



Love Food, Not Waste.



Reduce food waste and
help feed those in need.

ELECTRONIC TOOLKIT

Encourage food donation and anti-food waste practices
on social media and in faith community communications.

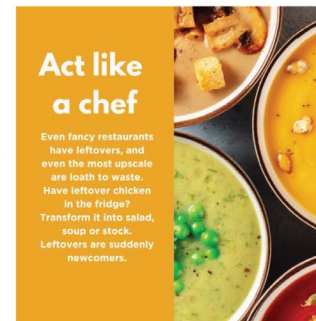
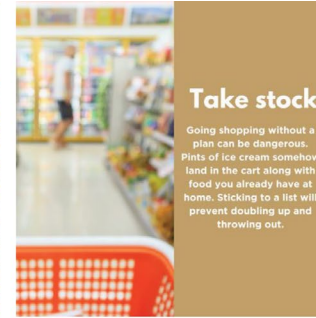
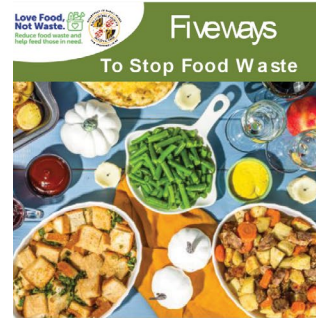
baltimorecountymd.gov/foodpantry

5 WAYS TO REDUCE FOOD WASTE SOCIAL MEDIA POSTS.

Customize and share social media graphics, posts and reels to promote food waste reduction.

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- Available as a vertical video for Facebook and Instagram post or as a series of still images.
- Add your own audio to the reel before posting.
- [Facebook and Instagram Posts](#)
- [Facebook and Instagram Reels](#)

RECIPES THAT GIVE LEFTOVERS NEW LIFE

Download recipe graphics.



GIVE YOUR LEFTOVERS SOME LOVE
DON'T TRASH, TRANSFORM

VEGETABLE PESTO

INGREDIENTS

- 4 cups cooked leftover green vegetables
- 4 tbsp. oil
- 1 oz. nuts or seeds
- 2 garlic cloves
- 1/2 cup Parmesan cheese
- Salt and Pepper to taste

HOW TO:

1. Add everything but the oil to a food processor and blend
2. Slowly stream in the oil and mix

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SAVORY BREAD PUDDING

INGREDIENTS

- 10 cups leftover bread
- 8 ounces bacon diced
- 1 small onion, diced
- 1 bunch Swiss chard chopped
- 6 large eggs
- 1 1/2 cups heavy cream
- 1 1/2 cups chicken stock
- 1 tsp. cayenne pepper
- 1/4 tsp. ground cinnamon
- Pinch ground cloves
- 1 tsp. kosher salt
- 2 cups grated cheese
- 1/2 cup grated Parmesan
- Unsalted butter, for greasing the pan

HOW TO

1. In a skillet, cook the bacon over medium-high heat about 7 minutes. Remove it from the pan and let drain on paper towels. Leave just a skim of grease on the pan.
2. In the same pan, sauté the onion and chard stems over medium-high heat until tender, about 5 minutes. Add the chard leaves, cooking until they wilt, 1-2 minutes. Turn off heat and set aside.
3. In a bowl, whisk the eggs, cream, chicken stock, cayenne, cinnamon, cloves, and salt. Fold in the bread and stir until the cubes are moist. Let stand at least 1 hour, or cover lightly and refrigerate overnight.
4. Preheat the oven to 350°F and grease a baking dish with butter.
5. Fold the chard, bacon, and cheeses into the bread. Transfer it to the baking dish, cover with foil, and bake for 20 minutes.
6. Uncover and bake for 20 more minutes, until browned.

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Recipes for Vegetable Pesto and Savory Bread Pudding

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FOOD WASTE CARD AND REFRIGERATOR MAGNET

Hand out as reminders on how to reduce food waste and provide information and prompts on how to donate to local food banks.

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The Impact of Food Waste

- 30-40% of all food is wasted in the U.S.
- That's 1DB billion pounds of food annually in the U.S. alone!
- Wasted food = wasted resources (grocery budget, water, energy, labor).

Give Back to Your Community

- Donate unused, non-expired food to local food banks.
- Partner with programs like Feeding America or your local food pantry.
- Support businesses that donate their surplus food.

Be Part of the Solution
Together, we can feed families and reduce food waste!

Simple Steps to Reduce Waste

- 1. Plan meals:** Make a list of meals you'll eat and the ingredients you need.
- 2. Shop wisely:** Buy only what you need. Don't forget to check your fridge, freezer and pantry to avoid buying duplicates.
- 3. Store smart:** Create an "eat first" bin in your fridge for food that needs to be used up soon.
Fruits & Veggies:
 - Store leafy greens, carrots, and broccoli in the fridge's high-humidity drawer.
 - Keep mushrooms, peppers, and most fruits in the low-humidity drawer.
 - Wash berries, cherries, and grapes just before eating to prevent mold.
- 4. Love your leftovers!**
 - Get creative by reinventing leftovers into new dishes.
 - Plan a weekly "Leftover Night" to prevent waste.
 - Shop for ingredients that work in multiple meals.
 - Use leftovers in smoothies, stews, salads, or wraps.
 - Store leftovers in your freezer in labeled containers to keep fresh.

Remember to donate non-perishable items to your local food bank.



Request copies of the Love Food, Not Waste rack card and refrigerator magnet by emailing:

Rashida White
rwhite@baltimorecountymd.gov

A GUIDE TO BALTIMORE COUNTY FARMER'S MARKETS

An overview on where to find Farmers Markets across Baltimore County.



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BALTIMORE COUNTY FARMERS MARKETS

STARTING IN APRIL

3 p.m. to 6 p.m. on Tuesdays until November
800 Kenilworth Ave. | Towson

9 a.m. to noon Wednesday until December
5820 Edmondson Ave. | Catonsville

STARTING IN MAY

2 p.m. to 6 p.m. on Tuesdays until November
1700 Reisterstown Road | Pikesville

STARTING IN JUNE

3 p.m. to 7 p.m. Wednesdays until October
4770 Owings Mills Blvd. | Owings Mills

10:30 a.m. to 2:30 p.m.
Thursdays until November
Allegheny and Washington avenues | Towson

7 a.m. to noon Saturdays until October
Dunmanway and Shipping Place | Dundalk



Find more
local
markets
online



[Farmer's Market Card](#)

GROWING FOOD TO WASTE LESS

Newsletter copy on why growing your own food can lead to less food waste.

Copy and paste the article into your newsletter.

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When it comes to food waste, not all of the excess will wind up at the bottom of your trash can.

Experts urge you to think about all the resources – from transport to packaging to the energy consumed during storage – that went into getting you that now over-ripe avocado from Mexico.

This is the main reason anti-food waste experts advocate locally sourced food whenever possible and what’s more local than your backyard? Jon Traufeld, director of the Home and Garden Information Center at the University of Maryland Extension, says that Marylanders interested in growing their own food have a lot of options. And it’s a lot easier than one might think. “Maryland’s mild climate lends itself to a wide range of crops including green beans, tomatoes, cucumbers and squash, and leafy greens such as spinach lettuce, kale and collards,” Traufeld said.

“Honestly, we’re very fortunate that the most common vegetable crops will grow well in Maryland,” Traufeld said.

He said most popular homegrown crops should be planted just after Mother’s Day and can be harvested (depending on conditions) until early fall. Traufeld encourages first-timers to jump into vegetable gardening, but he says there are some pitfalls.

“First-year mistakes are starting too big. Even if you have a fair bit of yard ... it’s always best to start small and learn as you go,” he said. Traufeld says homegrown food has a significant advantage of over supermarket fare when it comes to food waste. It lasts longer.

Traufeld notes that the turnaround time from your garden to your kitchen is minutes, not weeks. “That’s one of the real light bulb moments that new gardeners have,” he said. But what if you’re a little too successful as a home grower?

Well, another advantage that grown produce has over purchased vegetables is that many food banks will accept your harvest despite it being perishable, Traufled said “It just may take a few phone calls to find out,” he said.

But making good use of your crop may be as simple as going next door.

“You know, in your neighborhood, there are lots of people who aren’t growing food. Share it with your neighbors,” he said. “One of the things that makes me happy about people growing food is they’re constantly sharing it.”

Learn more about vegetable gardening in Maryland at: <https://extension.umd.edu/resource/vegetable-planting-calendar/>

A NEW KIND OF FOOD BANK

Newsletter copy on the Y's Fresh Market in Parkville – one of many charities trying to modernize the food banks

Copy and paste the article into your newsletter.

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With its pools and exercise equipment, the Y in Central Maryland has always been a healthy place. Since the onset of the pandemic, it's even healthier with a wide range of nutritious donated food.

The Y's Fresh Markets are part of a broader effort by food banks to make access to healthy foods easier for those in need by breaking down barriers and stigmas associated with people receiving donated food.

"We focus on fresh food," said Margo Nicolson, the Food Pantry director for the Y in Central Maryland. "While we also have canned goods, we make an effort to have meat, dairy and produce available to our neighbors." Nicolson said the Fresh Markets seek whole grain foods and items low in sodium.

Two days a week, the community can make use of the Fresh Market. The service is set up like a retail store and people can select up to a week's worth of groceries from the shelves. Anyone can use the Fresh Market; no proof of address or income is needed.

The retail set-up is part of another big trend in food distribution called the "open-choice model." Nicolson said this model cuts down on food waste because community members only take what they really want.

In Parkville, the Y provides a wider range of fresh foods through a unique partnership with one of its neighbors—a Safeway location a few storefronts down.

Safeway regularly provides a range of donated foods from recent unsold items from its deli and bakery to nonperishable products like breakfast cereal with outdated packing. "We're talking bags of oranges if one of those oranges has a blemish," she said. Nicolson said that since 2023, the program has saved nearly 40,000 pounds of food from landfills.

For more information: <https://ymaryland.org/mission/aboutus/accesshealthyfood>

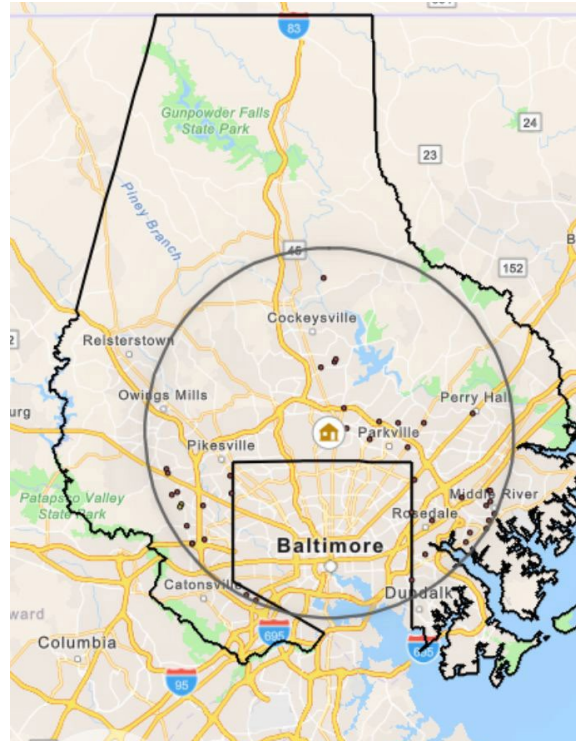
PROMOTE THE COUNTY'S FOOD BANK FINDER

QR Code leads users to Baltimore County's own food bank finder database. See Canva template below.

https://www.canva.com/design/DAGbLKMW2jQ/BOEYtqso3XDQWZiVv3A7RQ/view?utm_content=DAG-bLKMW2jQ&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

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Find local food bank by
using QR code to scan.



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Thank you for exploring this toolkit!

We appreciate your commitment to reducing food waste and encouraging food donation. Use these resources to inspire action and share impactful messages through social media and faith community communications. Together, we can make a difference — one meal at a time.

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