

Sustainable Southfield News and Updates

Small Changes, Big Results

“Finish your plate!” is something that everyone has heard their parents tell them while growing up. Some nights might have been easier than others when it came to eating everything you had on your plate, but then there were some nights where it was a fight to finish it all. As time has gone by, we, as a society seem to have forgotten the core lesson that our parents were trying to instill in us; “Don’t waste your food!”

Food waste is estimated to contribute to over 3 million tons of waste annually to landfills across Michigan, which releases methane into the atmosphere, increasing greenhouse gas emissions, and ultimately worsening the climate change crisis. Households in the U.S. are the biggest contributors to food waste accounting for 48% of all wasted food annually. Grocery shopping is something that we do all the time and by making small changes to the way that we shop, not only can we help reduce our grocery bill, but we can also be the key that can help to combat climate change.

Make Food Not Waste is a nonprofit organization in Detroit that works to reduce food waste by helping educate people on the importance of food waste reduction and how to upcycle food to other organizations rather than having food thrown away. They also have a 7-Day Food Waste Challenge that you can take. The challenge provides tips and tricks for organizing and storing your food in ways that improve its lifespan as well as some smart shopping strategies and more. If you are interested in taking the challenge and helping reduce your food waste or even upcycling your food, go to www.makefoodnotwaste.org



(Photo source: www.makefoodnotwaste.org)

Shopping & Storage Quick Tips

1. Organize your fridge & pantry.
2. Make a meal plan & a grocery list – going in with a plan reduces chances of overbuying and overspending.
3. Food storage technique – When storing bagged food items, ensure that all excess air is removed from the bag before sealing completely.
4. Get creative – using ingredients you already have at home to help use up older ingredients.
5. Portion control – No you do not need to order two appetizers!
6. Save your leftovers for another time – So you can always tell the kids “We have food at home!”
7. Freeze foods that you do not plan on using immediately - Meats, fruits, veggies, etc.
8. Be mindful of expiration dates – use the “First In, First Out” method for storing food.

Following these few tips is a start in reducing not only your carbon footprint, but the impact on your wallet as well! If you still have food that you are preparing to throw out, consider donating the food to a local shelter, food kitchen, or other food rescue organizations in the area.



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