

Sharing is caring.

This month's newsletter will focus on a way to reduce food waste on two fronts. By developing a habit of sharing food, you'll have an effective way of making sure food doesn't go bad in your home. Not only that, but you'll be able to create a time and space to have a meal with your friends and/or family and maybe even start a chain reaction of food waste reduction in your community. Some of these ideas may be challenging, but they could also be a fun opportunity to flex your creativity.

A great way to avoid food waste is to plan a regular meal or meal prep a few days or a week after shopping for produce. Anytime you go grocery shopping you make a lot of estimates of how much of each food product you need to buy. Sometimes you end up with not enough of something but more often than not, we tend to get a little more than we'll need. It makes perfect sense to get a little extra because not having enough food can be pretty stressful. What's important is how you deal with the extra food you may have left when it's time to go grocery shopping again. Some friends of mine have a weekly Bible study gathering at their house on Mondays. Some of us who attend regularly bring food items or utensils to contribute from time to time but every single week the vast majority of the food we eat there is a meal they've cooked using rescued food. When it gets close to Monday night's gathering, they take stock of what food is at the house. What is there too much of? What's going to go bad soon if we don't cook or preserve it? Based on what's found, they cook up some creative concoction for everyone to enjoy together. You could try a version of that. Maybe you don't have people coming to your house every week but perhaps you could take stock of what your food stash looks like a few days after shopping. If it looks like your household won't be able to eat some of what you have before it goes bad, you could think up or find some recipes on the internet using whatever excess foods you have and invite some friends over for a meal. If you get into a regular habit of doing that and your friends know that's how you deal with excess food as an alternative to throwing it away, you might even inspire them to do the same.

Perhaps, you're not too comfortable inviting people over to your house. Maybe you've recently moved or all of your friends are out of town. You could consider preparing a meal that you can freeze and heat up when you're ready to eat it or give it to a friend who could use a quick, easy meal. Another option if you're involved in a church community or any kind of non-profit food service (like a homeless feeding organization), would be to ask some people who serve in those communities if they would be able to use the food you won't be able to eat or preserve before it goes bad. Organizations like that typically have plenty of freezers and teams of people who can cook and/or preserve foods and are willing to accept food donations. If you decide to take that route make sure to call or visit before you bring the food over to make sure they can accept what you're hoping to donate. Sometimes they may not be able to accept your donation due to policy or if they've recently received a large food donation and are low on storage space, etc.

Staying aware of what food you have and sharing the excess before it has a chance to go bad can be a very effective and helpful way to reduce food waste. Hopefully you'll be able to try one of these ideas soon and if you do, I'd love to hear how it went! Shoot me an email at Giorgio@GraceKleinCommunity.org and tell me all about it. Thanks for joining us in our fight against food waste and food insecurity!

-Giorgio Fareira



How Can You Help?

I usually don't ask specifically for donations in my letters, but I'm asking this time. We're growing and with growth comes more responsibility and costs.

Please consider giving to Grace Klein Community. A one-time donation is awesome! A monthly commitment is amazing. Thank you!

Donations can be given online through gracekleincommunity.com/donate

OR

check donations can be mailed to:

Grace Klein Community,
1678 Montgomery Hwy #104, Birmingham, AL 35216.

Include "Giorgio" in memo.