



Sustainable Fairfield Task Force
FOOD and WASTE subcommittee meeting

Minutes: November 3, 2023

1. Recycling and Waste Actions:

- a. Glass Recycling pilot - It does not appear that we will be able to work with the town to get a town based secondary drop off location, so the next best thing is to engage residents to do community collections, either groups of homes or Community/ Church drop offs. We discussed coming up with a catchy name – Don't trash your glass, Keep it Glassy, Separate your glass, save Fairfield's Cash
- b. Food waste Recycling – Discussion on outreach to remind people not to put plastic bags in the Food waste bins - e mail outreach. Dan is willing to provide free Bio bags to all who provide their e mail addresses.
- c. SFTF Survey – There was a discussion about putting a series of questions about glass and food as well as other recycling in the next SFTF survey.
- d. OOPS stickers and Clean the Stream - Town does not have the resources to do an OOPS program. We will look into possible grant options.
- e. Mattress Recycling – the event generated 47 items and saved an estimated 2384 lbs. from going into the trash. To date the Mattress events have diverted over 10 tons from the waste stream.
- f. School recycling initiatives / Green team - All of the Elementary schools will be rolling out Food waste recycling this year thanks to the Sustainable CT grant. All the custodians have been trained and the schools are now in the process of training and engaging the students and parent volunteers.
- g. Pumpkin recycling – 12 schools will be participating in the Pumpkin recycling program this year.
- h. Meeting with Town/ discussion re evaluation of HRRRA as a Waste and recycling partner this year as an alternate to SWEROC.
- i. Beach litter - Discussion about opportunities to work with Save the Sound or other organizations to help communicate and educate residents (and students living at the beach) about the damages trash can do to our coastal environments.

2. Food Actions:

- a. SNAP at farmers market – We will be following up with the town about options to offer SNAP at NEXT year's farmers market.
- b. Flash Food - Stop and Shop - Continue to promote via social media.
- c. Refill program - Misty will help work on getting this up and running.
- d. Brown paper bags at grocery stores - Discussion about how to take existing behaviors of using paper bags to collect recycling and encourage people to dump out their recyclable into the bins and reuse those bags.
- e. Meatless meals – Continue outreach on meatless and reduced Beef meals.

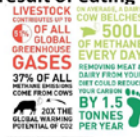
Green Tips

Sustainability tips

Well over half of the CO₂ emissions from the average American diet are a result of eating meat—and 45% come from beef alone.

Tip: Try to do one MEATLESS day a week

Vegetable lasagna anyone?



Source: Heller, Martin, et al. "Greenhouse gas emissions and energy use associated with food intake of individuals." *PLoS ONE* 10, no. 12 (2015): e0142138. doi:10.1371/journal.pone.0142138.

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Well over half of the CO₂ emissions from the average American diet are a result of eating meat—and 45% come from beef alone.

Tip: If you just love your Beef, Try to serve meals with Meat as a "side" versus the main course.



Source: Heller Martin et al. *Greenhouse gas emissions* papers 12, and Harvard T.H. Chan school of Public Health

Green Tips

Sustainability tips

Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA_{1c}, and cholesterol levels.

Tip: Try some simple plant-based recipes at: <https://www.loveandlemons.com/plant-based-recipes/>



Source: National Institute of Health

Green Tips

Sustainability tips

Studies show that beef production creates about four to eight times the emissions of pork, chicken or egg production per gram of protein, according to The New York Times.

Tip: If you were planning to make a dish with red meat in a "starring role," consider poultry and fish in its place.



Source: NYT, Harvard T.H. Chan school of Public Health