

# Toolkit for Making Sustainable Food Choices

## Goal:

To spread awareness on food waste management strategies and sustainable practices among healthcare staff (clinical, non-clinical, and medical staff) to inspire change in the workplace and improve planetary health.

## What is Included in the Toolkit:

### 1. Waste Management

- a. Activity 1 - Identifying waste
- b. Activity 2 - Sorting waste

### 2. Reducing Food Waste

- a. Activity 3 - Knowledge quiz

### 3. Seasonal Produce

- a. Activity 4 - Match local produce to corresponding season
- b. Tips on ways to use local produce

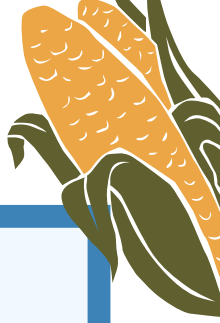
### 4. Sustainable Proteins

- a. Activity 5 - Protein Greenhouse Gas Calculator

### 5. Goal Setting

- a. Activity 6 - Goal setting





## Instructions:

- Print out or save this file to your computer.
- If you choose to print, please print double sided to save paper.
- If you choose to work through this toolkit digitally, please open via Adobe\* or other platforms that allow for editing.
  - \*Adobe allows you to create text boxes, even for non-Premium users. Just click on "Fill & Sign" and you will be able to add text as you work through the toolkit.
- Answer keys to the activities are provided on the slides following each activity.
- Please share with colleagues and fellow staff members to spread the knowledge.



# Waste Management

## Activity 1

Circle the all waste you can find in this messy staff breakroom!



# Waste Management

## Activity 1 Answers





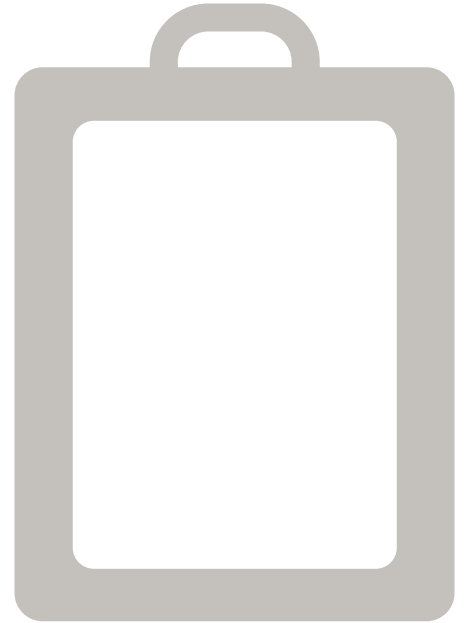
# Waste Management

## Activity 2

Sort the waste into the appropriate bins (all of which you can find in Fraser Health facilities).



garbage



Food scraps & food soiled  
paper



refundable beverage  
containers



mixed paper



mixed containers



# Waste Management

## Activity 2 Answer Key<sup>1</sup>

### garbage



note: takeout containers with plastic lining go in garbage

### mixed containers



### mixed paper



### refundable beverage containers



### Food scraps & food soiled paper

note: takeout containers with paper or compostable lining with food and wooden chopsticks all go in compost



<sup>1</sup> Dawson, M (Jan 20, 2021). Recycling equipment purchasing catalogue for Meditech. Retrieved December 7, 2021, from [https://bcgreencare.ca/wp-content/uploads/2021/09/Recyclingequip\\_purchasingcatalogue\\_FH-Jan2021.pdf](https://bcgreencare.ca/wp-content/uploads/2021/09/Recyclingequip_purchasingcatalogue_FH-Jan2021.pdf).



# Reducing Food Waste



## Activity 3

Fill out the quiz below to find out your knowledge on food waste!



1. **True or False?** Buying in bulk may lead to more food waste.



2. **True or False?** Freezing perishable items reduces the quality and is not useful in reducing food waste.



3. **Which of the following is not an appropriate way of extending shelf life?**



- a. Freezing cheese
- b. Refrigerating bananas
- c. Freezing bread
- d. Freezing meat



4. **Which is not a method of reducing food waste?**

- a. Avoiding buying less attractive fruits
- b. Repurposing food scraps (e.g. egg shells)
- c. Planning meals ahead of time
- d. Freezing food items



5. **"First in, first out", or FIFO, is a practice where older (non-perished) foods are used before newer foods. Which is not true about FIFO?**

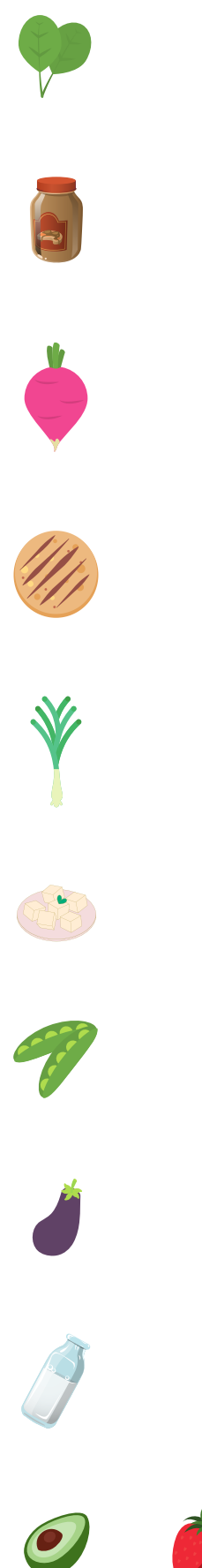
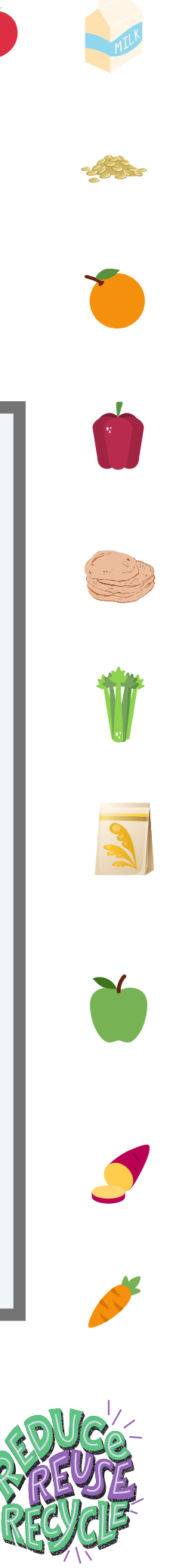
- a. It helps prevent leftovers from perishing, so it can reduce food waste
- b. It saves you money as your food will not be wasted
- c. Eating older foods can make you sick
- d. Many food service establishments already use FIFO in their practices





# Reducing Food Waste

## Activity 3 Answer Key

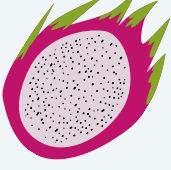


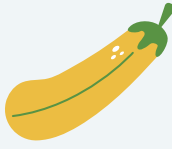










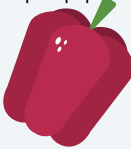



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- 
1. **True.** Studies have shown making shorter but more frequent trips to the grocery can reduce food waste.
  2. **False.** Freezing foods properly does not reduce the quality and it can help reduce food waste in situations where you are not able to consume it all before it perishes.
  3. **B** - Refrigerating bananas. Refrigerating bananas can actually lead to browning faster.
  4. **A** - Avoiding buying less attractive fruits.  
Oftentimes, foods that appear less attractive are wasted in grocery stores, even though they are good quality.
  5. **C** - Eating older foods can make you sick. Older, non-perished foods are still good in quality and will not make you sick. Additionally, eating leftovers and older items first will help reduce food waste.



# Seasonal Produce

## Activity 4

Match the local BC produce to the season. Answers on next page! *Hint: some produce are not local and do not fall into any category!*

1. dragonfruit 	2. peas 	3. tomato 	4. zucchini 	5. blueberry 	6. apple 
7. parsnip 	8. papaya 	9. peach 	10. radish 	11. banana 	12. kale 
18. rambutan 	14. spinach 	15. bell pepper 	16. artichoke 	17. winter squash 	18. beets 

autumn



winter



spring



summer



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# Seasonal Produce

## Activity 4 Answer Key<sup>2</sup>



*autumn*



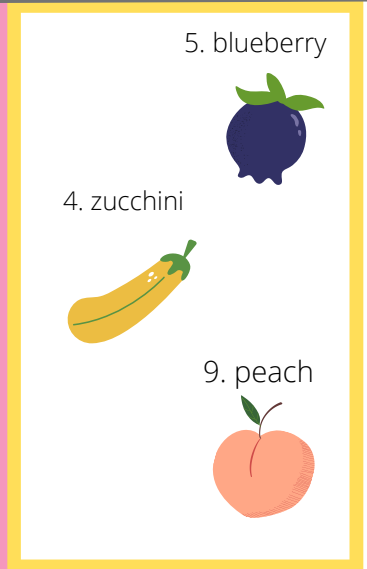
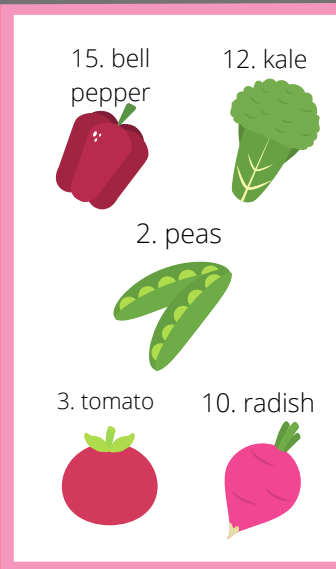
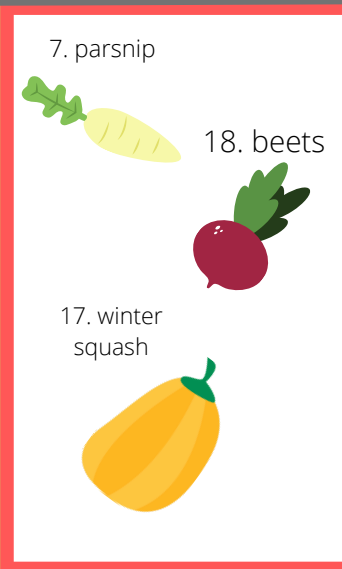
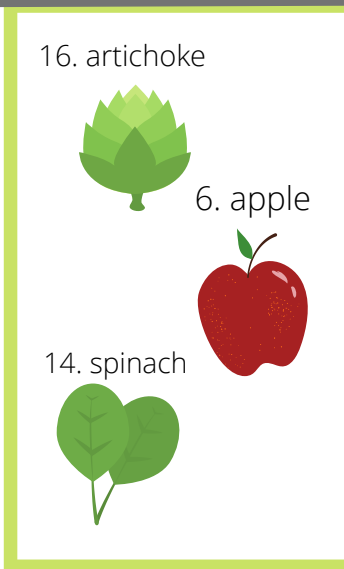
*winter*



*spring*



*summer*



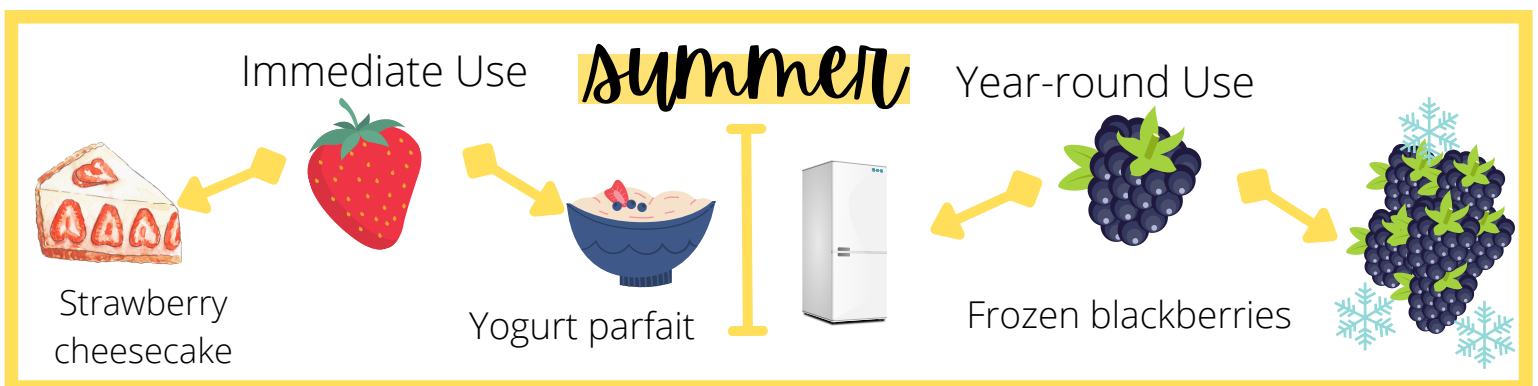
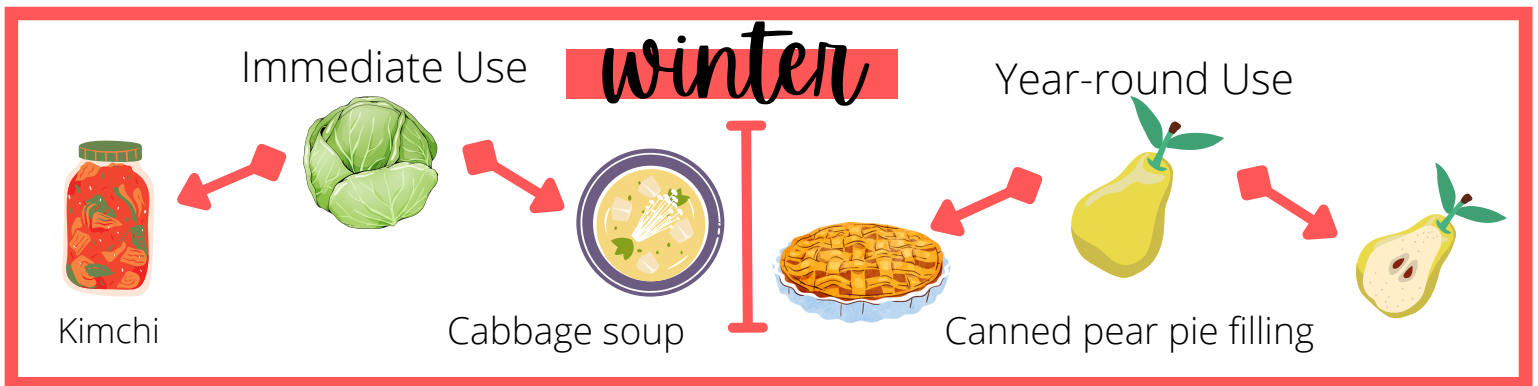
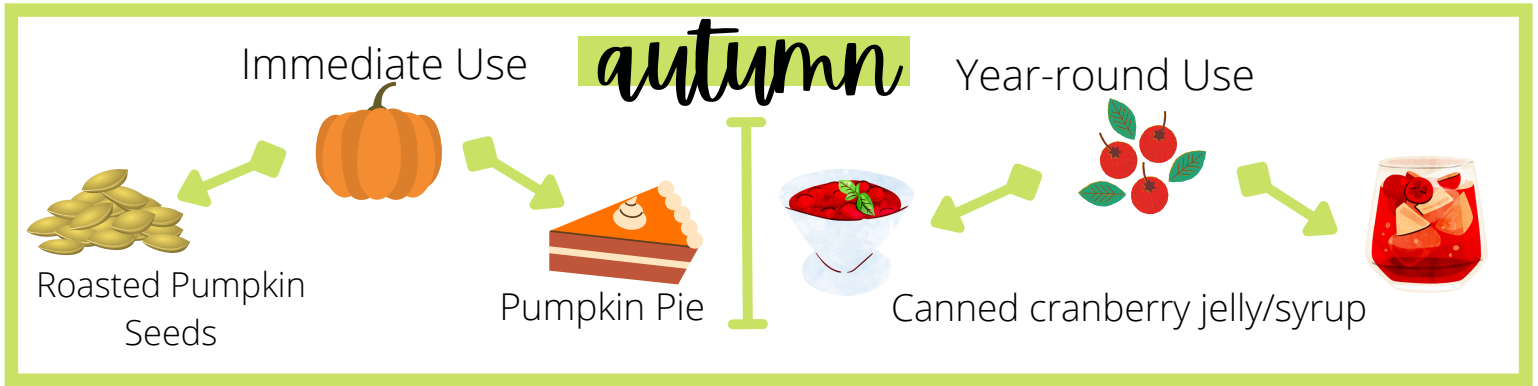
### Activity 2:

Pick one produce from each season and brainstorm a way to use it!


<sup>2</sup> What's in season. BCAFM. (2021, November 30). Retrieved December 2, 2021, from <https://bcfarmersmarket.org/why-bc-farmers-markets/whats-in-season/>.

# Seasonal Produce

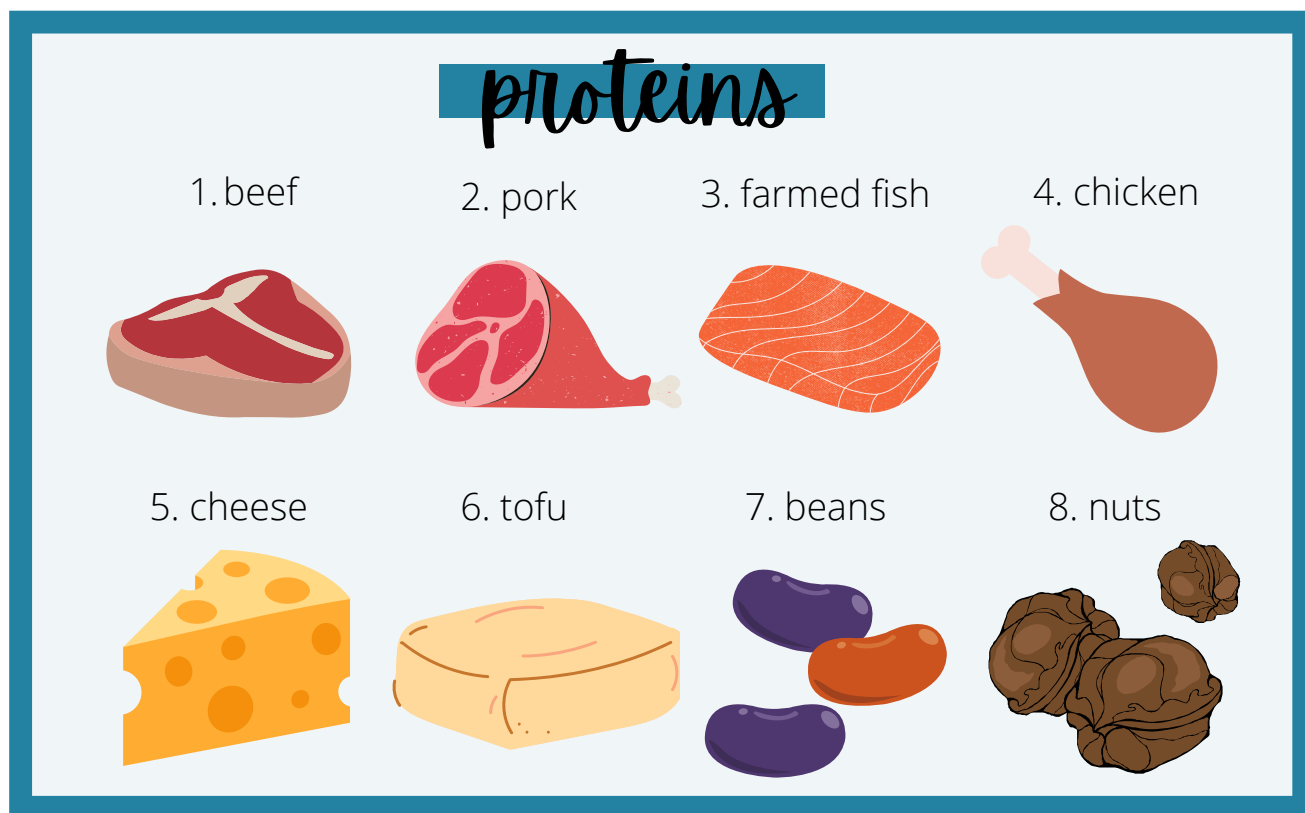
Find tips below on ways to have fun with other local BC produce! Bring these fun foods to share with your coworkers.



# Sustainable Proteins

## Activity 5:

Fill out this worksheet to determine the yearly greenhouse gas emissions of your protein choices! Start by choosing 1 animal protein and 1 plant protein.



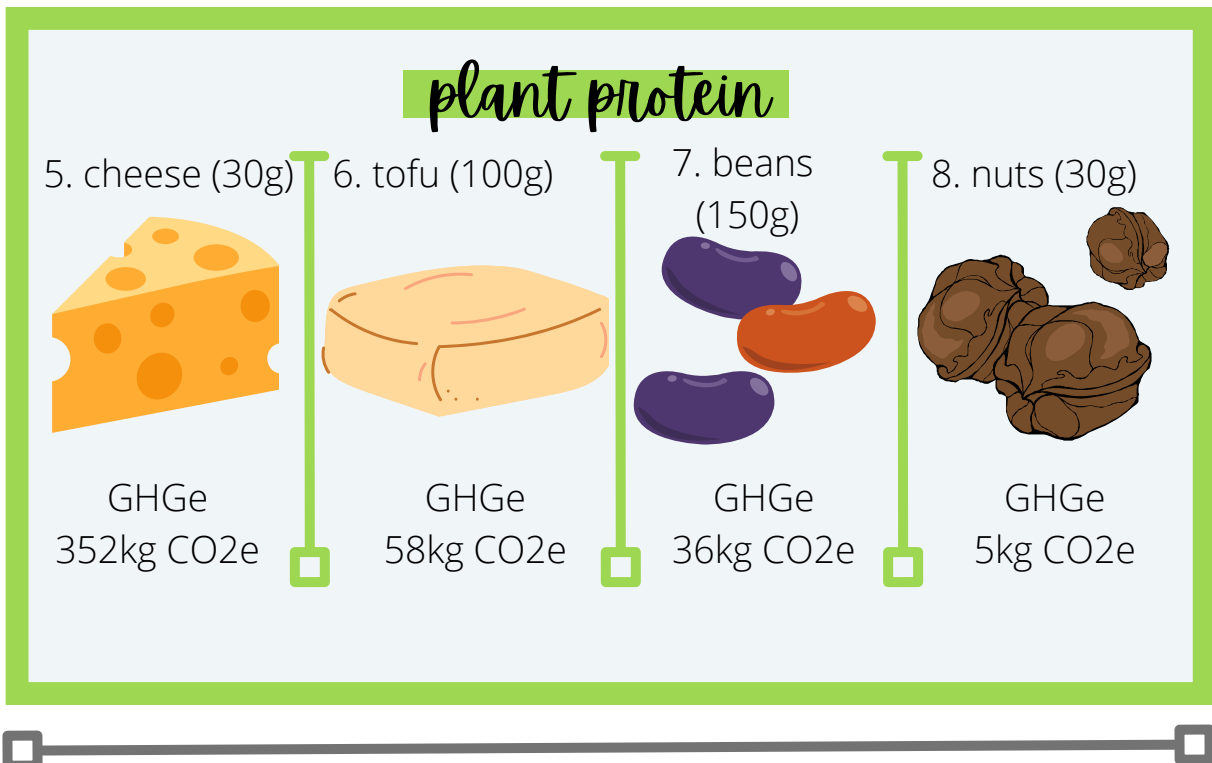
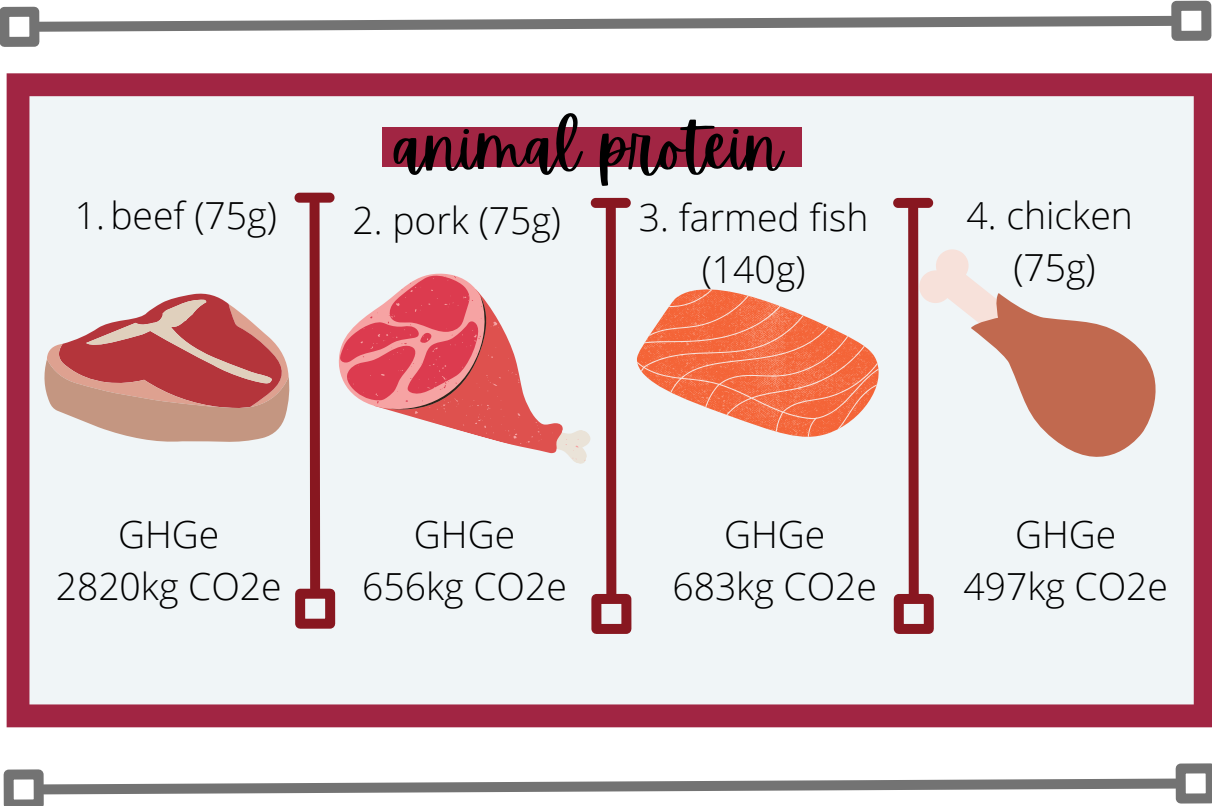
**animal protein**

**plant protein**



# Sustainable Proteins

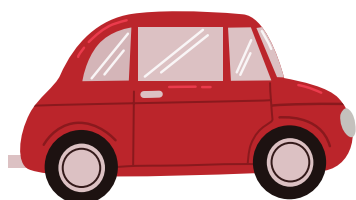
Find your animal protein and plant protein on this chart and circle the protein's greenhouse gas emissions (GHGe) in kg of carbon dioxide equivalents (CO<sub>2</sub>e). This value is equivalent to consuming that protein **once a day for 365 days**.



3 Guibourg, C., Briggs, H., & Stylianou, N. (2019, August 9). Climate Change Food Calculator: What's your Diet's carbon footprint? BBC News. Retrieved December 2, 2021, from <https://www.bbc.com/news/science-environment-46459714>.

# Sustainable Proteins

Complete the calculations to find out what the GHGe means in practical terms! Remember, GHGe is the number you can find under the protein in the previous page.



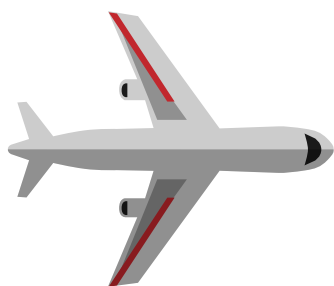
Average petrol gas car<sup>3</sup>

GHGe ÷ 0.244

km

GHGe ÷ 0.244

km



One-way flight from<sup>4</sup>  
Vancouver to Mexico City

GHGe ÷ 380

flights

GHGe ÷ 380

flights



Heating the average<sup>5</sup>  
Canadian home for 1 person

GHGe ÷ 11.23

days

GHGe ÷ 11.23

days









3 Guibourg, C., Briggs, H., & Stylianou, N. (2019, August 9). Climate Change Food Calculator: What's your Diet's carbon footprint? BBC News. Retrieved December 2, 2021, from <https://www.bbc.com/news/science-environment-46459714>.

4 Carbon Footprint Ltd using RADsite CMS (<https://www.radsite.co.uk/>). (n.d.). Carbon calculator. Carbon Footprint Calculator. Retrieved December 2, 2021, from <https://www.carbonfootprint.com/calculator.aspx>.

5 Government of Canada, S. C. (2021, March 26). Canadian system of environmental-economic accounts: Energy use and greenhouse gas emissions, 2018. The Daily - . Retrieved December 2, 2021, from <https://www150.statcan.gc.ca/n1/daily-quotidien/210326/dq210326d-eng.htm>.

# Sustainable Proteins

Curious about the other animal and plant proteins? Find the answers in this table below

	PROTEIN CHOICE	GHGE (CO <sub>2</sub> E) <sup>3</sup>	DRIVING (KM) <sup>3</sup>	HEATING HOUSE (DAYS) <sup>4</sup>	ONE-WAY FLIGHTS <sup>5</sup>
	Beef (75g)	2820	11557	251	7.4
	Pork (75g)	656	2689	58	1.7
	Farmed Fish (140g)	683	2799	61	1.8
	Chicken (75g)	497	2037	44	1.3
	Cheese (30g)	352	1443	31	0.9
	Tofu (100g)	58	238	5	0.2
	Beans (150g)	36	148	3	0.09
	Nuts (30g)	5	20	0.5	0.01

<sup>3</sup> Guibourg, C., Briggs, H., & Stylianou, N. (2019, August 9). Climate Change Food Calculator: What's your Diet's carbon footprint? BBC News. Retrieved December 2, 2021, from <https://www.bbc.com/news/science-environment-46459714>.

<sup>4</sup> Carbon Footprint Ltd using RADSITE CMS (<https://www.radsite.co.uk/>). (n.d.). Carbon calculator. Carbon Footprint Calculator. Retrieved December 2, 2021, from <https://www.carbonfootprint.com/calculator.aspx>.

<sup>5</sup> Government of Canada, S. C. (2021, March 26). Canadian system of environmental-economic accounts: Energy use and greenhouse gas emissions, 2018. The Daily - . Retrieved December 2, 2021, from <https://www150.statcan.gc.ca/n1/daily-quotidien/210326/dq210326d-eng.htm>.

# Goal Setting

## Activity 6:

Goal setting should be specific, measurable, achievable, realistic, and time-based (aka S.M.A.R.T.)! Fill in the blanks below to set your sustainability goal.

### 1. Goal

*Choose an achievable goal for yourself.*

### 2. Tasks

*Break down your goal into specific and measurable steps!*

1

2

3

### 3. Frequency

*How often will you be doing these tasks?*

### 4. Barriers

*What might get in the way of you completing your tasks? What do you do in that situation?*

1 Barrier:  
Solution:

2 Barrier:  
Solution:

# Goal Setting

## Activity 6 Example

### 1. Goal

*Choose an achievable goal for yourself.*

*To reduce improper waste management at work*

### 2. Tasks

*Break down your goal into specific and measurable steps!*

- 1** *Post general waste bin stickers (can be found [here](#))*
- 2** *Chat with supervisor about having a lunch and learn*
- 3** *Find ways to replace paper with electronics*

### 3. Frequency

*How often will you be doing these tasks?*

*Consider 1 task 3x a week*

### 4. Barriers

*What might get in the way of you completing your tasks? What do you do in that situation?*

- 1** Barrier: *forgetting*  
Solution: *set up an Outlook reminder 3x a week*
- 2** Barrier: *working with coworkers with different priorities*  
Solution: *send them this toolkit!*

# References

Carbon Footprint Ltd using RADsite CMS (<https://www.radsite.co.uk/>). (n.d.). Carbon calculator. Carbon Footprint Calculator. Retrieved December 2, 2021, from <https://www.carbonfootprint.com/calculator.aspx>.

Government of Canada, S. C. (2021, March 26). Canadian system of environmental–economic accounts: Energy use and greenhouse gas emissions, 2018. The Daily - . Retrieved December 2, 2021, from <https://www150.statcan.gc.ca/n1/daily-quotidien/210326/dq210326d-eng.htm>.

Guibourg, C., Briggs, H., & Stylianou, N. (2019, August 9). Climate Change Food Calculator: What's your Diet's carbon footprint? BBC News. Retrieved December 2, 2021, from <https://www.bbc.com/news/science-environment-46459714>.

Dawson, M (Jan 20, 2021). Recycling equipment purchasing catalogue for Meditech. Retrieved December 7, 2021, from [https://bcgreencare.ca/wp-content/uploads/2021/09/Recyclingequip\\_purchasingcatalogue\\_FH-Jan2021.pdf](https://bcgreencare.ca/wp-content/uploads/2021/09/Recyclingequip_purchasingcatalogue_FH-Jan2021.pdf).

What's in season. BCAFM. (2021, November 30). Retrieved December 2, 2021, from <https://bcfarmersmarket.org/why-bc-farmers-markets/whats-in-season/>.