gyotakuhawaii.com.

Tom's Quick Tip: Freeze single portions of cooked rice immediately in plastic wrap (tightly wrapped). Unwrap and reheat the rice in the microwave whenever you need it.

Quiche Variations

Mexican Quiche

- 2 oz grated cheddar
- 2 oz grated Jack
- 3 - 4 oz leftover taco meat
- 2 oz beans
- 1/2 avocado
- 1/4 cup tomato
- 2 Tbsp diced onion

Season custard mix with a dash of Tabasco, habanero or Jalapeño sauce, a pinch each of cumin and chili powder.

Italian Quiche

- 3 oz grated mozzarella
- 1 oz grated Parmesan or Pecorino cheese
- 3-4 oz leftover sausage or deli meat
- 1/2 cup diced tomato and/or leftover marinara/meat Sauce
- 1/2 cup sautéed onions

Season custard mix with fresh ground pepper and Italian herbs.

Vegetable Quiche

- 4 oz grated cheddar cheese
- 4 oz leftover cooked broccoli or mushrooms
- 1/4 cup sautéed onions seasoned with basil, thyme and marjoram

Season custard mix with a dash of Tabasco Sauce. Leftover spinach, zucchini, pumpkin or squash can be substituted for broccoli with seasonings adjusted to taste.

Classic Quiche Lorraine

- 4 oz grated Swiss cheese
- 1 cup crispy leftover bacon
- 1/2 cup sautéed sweet onions

Season custard mix lightly with a pinch of nutmeg.

Chicken Soup

Make over your leftover chicken and vegetables. Adapted from *Great Little Ideas* and *Love Food Hate Waste UK*. Yields 4 servings.

- 1 Tbsp vegetable oil
- 1 onion, finely chopped
- 1 leek, washed and sliced
- 1 carrot, peeled and diced
- 1 medium potato, diced
- 2 cubes chicken bouillon + 4 cups hot water (or 4 cups chicken broth)
- 1/2 lb leftover cooked chicken, diced
- black pepper
- cream or sour cream (optional)

Heat the oil in a pan and add the onion and leek and sauté for 5 minutes until softened. Add the carrots and potatoes and cook for 5 minutes. If using leftover cooked vegetables, skip this step and add the vegetables with the chicken broth. Add the chicken broth. Stir, then gently simmer covered for 20 minutes until the potatoes are tender. Add the (pre-cooked) chicken and cook for 5 minutes more to heat chicken through. If you prefer a creamy chicken soup add a swirl of cream or sour cream. Garnish with black pepper.

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Jook

A delicious way to use up leftover turkey.

- 1 leftover turkey carcass
- 4 cups leftover cooked rice
- 1 bundle tsin choy (pickled Chinese turnip found in the Oriental food section)
- 1 Tbsp salt
- 1 inch crushed ginger
- 1 piece kwo pee (dried tangerine peel found in the Oriental food section)
- 1 star anise
- 1 can chicken broth (optional)
- Chinese parsley (garnish)

Combine all ingredients in a large pot, with the exception of the rice. Cover with water. Bring to boil and simmer for 1 hour. Cool. Remove the turkey carcass and when cool, debone and set meat aside. Remove the star anise, crushed ginger and kwo pee. Add cooked rice to broth and bring to boil. Simmer for 30 minutes. Add meat and serve with Chinese parsley as garnish.

Quick Tips for Leftover Rice, Pasta, Bread

Rice

- Make rice pudding in a snap with 2 cups of cooked rice, 2 cups of milk, 1/2 tsp cinnamon, 1 tsp butter and 2 Tbsp sugar. Combine all ingredients in a saucepan and bring to a boil. Lower heat and simmer until the milk is absorbed (about 30 minutes). Add cinnamon and raisins if you like.
- Add leftover rice to vegetable soup or chicken broth.
- Freeze individual servings of cooked rice to be easily reheated when you want it.
- Fried rice is best made with day-old rice.

Pasta

- Fry leftover spaghetti in butter until it is warmed through. Serve with garlic bread and a salad.
- Leftover pasta (spirals, tortellini, etc.) goes great in soups or salads.
- Pasta Chips: Toss 2 cups cooked bowties (farfalle) or other short noodles with 1 Tbsp olive oil and bake in a pre-heated 400°F oven for 20 minutes or until lightly crisp and golden. Sprinkle with salt, pepper, and parmesan cheese.

Bread

- Leftover bread can be made into croutons. Spread butter onto slices of bread and cut into 1/2" squares or rounds. As an alternative to butter, sprinkle olive oil over cubed bread. Place in a shallow baking pan and bake at 350°F for 10 to 15 minutes or until golden brown. You can sprinkle with grated cheese or your favorite spice blend before baking. Serve with soup or salads.
- Breadcrumbs are great in your favorite meatloaf or meatballs and it's easy to make your own from stale bread. Wrap stale bread well and freeze it, use a grater to make your own breadcrumbs. Or place dried bread in a sturdy plastic bag (make sure it has no holes) and use a rolling pin or jar to crush the bread as coarse or as fine as you like. Just tie the bag and place in a pantry or freezer for later use.
- A slice of bread added to a container of brown sugar will keep the sugar from getting hard. This also helps keep cookies soft.
- Garlic bread: Slice a loaf of 1-day-old French bread so that the bottom is still connected. Spread garlic spread (press 3-4 cloves of garlic into 1/2 cup butter) on one side of each slice. Wrap in aluminum foil and heat at 425°F for 30 to 40 minutes. Serve immediately.

Recipes & Quick Tips for Leftover Fruits, Vegetables

- Freeze **grapes**. First, wash the grapes well, allow to dry, and lay on a cookie sheet or tray (not touching each other). Then, place the tray in the freezer and once the grapes are frozen, transfer to a freezer bag or airtight container. Keep frozen and take out to eat as is or add them to yogurt, smoothies and ice cream. This works for **berries**, too.
- Do you have **apples** that are no longer fresh but still good to eat? Cut apples into wedges, sauté slowly in a bit of butter and sprinkle with cinnamon. Use older apples to bake apple pie, cobbler, or muffins.
- **Over-ripe fruit** like pineapple or bananas go great in smoothies. Combine with fruit juice, yogurt or ice cream in a blender for a sweet treat.
- Use up carrot tops, broccoli stalks, celery ends, onions, and other **vegetable scraps** to make homemade vegetable stock. Look online for easy recipes.
- Leftover fresh **bell pepper**? Slice or dice it and freeze in a freezer bag or sealed container.



Ironman Juice

This juice is great for using up vegetables that are about to spoil as well as the tips and stems. Yields 1 serving.

1/2	apple
1/2	large beet
2	carrots
handful	kale stems
5 small	broccoli stems
1 cube	frozen parsley (optional)

Insert vegetables in your juicer, pour into a tall glass, and enjoy!



The Beet Box Cafe is a vegetarian haven located in the Celestial Natural Foods store in Haleiwa, specializing in preparing delicious, organic food with love and positive vibes. Owner **Marlys Mitchell** thinks it's a shame to waste beautiful food, and suggests making juices from stems and trimmed vegetables. She recommends taking time when choosing your juicer; for example, a masticating juicer will get the most out of tougher, leafy greens like parsley. It's

a good idea to juice a lot at a time and freeze the juice in an ice tray that you can pop into a juice or smoothie later on.

The Beet Box Cafe places smaller produce orders frequently, ensuring the freshest ingredients and that nothing goes to waste due to spoilage. Marlys gets as much of her produce and eggs from local farmers as possible and all unusable food waste (like egg shells) gets composted at two local North Shore farms. Visit the Beet Box Cafe for breakfast or lunch at 66-443 Kamehameha Highway in Haleiwa or find their food truck across from Pipeline. Find more information at www.thebeetboxcafe.com.

Marlys' Quick Tip: Dust off your blender and make smoothies using fruit about to spoil.

Vegetable Frittata

Easily uses up vegetables about to go bad. Yields 1 skillet.

- 8 eggs
- 1 lb leftover vegetables, cut into uniform pieces. (for example: spinach, eggplant, zucchini, bell peppers, carrots, onion, potato, garlic)
- 1 cup cheese (cheddar works great, but any kind will do), grated
- 1 tsp salt & pepper

Preheat the oven to 450°F. Sauté all the vegetables in a frying pan over medium heat until they are wilted and set aside. In a mixing bowl whisk the eggs. Heat a well-oiled cast iron skillet (or an oven-proof pan) on stove top. Add eggs, stirring slowly. Add wilted vegetables to pan, do not stir and let egg set. Top off with cheese and place the skillet in the oven at 450°F for 10-15 minutes or until eggs are fully cooked. Remove from the oven and let cool, cut into 4 to 6 wedge shape pieces. Serve with your favorite salsa.



Chef Matt Young has worked in the food industry for over 15 years. For the past six years he has been with **Hula Grill**, a restaurant in the Outrigger Hotel that specializes in Hawaiian and regional cuisine. TS Restaurants, the parent company of Hula Grill, Duke's Waikiki, and a host of other restaurants in Hawaii and California, has a sustainability policy that ensures that the restaurants will not sell fish from unsustainable fisheries. All cardboard, glass, and

oil are recycled and unusable food waste goes to local pig farmers.

Chef Matt uses seasonal produce and is in constant communication with farmers. He also uses computer management software to keep track of inventory and waste. He suggests saving vegetable stems and cuttings to make vegetable stock and using chicken carcasses for stock and soups. When cooking, have all your ingredients chopped and ready—a technique chefs call *mise en place*—so you don't burn things and also save electricity (which saves money).

Hula Grill is located at 2335 Kalakaua Avenue in the Outrigger Hotel Waikiki. For more information, visit www.hulagrillwaikiki.com.

Matt's Quick Tip: Use safe food handling practices. Visit www.fsis.usda.gov for more information on proper temperatures for cooling and heating food.

Vegetable Stir-Fry

- 1 (12-oz) package rice noodles
- 2 Tbsp sesame oil
- 1 garlic clove, minced
- 1 Tbsp minced ginger
- 2 cups leftover vegetables, diced
- 1 Tbsp sesame seeds or toasted sesame seeds
- 3 Tbsp soy sauce or tamari
- 2 Tbsp rice vinegar or white vinegar
- 1 Tbsp honey
- 1 Tbsp corn starch
- 1 cup water
- pepper to taste
- sprouts (optional)
- sesame seeds (optional)

Cook noodles according to package directions. Drain and set aside. Heat oil over medium heat in a large pan or wok. Add garlic and ginger and cook for 30 seconds. Add vegetables and saute for 3-5 minutes until vegetables have softened. In a small bowl, combine sesame oil, soy sauce, vinegar and honey together. In another small bowl, stir together corn starch and water until thick. Add to sesame oil mixture and stir well. Add sauce and noodles to stir-fry. Toss noodles in sauce to make sure they are coated well. Season with pepper. Remove from heat. Garnish with sprouts and sesame seeds. Serve and enjoy!



As Community Outreach Team Leader for **Down to Earth** and a Registered Dietitian, **Sabra Rebo** is passionate about food and nutrition. She performs cooking classes and community demonstrations all over Oahu and Maui. All food waste from the cooking classes is composted in the Love Life team members' compost areas.

Do you have fruits and vegetables that are past their prime? Stir-fries and casseroles are a great way to use up vegetables. Tasty ways to use up fruit include sauces, smoothies and quick breads. For more recipes and information visit www.downtoearth.org or call 947-3249.

Sabra's Quick Tip: Use leftover rice in soups, casseroles or as part of the filling for burritos.

Carrot and Broccoli Slaw

This recipe utilizes peeled grated broccoli stalks to give extra crunch and flavor to the slaw.

3 carrots, grated
 1 1/2 cups peeled grated broccoli stalks
 1/4 cup freshly squeezed lemon juice
 1 Tbsp extra virgin olive oil
 1/2 tsp freshly ground black pepper
 1/4 tsp salt

Combine all ingredients. Taste and adjust seasoning with salt, pepper and lemon juice.



Founded in 1978 in Austin, Texas, **Whole Foods Market** is America's first national certified organic grocer. The company's motto, "Whole Foods, Whole People, Whole Planet"™ captures its mission to ensure customer satisfaction, community support and environmental improvement. Whole Foods Market strives to support Hawaii's agriculture and cultivate relationships with local growers. Whole Foods Market Hawaii carries a variety of products from more than 214 Hawaii producers at their Kahala, Kailua, and Kahului stores.

Reducing food waste is a key component of Whole Foods Market's efforts to advance environmental stewardship and its Hawaii stores are committed to seeking new ways to recycle its resources and reduce spoilage. For example, produce that is edible but not up to retail standards is often reused in the prepared foods section, such as bruised peaches that are culled, trimmed, and baked into a delicious crisp and featured on the hot bar. Each day leftover food is donated to local food banks or a local farm to use as feed. Spent cooking oil is processed by Pacific Biodiesel, where it is given new life as a clean burning renewable energy source.

Whole Foods Market's Quick Tip: Save trimmed ends of cucumbers, lemons, or fruits and add to your glass of water for a refreshing, sugar-free "spa water"!

Easiest Berry Crisp

This second recipe from Whole Foods Market is the perfect way to make use of bruised or slightly overripe fruit. Use any combination of berries or stone fruits, apples, or pears.

- 6 Tbsp unsalted butter, at room temperature, plus more for the baking dish
- 1 1/2 lb (about 5 cups) mixed berries or diced stone fruits (peaches, nectarines, etc)
- 1/3 cup plus 1/4 cup dark brown sugar, divided
- 3/4 cup all-purpose flour, divided
- 1 cup old-fashioned or quick-cooking oats

Preheat the oven to 375°F. Lightly butter an 8- or 9-inch-square baking dish or 9-inch pie plate. In a large bowl, combine fruit, 1/3 cup sugar and 1/4 cup of the flour and toss until evenly coated. Transfer to the buttered baking dish. To make topping, stir together oats, remaining 1/4 cup sugar and 1/2 cup flour. Using a pastry blender or 2 knives, cut butter into oat mixture until well-combined. Spread topping over fruit, pressing down slightly. Bake until the top is golden brown and the fruit is tender and bubbly, about 40 minutes. Let cool 10 minutes and serve warm.

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And What About...?

- Leftover **coffee** in the coffee pot in the mornings? Pour it in ice cube trays and place it in the freezer. Use them in iced coffee or in mocha smoothies! You can do the same thing with **tea**—and use the cubes in iced tea.
- Broken or uneaten **cookies** or **graham crackers**? Crush and use them in a pie crust or add melted butter to use as a topping in fruit cobblers.
- Grind leftover **candy canes** into peppermint sugar using your coffee grinder or food processor; sprinkle on cupcakes, hot chocolate, ice cream or brownies.
- Freeze leftover wine in ice cube trays, then remove and seal in freezer bags. Keep frozen until you need **wine** for cooking. Tip: measure one tablespoon of wine into each cube so you know how much you need for the recipe.
- Freeze **egg whites** in an airtight container; simply thaw when you need an egg white for any recipe.

Banana Bread

This is the perfect way to use up brown bananas. Adapted from a recipe created by Isa Chandra Moskowitz. Yields 1 loaf.

- 2 large or 3 small very ripe bananas (the browner the better)
- 1/4 cup canola or vegetable oil
- 1/4 cup milk, soy milk, or almond milk
- 1/2 cup sugar
- 2 Tbsp molasses, honey, or maple syrup
- 1 Tbsp ground flax seeds (optional)
- 1 cup all-purpose flour
- 1 cup whole wheat flour (or all-purpose flour)
- 3/4 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg (optional)
- 1/2 tsp salt
- 1/2 cup nuts (pecans or walnuts) or chocolate chips, optional

Preheat the oven to 350°F and grease a 9 x 5-inch loaf pan. In a large mixing bowl, mash the bananas really well using a fork. Add the sugar, milk, oil, molasses (or honey or syrup), ground flax seeds, and mix well. Sift in the flour, baking soda, spices, and salt. Use a wooden spoon to mix until the wet and dry ingredients are just combined. If you're using chocolate chips or nuts, fold them in and do not over-mix the batter. Pour the batter into the greased pan and bake for 45 to 50 minutes. The top should be lightly browned and a knife inserted through the center should come out clean. Remove from the oven and let cool for at least 15 minutes.

Learn More

Guides, Tips and Other Resources

- **Refrigerator & Freezer Storage Chart**, FDA
www.fda.gov/downloads/food/foodborneillnesscontaminants/ucm109315.pdf
- **Where Food Goes in the Fridge**, Food Republic
www.foodrepublic.com/2012/07/26/where-food-goes-fridge
- **Love Food Hate Waste**, WRAP, United Kingdom
www.lovefoodhatewaste.com (Tips, Recipes, Serving Size Calculator, etc.)
- **University of Minnesota Preserving and Preparing**
www.extension.umn.edu/food/food-safety/preserving/
(Guides for preserving extra foods for future use/consumption)

Mobile Apps and Web Tools

Providing this information does not constitute endorsement of these businesses. Also, this information may not be all inclusive. Visit: www.opala.org for more.

Cozi Family Planner

www.cozi.com

Free App for iPhone, iPad, Android, Premium Available for Monthly Fee
Recipe List – input your own recipes or import recipes from websites,
Calendar – plan meals by adding recipes or track appointments with reminders, Shopping Lists/To-Do Lists – add your own items to a list or import from saved recipes, Journal – Jot down events for future reference, Syncs with all users in your group

Cloud-Freezer

<https://www.facebook.com/Cloud-Freezer-278641918999917/>

Free App for iPhone, Expansion for Fee
Food Lists – track your freezer, refrigerator, and pantry contents with shelf-lives, Barcode Scanner – scan barcodes to easily identify items if they are in the user-driven database

Pepperplate

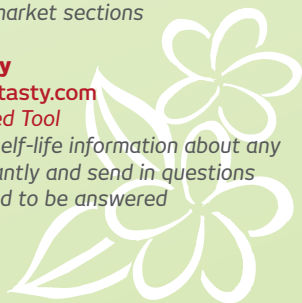
www.pepperplate.com

Free App for iPhone, iPad, Android
Recipes – input your own recipes or import from supported websites, display when cooking and use an optional app-included cooking timer, Menus – make meal plans from your Recipe List, Calendar – Set dates for Menus or Recipes, Shopping List – input your own items or add from Menus or Recipes with categorization by supermarket sections

Still Tasty

www.stilltasty.com
Web-based Tool

Search shelf-life information about any food instantly and send in questions about food to be answered



Mahalo!

Special thanks to the Hawaii Restaurant Association and participating chefs and restaurants for their contributions to this cookbook and smart food tips guide, and to our collaborators, the US EPA West Coast Climate and Materials Management Forum.



Shopping Planner

Weekly Menu Plan

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

Shopping List

Item/Amount Needed

Already Have

Fruits and vegetables	
Breads and cereals	
Dairy and frozen items	
Meat and fish	
Non-perishables	
Drinks	
Other household items	

Top tips:

- Check what you already have in your fridge, freezer, and cupboard.
- Plan your menu around your weekly activities.
- Place your menu plan on your fridge.

Top tips:

- Write your shopping list from your menu plan.
- Identify how much you will need.
- Remember to take your list to the grocery store.

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Eat Me First

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GENTLY TEAR OUT ALONG PERFORATION

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GENTLY TEAR OUT ALONG PERFORATION

A large, semi-circular orange pattern with intricate, swirling floral and leaf-like designs, resembling marbled paper or a traditional textile motif. It is positioned on the left side of the top panel.

Eat Me First

GENTLY TEAR OUT  ALONG PERFORATION

A large, semi-circular orange pattern with intricate, swirling floral and leaf-like designs, resembling marbled paper or a traditional textile motif. It is positioned on the left side of the middle panel.

Eat Me First

GENTLY TEAR OUT  ALONG PERFORATION

A large, semi-circular orange pattern with intricate, swirling floral and leaf-like designs, resembling marbled paper or a traditional textile motif. It is positioned on the left side of the bottom panel.

Eat Me First

GENTLY TEAR OUT  ALONG PERFORATION

Please Give Us Your Feedback

Complete the Survey and Receive a Restaurant Coupon

We would like to know about your experience with this cookbook. Your response is completely voluntary and the information you provide will be used to improve the food waste prevention program in Honolulu. As thanks, survey respondents will receive a coupon to one of the restaurants featured in this cookbook for providing your valuable feedback. You can mail back the attached survey card or complete the survey online at:
www.surveymonkey.com/s/FTGTW

This survey should take about 3 minutes of your time. Your contact information is confidential and will not be used for any other purpose than to send you your coupon.

If you have any questions about the survey, please contact us at info@opala.org or call 768-3200.



Food: Too Good To Waste Survey

Thank you for providing us with valuable information to improve the food waste prevention program in Honolulu. Survey respondents will receive a coupon to one of the restaurants featured in this book as thanks for providing valuable feedback. No postage necessary.

Home zip code _____

1. Including yourself, how many people live in your household? _____
2. What are their ages? _____
3. What attracted you most to the cookbook? *(Please rank the following from 1 to 5 where 1 was the most important reason and 5 was the least important)*
 - a. Chef-created recipes _____
 - b. Food storage tips _____
 - c. Opportunity to save money _____
 - d. Restaurant coupon _____
 - e. Organizing tools *(shopping list and sign)* _____
4. Did you use the recipes provided in the cookbook? *(circle one):* Y / N / PLAN TO
5. Did you use the shopping list provided? *(circle one):* Y / N / PLAN TO
6. Did you use the refrigerator sign provided? *(circle one):* Y / N / PLAN TO
7. Did you visit www.opala.org for more information? *(circle one):* Y / N / PLAN TO
8. Where did you pick up the cookbook? _____

Please mark the appropriate box:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I found the tips helpful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I have or will change(d) my
habits to reduce food waste

Which tips did you find most useful? _____

Which tips did you find least useful? _____

What practices did you use in your home to reduce food waste, if any, prior to
receiving the cookbook?

Do you have any suggestions for improvements?

Please provide an email or home address so we can send you a coupon as thanks for
completing this survey. This information will not be used for any other purpose.

Which restaurant coupon would you like:

- ☐ Gyotaku ☐ Cactus Bistro ☐ The Beet Box Cafe

Alternatively, you can complete this survey at www.surveymonkey.com/s/FTGTW