

Title: How can we tackle food waste and food insecurity at the same time?

Summary: University of Guelph students partnered with The SEED, providing resources that will help them remain sustainable in their quest to divert food waste and address food security.

Transcript: Text appears and disappears over a moody, grey background covered in food, containers, utensils and cookbooks. Sometimes the hand and face of a woman appears and she draws more text and illustrations on the background.

The text reads:

Problem: Many perfectly edible, raw ingredients go to waste. Waste due to: over-production; visual imperfections. Shape, weight, colour, damage. Meanwhile, millions of Canadians are food insecure. 1 in 8. Guelph's food insecurity rate is above the national and provincial average. 14%. Not-for-profits combating these challenges rely on limited funding and variable human resources. We partnered with The SEED, a project of Guelph Community Health Centre to prepare to launch the "Upcycle Kitchen". The Upcycle Kitchen is designed to: use high quality food that would normally be wasted and sell affordable, healthy food. We helped lay a foundation for the "Upcycle Kitchen" that included: Surveys of volunteers and customers; New resources including a recipe database with over a 100 recipes sourced and organized, a training curriculum of food prep skills and literature reviews for evidence-based decisions. The first products will be available soon, with a broader impact following close on its heels. Special thanks to The SEED, Food from Thought and Canada First Research Excellence Fund. Community engaged projects prepare our students to become tomorrow's leaders in the agri-food sector through experiential learning. For more information, visit arrelllfoodinstitute.ca/partner. Over 90% of the food used in the making of this video was donated or diverted from waste.