



THE HOW-TO GUIDE and cheap TO SUSTAINABLE COOKING



Thou shall not waste

- Did you know that 40% of food in the United States is not eaten (Hall et al., 2009)? This equates to more than 20 pounds of food of food per person every month (Buzby & Hyman, 2012).



Check out your pulse

- Lentils, peas, beans, and chickpeas are nutritious legume seeds rich in fiber, nutrients, and protein, which are also called 'pulses'.
- Strong evidence shows that diets that incorporate less meat consumption are necessary to avoid 2°C increase in global temperature (Hedenus et al., 2014).



Reduce Packaging

- Cut down on waste by buying food and ingredients in bulk instead of individual pre-packaged merchandise.
- Many grocery stores and farmer markets welcome the use of your own containers such as reusable bags and leftover glass jars (don't toss that pasta sauce jar).

References

- Buzby J., and Hyman J. (2012). "Total and per capita value of food loss in the United States", *Food Policy*, 37(2012):561-570.
- Hall K.D., Guo J., Dore M., Chow C.C. (2009). The Progressive Increase of Food Waste in America and Its Environmental Impact. *PLoS ONE* 4(11): e7940. <https://doi.org/10.1371/journal.pone.0007940>
- Hedenus, F., Wirsenius, S., & Johansson, D. J. (2014). The importance of reduced meat and dairy consumption for meeting stringent climate change targets. *Climatic change*, 124(1-2), 79-91.



Soak your grains

- Don't have time to cook rice or grains? Cook them quickly by soaking them in advance (with a 1:2 ratio of rice or grains to liquid)!
- How to cook an affordable breakfast with no heat? Soak oats overnight in a container and eat the following morning.

Overnight Oats Recipe

- Add 1/2 cup old-fashioned rolled oats to 1 cup liquid such as dairy milk, almond, cashew or coconut milk in a jar or container and stir them.
- Refrigerate overnight for at least 5 hours
- In the morning add more liquid if you like to achieve a desired consistency.
- Suggested toppings: chia seeds, fruit (fresh or dried), granola, nuts, seeds, nut butter, coconut, spices, citrus zest and vanilla extract.



UCLA food resources

- **CPO Food Closet:** free food for students experiencing hunger and/or struggling to attain food due to financial hardship: SAC 111, M-F 8AM-6PM
- **580 Café:** a secular community service that has provided meals for financially struggling students. 580 Hilgard, M-F 8:30 AM- 5:30PM
- **UCLA Meal Vouchers:** distributed at the BRC, Dashew Center, CPO, LGBT Center; email ecr@saonet.ucla.edu
- **CalFresh and General Relief Applications:** CalFresh interns can help with enrollment questions at uclacalfresh@cpo.ucla.edu