



Prevent Food Waste

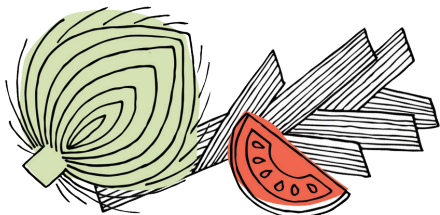
Buy What You'll Eat—Think about your food needs for the coming week. Check refrigerator, freezer, and pantry. Make a list. Resist impulse buying or sales (it's no bargain if it gets wasted). Buy local. Buy in season.

Eat What You Buy—For items that need to be used quickly, designate an "Eat Me First" area of the fridge. Get creative with leftovers. Organize and clean your fridge regularly.

Smart Storage—Keep fruits and vegetable fresh by storing them properly. Find more information at:

southernoregonfoodsolutions.org/

43% of wasted food
comes from households!



Prevent your food from
becoming food waste.

Donate Your Surplus Food

ACCESS

Provides emergency food boxes to hungry families and individuals in Jackson County.

541-779-6691 www.accesshelps.org/

ASHLAND EMERGENCY FOOD BANK

Receives donations of non-perishable food and garden surplus which is then distributed to hungry individuals and families in the Ashland/Talent area.

541-488-9544 www.ashlandefb.org/

AMPLE HARVEST

Gardeners donate produce directly to food pantries.

<https://ampleharvest.org/>

Do you have extra food?
Share it with friends
and neighbors.



Volunteer with local groups
who redirect food to
those who need it.

Volunteer Opportunities

ASHLAND FOOD ANGELS

Collection and redistribution of food from grocery stores and farmers.

541-482-5330 info@ashlandfoodangels.org/

UNCLE FOODS DINER

Weekly free meal sponsored by Peace House at the First Methodist Church in Ashland.

541-482-9625

peacehouse.net/uncle-foods-diner/

NEIGHBORHOOD HARVEST

Harvests fruits, nuts and produce that would otherwise go to waste.

541-708-1807

neighborhoodharvestashland.wordpress.com/

More info: southernoregonfoodsolutions.org/



Did You Know?

About 40% of the food supply in the U.S. goes uneaten.

An average family of four spends \$1,600/year on food they throw away.

8% of global greenhouse gases come from food waste.

Compost your food scraps.

Composting Resources

Community Compost

Weekly residential pickup of food scraps.

541-301-3426

<https://rogueproduce.com/community-compost/>

Home Composting

Learn how at:

southernoregonfoodsolutions.org/



Other Resources

Oregon Department of Environmental Quality
www.oregon.gov/deq/mm/food/Pages/foodwastestrategy.aspx/

Rethink Waste Project

<http://www.rethinkwasteproject.org/foodwaste/>

Food Too Good To Waste

<https://www.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit/>

OSU Extension Home Food Safety and Preservation Program

<https://extension.oregonstate.edu/mfp/>

Reduce Materials Waste

Buy in Bulk—Bring your own container, weigh it, and fill it with a bulk product. The weight of the container will be deducted at check-out.

Choose Items With Less Packaging and Plastic. Paper, light cardboard, glass and tin are easily recyclable in Ashland and Talent.

Rogue To Go—Get a reusable container to take food from participating restaurants.

<http://www.roguetogo.com/>

For Large Groups—Borrow plates and serving items from “Lend Me a Plate”.

<https://SOMRA.org/>



**SOUTHERN OREGON
FOOD SOLUTIONS**

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southernoregonfoodsolutions.org
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Made possible by the City of Ashland transient occupancy tax revenue. Other supporting organizations include Emerging Futures and the following:



Southern Oregon
Pachamama
Alliance

REDUCE FOOD WASTE

Feed people not landfills.

