For the Love of Food

A Story about Potential.
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// Graduate, Institute of Holistic Nutrition (Vancouver)
// Culinary Instructor, Matthew Kenney Culinary (Thailand & online)
// Slow Food Canada, Member
// Farm to FoodBank Vancouver, Member
// Feeding5k Vancouver, Strategic Planning Member
// University of Alberta School of Business Women’s Network, Founding Member & Mentor

Founder, From Root to Sky
Culinary Director, Salvage Supperclub
Imagine…

If all the resources and care that go into growing the food in our farmer’s fields - water, soil, labor - are in vain, as the food *never finds its way to our dinner plates.*

The United Nations (UN) reports that nearly \( \frac{1}{3} \) of the world’s food supply that is cultivated and harvested is *wasted.*

While nearly 800 million people go hungry.
The Food Waste Lifecycle

From Seed
(Post Harvest Loss - farms)

To Plate (Consumers)

Int'l Catering Waste & Institutions
(schools, hospitals, prisons)

Hospitality
(restaurants, hotels, catering)

Retail (grocers)

Transport & Distribution

Processing

Hospitality
(restaurants, hotels, catering)
The Cost of Food Waste

• Social:
  – 8 million people worldwide are food insecure.

• Environmental:
  – Production of methane gas which is 21 times more dangerous than carbon dioxide.

• Economic:
  – Loss of revenue, profit, operating costs.

• There is a **triple bottom line** benefit to reducing food waste.

• PREVENTION is key!
Food Recovery Hierarchy

- Source Reduction
- Feed Hungry People
- Feed Animals
- Industrial Uses
- Composting
- Incineration or Landfill

Most Preferred → Least Preferred
FOOD WASTE HAS MANY FACES
Summer heirloom tomatoes.
Union Square Greenmarket, New York City.
Weathered beets.

Norwich Meadows Farm, Union Square Greenmarket, New York City.
Curly cukes.

Farm to Foodbank Abbotsford, Fraser Valley, British Columbia, Canada
A visit to a local farm in Nishinomiya, Japan.

Farmer Katsuichi from Nakano Farm explaining why these carrots aren’t good enough to sell at market.
Crazy carrots.

Assorted farms, Union Square Greenmarket, New York City.
Kale stems.

Migliorelli Farm, Union Square Greenmarket, New York City.
Leftover sage from a catering event, New York City.

Stems.

Leaves.
A sea of mushroom stems.

Hilton Hotel, New Jersey
Edible Weeds.
Fraser Valley, British Columbia, Canada.
Surplus beans.

A farm in the Fraser Valley, British Columbia, Canada
Baby radishes.
Queens County Farm, Queens, New York
Radish pac-man.

Sole Food Street Farm, Vancouver, Canada
Radish “octopus?”

Nagano Farm
Nishinomiya, Japan
A foray into food sustainability...
Salvage Supperclub

Unique, sustainable food events that inspire and empower people to make the most of the edible food in their lives.
Salvage Supperclub.

Hosted by:
Founder, Josh Treuhaft & Celia Lam

BuildItGreen NYC and other Brooklyn, New York

April 2014 to August 2014
Saving food FROM the dumpster by serving food IN a dumpster.
Gazpacho & Crostini.

imperfect tomatoes, day old bread, carrot top pesto, pickled kale stems, leftover lovage oil.
Vicchychoise.

cores from culinary school event. aged market

trees. bruised apples. herb stem oil.
A Corporate Affair.

A Collaboration with Moi & Toi Events Catering

A Consulting Firm on Wall Street
Manhattan, New York

November 2014
Curried Winter Squash Shooter
The Resolution Supper.

An Ascent Contemporary & Salvage Supperclub collaboration.

Ascent Contemporary Pop-up Art Gallery.
SoHo, New York

January 16, 2015
Tartare.

imperfect carrots. aged ginger. surplus condiments. rescued cones.
Oyster Mushroom Scallops.

red cabbage trim. past prime forbidden rice.
Sushi.

cauliflower rice. pickled beet stem. carrot cucumber peels.
cauliflower stem tempura. beet juice pulp salt. leftover watercress aioli.
Beet Carpaccio.

bruised beets. leftover nut cheese. aged ginger. fennel fronds.
Spring rolls.

blackened bananas. chocolate. coconut whip. leftover almond shards.
Replated.

hosted by:
Feed5k Vancouver & Food Connections

Video produced by:
Huffington Post Canada

Groundswell Cafe
Vancouver, Canada

November 2015
65 rescued squash...
destinated for Squash Congee.
Fall Harvest.

From field to rescued alderwood.
Leek green tops.

flower Fried Rice.
Sake lees.

Leftover byproduct of sake production from the Artisan Sake Maker in Vancouver, Canada.
Kasujiru.
sake lees. brussel sprout stalks. surplus daikon.
Everything Dumplings.
The Salvage Luncheon.

Lead by:
Tristram Stuart, Feedback & a group of NYC food advocates

featured by:
National Geographic

Manhattan, NY
June 2015
Squash noodles.
surplus courgette. roots pesto. carrot top oil. edible flowers.
Gazpacho.

foraged purslane. bruised strawberries from the market. blemished cucumbers. surplus jalepeno peppers. aged herb oil.
Earth Day: A Food Sustainability Dinner.

hosted by: Evason Hua Hin Resort & Spa with participation from Matthew Kenney Culinary Academy students

Pranburi Beach, Thailand

May 2016
“Beet trim” (aka kitchen scraps) from the Coast Restaurant, Evason Hua Hin Resort & Spa.
Slider.
surplus shoestring fries. beetroot trim ketchup. leftover lentil beet burger.
Risotto.

confit mushroom stems. herb oil. surplus sunflower seed parm cracker.
Consomme.

pineapple core. coriander root.
preserved lemon cracker.
Marrow.
cruciferous stalks. red pepper trim butter. leek greens puree.
Interlude.

assorted nut cheese. dehydrated crackers. compotes leftover from student presentations.
Clean Plates!
Itadamikasu.

Salvage Supperclub
Japan Tour 2016

Hosted by:
Rieko Sakuramoto & Celia Lam

Kyoto – Fukuoka – Oita – Tokyo
July 2016
Honshoji Temple.

Kyoto, Japan.
Grilled Ratatouille Tartine.
sancho pepper pulp chimmichurri.
eggplant trim.
Diakon Steak, 2.0.
surplus eggplant bacon. aged turnips. dehydrated bell pepper trim from knife skills class. aged soy and koji mushroom stem bordelaise. past prime wild rice.
Tradition.

black tahini. blemished zucchini. eggplant trim. dehydrated surplus tomatoes and olives.
Gnocchi.
charred corn husk bechamel.
roots pesto.
Salvage Tea.
past best before roasted chickpea.
Recycle Me

Compost Me
Strategic Planning Team:

Elaine Cheng, Food Connections
Don Guthro, North Shore Culinary Shore
Peter Czech, Metro Vancouver
Jenny Rustemeyer, Just Eat It: A Food Waste Film Producer
Florence Yip
Celia Lam, From Root to Sky

Vancouver Art Gallery
Canada

May 27, 2015
Save time and money with our food storage tips, recipes and portion planning.

lovefoodhatewaste.ca
#nofoodwasted
Why Food Waste?

1) Perceptions & expectations (cosmetic standards)

2) Limited Resources

3) Lack of education / awareness (best before dates, how to handle salvaged food, liability)

4) Infrastructure (lack of standards, guidelines, legislation, infrastructural support)

What are the DRIVERS of Food Waste?

CONSUMER BEHAVIOUR:
- Convenience
- Ignorance/Fear
- Culture

Ultimately...
We judge food the way we judge ourselves.

If we were to open our minds to the things that we don’t perceive to have value, perhaps we could discover the true potential of our food.
Ways to Reduce Waste

1) Plan.
   - Make a schedule on Sunday for the week.

2) Less is more.
   - Buy what you need & shop more often.

3) Get Creative!
   - Use everything & eat everything. (Root to stem, snout to tail)

4) Use common sense.
   - Don’t rely on best before dates, use your senses (eyes, nose).

5) Prioritize.
   - Create an “Eat me First” bin in the fridge.

6) Give Leftovers a Chance.
   - Eat them! Get creative.

7) Go Gleaning.
   - Talk to your local farmers. Ask if you can help.
Corporate Call to Action:

1) **Support**
   local, regional or national initiatives that align with your CSR goals such as:
   - Feed5k Calgary sponsorship
   - Farm2FoodBank fundraiser

2) **Create**
   internal campaigns for staff to raise awareness, share tips and resources
   - Result: increased engagement and wellbeing

3) **Choose**
   caterers that are sustainably minded
   - Ask for a zero food waste proposal

4) **Organize**
   corporate gleaning trips
   - Great team building and family activity.
Interested in learning more?

Contact me:

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Thank-You!

Questions?
Resources

• Feed5k Vancouver - http://feed5kvancouver.com
• Just Eat It: A Food Waste Film - http://www.foodwastemovie.com
• Farm to FoodBank Abbotsford - https://www.abbotsfordfoodbank.com/portfolio/farm-to-food-bank/
• Replated (Vancouver) - http://www.huffingtonpost.ca/2015/12/20/food-waste-dinner_n_8743204.html