

# Reduce Kitchen Waste.. Throw Away Less!



*Presented by*

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**Waste Is My Resource**

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Shire of  
Serpentine  
Jarrahdale

# About Waste Is My Resource



- **Created in 2017 by Robyn Brown**
- **History of working as a Waste Education Officer in Local Government and a regen agriculture and permaculture advocate**
- **Specialising in Waste Education for Adult Groups, Community Gardens, Local Government, Libraries, Primary and Secondary Schools and Early Childhood Centres**





# SJ Local Food Action Plan 2021-2024



***VISION: To protect, promote and enhance the pathway to healthy food environments in SJ.***

***GOAL: Educate community members so they are equipped to make healthy choices about food and the food system***



**Shire of  
Serpentine  
Jarrahdale**

**SJ Local Food Action Plan 2021-2024**

# Topics Covered



- **Food Waste Facts**
- **Shopping**
- **Pantry**
- **Kitchen**
- **Home Garden**
- **Other Kitchen Waste**
- **Processing Organic Waste**
- **Good News Projects**





# Australian Foodwaste Facts

- Australia generated an estimated 7.3 million tonnes (MT) of food waste in 2016/17
- 1.2 MT was recycled (eg. Composting), 2.9 MT was recovered (Foodbanks etc) and 3.2 MT was disposed.(landfill)
- Household waste accounts for 34% of all food waste
- 124.8 kg per capita of food waste goes to Landfill
- The National Food Waste Strategy sets the objective to halve food waste along the supply and consumption chain by 2030

(National Food Waste Baseline 2019)



On average, a household waste bin contains 30-50% organic waste

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# Why We Need to Reduce Food Waste

- **Foodwaste contributes to 3% of Australia's Greenhouse gas emissions**
- **Australia uses 2600 gigalitres of water to grow food that is WASTED ( equal to the volume of 5 Sydney Harbours)**
- **Foodwaste costs the the Australian economy \$36.6 billion each year**
- **We waste 25 million hectares growing wasted food (larger than the state of Victoria)**



# Shopping



## WHITE WINGS FLOUR

Coles 1kg..... \$3.00  
 Campbells (Cash N Carry).....\$2.90  
 5kg.....\$11.30 (\$2.22 per kilo)

1. Write a Shopping List or create one on phone
  2. Create Menu Planners
  3. Buying larger amounts can save money (check carefully!)
- (Sources are supermarkets, healthstores, refill stores, bulk buy stores, online stores and markets)





# Shopping 2

1. **DITCH PLASTIC.** Try and buy loose fruit and vegetables in your own bags. Soft plastic can be dropped into the Red Cycle bins at Coles and Woolworths
2. **Beeswax Wraps** make great alternatives to foodwrap plastic

• National Packaging Targets for industry:

- 100% of packaging is reusable, recyclable or compostable
- 70% of plastic packaging goes on to be recycled or composted
- 50% average recycled content within packaging (20% for plastic packaging)
- problematic and unnecessary single-use plastic packaging phased out (National Plastics Plan 2021)

84% of plastic used is sent to landfill and only 13% is recycled) (National Plastics Plan 2021)

Australia uses around 70 billion pieces of soft 'scrunchable' plastics, such as food wrappers, each year (National Plastics Plan 2021)





# Shopping 3

1. Buy Very Fresh and Local Produce (eg SJ Farmers Markets)
2. Support Community Garden produce giveaways
3. Support Grow It Local
4. Support Jarrahdale Collective Food Cart



# Shopping 4

1. Buy Odd Shaped fruit and Vegetables
2. Use Fresh Produce Home delivery and Meal Kit businesses





# Pantry and Kitchen

## KITCHEN

- Learn what seasonal food is and only buy seasonal ( saves money and food miles to transport)
- Unpack all your food and store in air tight containers.
- Muesli and oats can be stored in fridge to deter pantry moths
- Use old glass jars to make, store and freeze home cooked sauces ( allow just under a third space to allow for expansion)
- Use homegrown or cheap end of season foods to make preserves, pickles and jams
- Dry food in dehydrator or sundry(eg tomatoes or herbs)
- Tidy the crisper of the fridge at least once a week
- Regularly get 2 to 3 vegetables from the fridge or pantry and Google a recipe with them in.
- Cook extra food and freeze for quick weekend meals
- Use “waste” to cook. eg. Potato skins make yummy chips, salted, oiled and baked
- Grow Your own food, even microgreens or sprouts on the kitchen shelf
- Set up a Kitchen Bench compost bin to collect food scraps



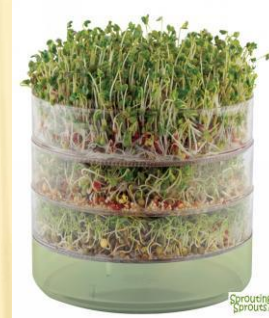
# Grow Your Own Food



Using old baths as raised garden beds



Cut water or milk bottle collars to protect seedlings



Grow sprouts and microgreens. They are cheap, easy and have 10 times more nutrients than full grown vegetables.



Growing seeds is much cheaper than seedlings. They are also stronger and more resistant to pests. I grow mine in old toilet rolls.



Degassed fridges with plastic liners make great wicking beds



An old security screen makes a perfect gate for my garlic garden

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# More from My Own Garden



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# Recycling Your Food Waste



- *Compost all organics (foodscraps soiled paper, cardboard). Saves adding fertilisers or water additives. Use what you have for a container...old bin, lid is the fender of my daughters prized commodore she wrecked.*

- *An old esky makes a perfect worm farm to also process organics and save on soil additives.*





# DOMESTIC COMPOSTING

*Most home composting is referred to as cold compost ...below 60 degrees celsius*

Cone or Gedye Bin



Tumbling composters



Worm Tubes



Bokashi Bin



Compost Bays



Vermicomposting



# Composting Workshops



9 April 2022 **Learn to compost using a Compost Cone, Wormfarm and Bokashi Bins**

( Face to Face workshop at Mundijong at Mundijong)

<https://events.humanitix.com/home-composting-qwe0wvbb>

27 April.. **Composting for Beginners**...<https://events.humanitix.com/home-composting>  
(online)

14 August **Home Composting** @ Byford Glades Community Garden

<https://www.eventbrite.com.au/e/260755806637>

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# Other Kitchen Waste

## **OTHER ORGANICS**

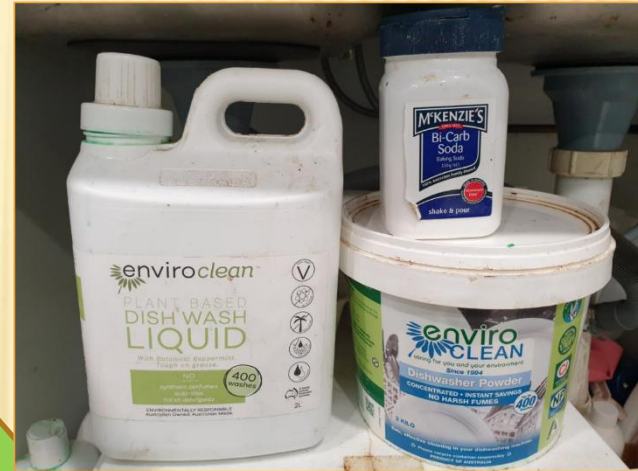
Contaminated paper and cardboard (eg Pizza boxes), paper towels and small cardboard packaging ( any paper or card item smaller than your palm of your hand) can be torn up and put in the compost bin.



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# Cleaning Products

- Avoid harmful chemicals cleaning in your kitchen and food preparation surfaces by using Bi Carb Soda, Vinegar and Citric Acid (found in lemons) or Enviro friendly commercial products





# Good News Projects

## FOGO Bins

All Metropolitan and Peel local governments must have a 3 Bin system (including a FOGO bin) in place by 2025. Already 16 local governments have either introduced or commenced a program to introduce a FOGO bin. It is estimated WA will be able to increase waste recovery to 65% (from 51%)

with the introduction of the FOGO bin, edging closer to a circular economy.

SJ Shire is on track to implement this third bin program in 2025

See SJ Shire Waste Strategy for further information (listed in Resources)



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# Good News Projects 2

## Food Charities

There are many charitable groups across Australia now who collect food waste and redistribute to to vulnerable Australian citizens

**Oz Harvest** was one of the first to begin. It was Founded by Ronni Kahn AO in 2004 and is now one of the leading rescue organisations





# Social Media Groups

## **Share Waste**

Connects people who wish to recycle their food scraps and other organics with their neighbours who are already composting, worm-farming or keep farm animals.

There are several people in the SJ Shire who are registered for this service.



# RESOURCES

## FACEBOOK

Waste Is My Resource  
Zero Waste and Plastic Free Living Perth WA  
Plastic Free July

## WEBSITES

<https://treadingmyownpath.com/>  
<https://www.therogueginger.com/>  
<https://zerowastehome.com/>  
<https://www.plasticfreejuly.org/>



[SJ Shire Annual Report](#)

[Sj Waste Management Strategy 2020-2024](#)

[Waste Authority Annual Report 2020-2021](#)

[National Food Waste Baseline](#)

[National Plastics Plan 2021](#)

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# THANK YOU FOR LISTENING



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