

# Hunger. Food Waste. Climate Change. You Can Help Us Fight All Three.





# Hunger: A Community Health Crisis



## Food Insecurity in the North Bay Area

- Nearly **50,000 people** in Marin County worry about where their next meal will come from
- The need for food skyrocketed during Covid and continues due to the rising cost of food, gas, and cost of living
- More than 10,000 children in Marin live in food-insecure households
- As many as 12,000 seniors in Marin cannot make ends meet
- Safety Net programs do not reach everyone in need – the demand for fresh food and prepared meals exceeds our current supply



# Food Waste: A Climate Crisis



## 35% Of All Edible Food Is Wasted

- Food is the most plentiful material in landfills
- We waste enough food to fill the Rose Bowl twice daily
- 14% of all freshwater in the U.S. is used to produce our wasted food each year
- Every year the US squanders a Great Salt Lake's worth of water through the food it wastes

## How Does This Affect Climate Change?

- Decaying food in landfills releases methane, a gas that warms the planet at 86x the rate of carbon dioxide
- If food waste were a country, it would rank 3rd in greenhouse gas emissions behind China and the U.S.

**Reducing food waste is  
the easiest thing we can  
do to make the quickest  
impact on climate change**



# Our Vision: Solve Hunger Differently



ExtraFood's mission is to help end hunger and wasted food in the North Bay. Through our food recovery programs, we rescue excess fresh food and immediately deliver it to people facing food insecurity

- We are increasing equitable access to nutritious food
- We are leading a movement to transform our community's food system: from wasting food to donating it to people in need
- We are sharing the resources of our community WITH our community





# How It Works



## How Our County-Wide Food Recovery Program Works



# Our Programs



We fill the gap between those who have food and those who need it

## FOOD RESCUE

- Our volunteers and staff drivers pick up food from grocery stores, farmers' markets, schools, and hospitals and deliver it to our nonprofit partners serving our community's most vulnerable people
- We redistribute perfectly good, nutritious food 365 days a year, free of charge
- We address the issues of hunger, wasted food & climate change locally by creating a powerful coalition of partners, including food donors, volunteers, and recipient partners.
- We constantly assess the food needs of our nonprofit recipient partners





# Our Programs



## COMMUNITY MEALS

- Restaurants and caterers don't always have excess food to donate. Our Community Meals program gives those organizations a simple yet impactful opportunity to work with us to help the hungry.
- Community Meals donors regularly make a dish for 10-20 people, eg. once per week, and we ensure it gets to people who need it the most. It's something that's convenient for our donors to make — perhaps a little extra of something they're already making — and we pick it up when it's convenient for them.



# Our Programs



## GLEANNING

- ExtraFood partners with organizations to glean surplus produce from backyards and farms:
  - Share The Bounty: Our backyard produce gleaning partner
  - West Marin Glean Team: Our farm produce gleaning partner
- Volunteers pick up or harvest the produce and then deliver it to organizations like food pantries and those with kitchens that use the ingredients in meals for their residents
- All types of fruit, vegetables, and herbs can be gleaned





# Our Programs



## EMERGENCY RESPONSE

- We leverage our many food partner relationships, volunteer network, safety-net partners, and technology systems to quickly respond to increasingly frequent disasters and crises. We are actively working with MCF, VOAD, and the County of Marin to create a county-wide disaster feeding plan
- **COVID:** Through our Community Meals program, ExtraFood worked with our restaurant and caterer partners to give 90,000 freshly-made meals to people hit hardest by the Covid crisis
- **Fires/Blackouts:** We aid relief efforts by soliciting new food donations, fielding donation offers, and delivering the food to Marin's main emergency shelter and to "pop-up shelters" across the county
- **Furloughs.** When Marin's Coast Guard families were without income for more than a month, we partnered with Homeward Bound to provide the families with a delicious sit-down dinner plus meals for them to take home



# Our Programs



## SOUPer FOOD KITCHEN

- SOUPer Food Kitchen (Supporting Our Underserved Populations) is a partnership between ExtraFood and Chef Heidi Krahling, Founder of Insalatas Restaurant, that takes rescued surplus food items from various food donors and turns them into healthy and nutritious soups, stews, and broths to donate to people facing food insecurity in our community.
- Chef Krahling and a team of volunteers chop, prep and cook the soup then portion them into containers. Then, ExtraFood's Food Recovery Coordinators distribute the soup to various recipient partners throughout the North Bay Area with the initial goal of making 600 meals per week.
- By rescuing excess ingredients we can reduce food waste and provide warm, filling meals to people who need them most.





# ExtraFood's Impact in Numbers



## FOOD RESCUED

- 6.3M pounds of fresh, healthy food
- 5M meal equivalent
- 47,000 fresh food deliveries

## PEOPLE HELPED

- 10,000 people served every week

## PARTNERSHIPS

- 250+ food donors
- 151 nonprofit distribution partners
- 750+ volunteers have donated over 60,000 hours

**A permanent, renewable  
food safety net resource  
for our community**

## ENVIRONMENTAL BENEFIT

- 515K pounds of methane prevented from entering our atmosphere, the equivalent of removing the emissions of 12M driving miles



# Who We Help And How



## FOOD DONORS:

Our service is free, we make it easy and it makes a difference in our community

- Save on disposal fees
- Receive an enhanced tax deduction
- Comply with increasingly strict recycling laws like SB1383
- Improve company morale

## NONPROFIT PARTNERS:

We provide food that meets their needs

- Save money on food so they can focus their budget on other necessities
- Provide more nutritious meals and healthy fresh food to more people





# Who We Help And How



## **VOLUNTEERS:**

**A simple way to make a difference in our community**

- Flexibility - sign up for trips that work with their schedules
- Build relationships with other volunteers, food donors, and recipients
- Great opportunity for retirees and youth groups to be involved in our community

## **PEOPLE FACING FOOD INSECURITY:**

**One less thing for people who are struggling to worry about**

- By increasing equitable access to healthy, fresh food, we enable hungry children to learn, struggling adults to find jobs, and vulnerable seniors to age in place with dignity

## **THE PLANET:**

**Food waste is a massive global problem**

- Keeping food waste out of landfills will slow the effects of climate change



# Nonprofit Of The Year



ExtraFood was selected as 2022 Nonprofit of the Year by Assemblymember Marc Levine, representing Marin and Sonoma counties







# Prevent Food Waste At Home

## BENEFITS OF FOOD WASTE PREVENTION

- **Saves money:** The average American spends nearly \$1,500 per year on food they'll never eat.
- **Fights climate change:** keeping food out of landfills prevents methane emissions
- **Conserves energy and resources:** prevents pollution involved in growing, manufacturing and transporting wasted food

**Plan your meals**  
for the week before you go shopping and buy only the things needed



**Look in your refrigerator**  
and cupboards first to avoid buying food you already have.



**Make a list** each week of what needs to be used up and plan upcoming meals around it.



**Buy only what you need and will use.**  
Buying in bulk only saves money if you are able to use the food before it spoils.



**Freeze food** such as bread, sliced fruit, or meat that you know you won't be able to eat in time.



**Prep your ingredients**  
When you get home from the store, take the time to wash, dry, chop, and place your fresh food items in clear storage containers.



**Many fruits give off natural gases** as they ripen, making other nearby produce spoil faster. Store bananas, apples, and tomatoes by themselves, and store fruits and vegetables in different bins.



## SHOPPING

## STORING

**Wait to wash berries**  
until you want to eat them to prevent mold.



**Store fresh herbs in water**  
to make them last for 3 weeks.



**Store your lemons in water in the fridge**  
to make them last up to 3 months.



**Store strawberries in a glass jar**  
to make them last a week longer.



**Freshen up limp lettuce**  
by letting leaves sit in cold water for 30 minutes to crisp up.



**Repurpose**  
Use leftover fruits and veggies in smoothies, soups and sauces.



**Put food waste in your green compost cart**  
instead of the garbage.



# Prevent Food Waste At Home



**Best-By, Use-By, Sell-By, and Freeze-By dates:**

**What do they mean, and how long does food stay safe to use?**

**To reduce food waste, it is important that consumers understand that these terms are for quality and not for safety.**

**Best-By:** This date indicates when a product will be of the best flavor/quality. It is not a safety date.

**Use-By:** This is the last date recommended for the use of the product while at peak quality.

**Sell-By:** This date tells the store how long to display the product for sale for inventory management. It is not a safety date.

**Freeze-By:** This date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.





# What's Next



## Programmatic Goals:

- To scale our model and serve more people in new counties. Increasing reach from 10,000k per week to 17,000k per week in the Bay Area by recruiting more food donors and recipient partners.
- Implement new programs and scale existing programs like gleaning and community meals

## Financial Goals:

- To increase financial donations by 20% by the end of 2023 to support sustainability.
- To increase multi-year donations and grants to sustain ExtraFood's growth trajectory.

## Community Goals:

- Expand our food rescue base through volunteer growth and expanded fleet/drivers.
- Creating new opportunities for volunteerism in addition to our traditional food rescue model.
- Advocate effectively at the local, state, and federal level to ensure food rescue is a priority at all levels of government.

## Internal Operational Goals:

- Continue to refine and enhance our approach through integrated data and technology improvement.
- Expand our audiences to educate the community more broadly on food waste and its relationship to hunger and the climate.

# How Can You Help?



You can help us fight hunger and food waste in our community

- VOLUNTEER
- GIVE A GIFT
- CONNECT



Follow ExtraFood on Social Media  
@extrafooddotorg

Subscribe to our newsletter





# Building a Better Community



## OUR VISION

- A vision of food justice: Everyone in our community should have the food they need
- A vision of climate action: Food waste and its massive harm to our planet must end
- A vision of community: Food waste and hunger are solvable problems in the North Bay; with our living, growing coalition of people and partners, we can solve them — together



**Join us! Volunteer - Make a Gift - Spread the Word!**  
**ExtraFood.org**