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Reduce Food Waste at Home Tips from Full Harvest's Christine Moseley

Christine Moseley, Founder and CEO of Full Harvest, is America's food waste superhero. Full Harvest reduces food waste by connecting farmers' surplus produce with commercial food and beverage makers, in a tasty win-win for all. Here, Christine shares tips on simple ways you, too, can reduce food waste at home.

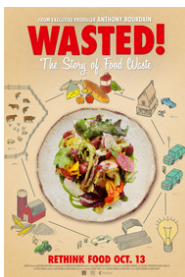


1 Take home leftovers, and eat them.



"I'm not insistent about it with my friends and family, but I encourage them, when dining out, to take their leftovers home. I remind them how much energy went into growing and sourcing and creating their meals," Christine shares. Data shows about 25% of farmers' crops never even leave the farm, and another 40% gets wasted along the way to consumers. Eating your leftovers keeps food out of the landfill. Search #leftovers on social media for leftover cooking inspiration.

2 Watch Anthony Bourdain's "Wasted" documentary.



Christine's review: "This is a must-watch for all of us! Sadly, this was Anthony Bourdain's last piece of work, but it's probably the most important. You will not look at food waste the same way after seeing this documentary." "Wasted! The Story of Food Waste" (2017), directed by Anna Chai and Nari Kye, produced by author and chef Anthony Bourdain, is available through most streaming services.



3 Compost.

The “Wasted” documentary highlights that consumers can make the biggest impact simply by composting. Christine agrees, with a warning, “But composting is not the same as trash. The worst thing you can do is throw food in the trash. An ordinary watermelon rind may take a few weeks to decompose in compost, but if you throw it in the trash, it winds up in the landfill and takes 20 years to decompose. And it’s breaking down with plastics. All the while it’s putting out methane, which is the most toxic for our environment.” Not every city has compost pickup, but there are many at-home composting supplies available.



4 Buy whole produce.

Christine's aha moment for Full Harvest came when she saw perfectly useable romaine lettuce leaves discarded in the fields because only the hearts of romaine were being packaged and sold. “Buy whole produce and cut it up yourself,” urges Christine. “If you buy sliced watermelon in those containers, chances are half of that watermelon is getting thrown away.”



5 Give imperfect produce a chance.

“Farmers markets are great for that,” says Christine. She points out that consumer produce box delivery services are not competitors. They're working in tandem, helping to spread the word that imperfect produce is a win-win-win.



6 Buy products with the Full Harvest logo.

“If you're buying products with our logo on the label, it's verified rescued produce,” Christine shares. “And that makes you a food waste and climate change superhero too.”

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