

February 2023 Newsletter

REDUCING FOOD WASTE

Society for Conservation Biology, Kingston Chapter



In order to limit your spending and your food loss, consider being more mindful with your food storage and grocery shopping. Here are three ways to be more sustainable while saving money:



Food loss/waste encompasses any food product that is thrown out or not eaten when food is produced or consumed. These foods may have been stored incorrectly or simply discarded.

In Canada, 63% of edible food was thrown out. Making sure that we make small changes in our kitchens to reduce this waste is a great way we can live sustainably.



1

Buy local, seasonal produce when possible

2

Make a meal plan to only buy what you need

3

Store foods correctly to make them last longer





Reusing Your Scraps: Homemade Broth and Stock

Sometimes you have scraps leftover that aren't great to use in recipes. Store leftover onion roots, carrot peels, celery ends, or any other clean vegetable scraps in the freezer.

When ready to use, add water and seasonings and simmer for 30 minutes to make your own vegetable broth! You can add leftover pieces of meat, chicken or beef bones, or even parmesan rinds to make a more flavourful stock.



Campus Initiatives

- **The Tea Room:** If you bring your own reusable mug you will get 15% off your drink
- **Sustainable Queen's Sustainable Living Series:** provides education and resources on a variety of topics to Queen's students and the Kingston community

Hospitality Services have made changes to reduce food waste through:

- **ECO Programs** including the GOOD TO GO reusable container initiative
- **Waste Diversion** methods which includes donating food scraps to local animal farm
- the **Leanpath** initiative which tracks what food is wasted to make long-term changes

COMING UP WITH THE SOCIETY OF CONSERVATION BIOLOGY IN KINGSTON

- Our Education committee is continuing their school visits, to sign up click [here](#)
- Our succulent sale will be running from February 27th to March 3rd. Don't miss out!
- Our S/I Committee is proud to be a part of the Sustainability Hub. Join us in the Rose Innovation Centre on March 1st and 15th to learn ways to be more sustainable

Stay tuned for more information by following our social media:

