



Fuel for The Future: No Waste Cooking

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Objectives

- Learn how to choose foods that protect the environment
- How to choose sustainable seafood
- Minimizing food waste at home
- Cooking techniques to help you make the most out of your produce



Sustainability applies to a variety of things...

- **The USDA estimates 133 billion pounds of food is wasted in a year**
 - **About \$161 billion worth**

How does this affect society?

- **Food that could be used to feed those in need is sent to landfills instead**
- **Excessive use of land, water, labor, and energy**





- The United Nations estimates ~3 billion people rely on seafood as an essential component in their nutrition
 - 179 million tons of seafood harvested
 - 60 million people employed
- Seafood comes both wild and farmed
 - Over 50% of what we eat is farmed
- These numbers are only increasing as the population grows...
 - So, what is the problem?

Obstacles

- Meeting the seafood demand has come at a cost to the environment
 - Overfishing
 - Poor resource management
 - Changing climate
 - Consumer consumption habits
- Decrease wild fish populations
- Threaten economic survival & food security
- Fish farming (aquaculture) has been introduced to help the wild fish crisis; however...
 - Not always farmed responsibly
 - Damaging to the environment



What is sustainable seafood? How can we help?

Sustainable seafood is:

- **Fished and farmed to protect wildlife and the environment**
- **In accordance with human rights and labor conditions**

The role of the consumer:

- **Encourage businesses to source and sell sustainably**
- **Knowing what to buy to shift the marketplace towards better practices**
- **Becoming familiar with the Monterey Bay Aquarium - Seafood Watch**

Online Recommendations

- With just a few bits of information, you can get ratings of seafood items based on sustainability
 - Best Choice
 - Good Alternative
 - Avoid

Consumer Guides

- National and Regional pocket guides
- Quick and easy recommendations for common choices

<https://www.seafoodwatch.org/>



Home Page - Recommendations Tab

"Search recommendations"

Monterey Bay Aquarium Seafood Watch

RECOMMENDATIONS SEAFOOD BASICS FOR BUSINESSES OUR PROJECTS COLLABORATIONS

RECOMMENDATIONS

- Search recommendations
- Latest updates
- Our standards
- Developing our recommendations
- Contribute to our reports
- Consumer guides
- Join the movement
- Certified seafood
- Environmental sustainability dashboard

Statement on fisheries assessments and risk to right whales

Seafood Watch responds to misinformation regarding red ratings of Canadian and U.S. fisheries that pose a dire risk to the endangered North Atlantic right whale.

[Read statement](#)

Add Seafood Watch to your phone

Easily access our recommendations – even when on the go – by adding SeafoodWatch.org to the home screen on your phone.

[See how to add to your phone](#)

Search

How to search:
Choose from "popular" selections or narrow your search using the filters below.

Not finding what you're looking for?
Try adding "All production methods" (from Harvest method) and/or "Worldwide" (from Country or region) to your filters.

Narrow search by:

Seafood species | Harvest method | Country or region | Body of water

Show only: BEST CHOICE CERTIFIED GOOD ALTERNATIVE AVOID [What do these mean?](#)

2050 total results

Example search: "atlantic salmon"
Displays general buying guide with detailed recommendations below

Salmon 30 salmon item(s) match search

Salmon buying guide

BUY

If the salmon is wild-caught:

- A good rule of thumb is to buy U.S. wild-caught salmon. Only a tiny amount should be avoided.
- Buy Canadian wild salmon except Chinook or coho salmon caught on British Columbia's South Coast.
- Buy salmon certified by the Marine Stewardship Council. Ninety-seven percent of the North American catch is certified.

If the salmon is farmed:

- Buy Chinook salmon farmed in New Zealand.
- Buy Atlantic salmon farmed in Maine or the Faroe Islands - these sources are Good Alternatives.
- Buy farmed salmon certified by the Aquaculture Stewardship Council.

AVOID

Take a pass on Chinook salmon caught in the Puget Sound Chinook fishery, coho salmon caught in the Columbia River above the Bonneville Dam, and Chinook or coho salmon caught on British Columbia's South Coast. If the farmed salmon is from Canada, Chile, Norway, or Scotland, see our recommendations because these four countries have farmed sources that should be avoided.



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Consumer guides (highlighted with a red arrow)

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Southeast Region Pocket Guide Example

BEST CHOICES

- Bass (US farmed)
- Catfish (US)
- Clams (farmed)
- Cockles
- Cod: Pacific (Alaska)
- Crab: Blue (Maryland trotline)
- Crawfish (US farmed)
- Lionfish (US)
- Mullet: Striped (US)
- Mussels (farmed)
- Oysters (farmed)
- Salmon (New Zealand)
- Shrimp (US farmed)
- Snapper: Mutton (US diving, handlines)
- Squid (California)
- Sturgeon (US farmed)
- Swordfish (handlines, harpoons; US buoy gear)
- Tilapia (Canada, Ecuador, Peru, US)
- Tilefish: Blue (Atlantic)
- Trout (US farmed)
- Tuna: Albacore (trolls, pole & lines)
- Tuna: Skipjack (Pacific trolls, pole & lines)
- Wahoo (US Atlantic pole & lines)
- Wreckfish

GOOD ALTERNATIVES

- Clams (US, Canada wild)
- Cod: Atlantic (handlines, pole & lines)
- Conch (US)
- Crawfish (Louisiana wild)
- Crab: Blue (Alabama, Delaware, Maryland, New Jersey pots)
- Grouper: Red (US)
- Lobster: Spiny (US)
- Mahi-mahi (US)
- Oysters (US wild)
- Pompano (US)
- Salmon: Atlantic (Faroe Islands, Maine farmed)
- Shrimp (Canada & US wild; Ecuador, Honduras & Thailand farmed)
- Snapper (US)
- Squid: Jumbo (Chile, China, Peru)
- Swordfish (US, trolls)
- Tilapia (Colombia, Honduras, Indonesia, Mexico, Taiwan)
- Tilefish: Blue (Gulf of Mexico)
- Trout (Canada farmed)
- Tuna: Albacore (US longlines)
- Tuna: Skipjack (free school, imported trolls, pole & lines, US longlines)
- Tuna: Yellowfin (free school, trolls, pole & lines, US longlines)

AVOID

- Branzino (Mediterranean farmed)
- Cod: Atlantic (gillnet, longline, trawl)
- Conch (imported)
- Crab (Asia)
- Crab: Blue (other US sources)
- Crab: Snow (Canada)
- Crab: Stone (Florida)
- Crawfish (China)
- Lobster: American (Canada, US)
- Lobster: Spiny (Belize, Brazil, Honduras, Nicaragua)
- Mahi-mahi (imported)
- Orange roughy
- Salmon (Canada, Chile, Norway, Scotland)
- Shrimp (other imported sources)
- Squid (Argentina, China, India, Indonesia, Japan, Thailand)
- Swordfish (imported longlines)
- Tilapia (China)
- Tuna: Albacore (imported except trolls, pole & lines)
- Tuna: Bluefin
- Tuna: Skipjack (imported purse seines, Indian Ocean)
- Tuna: Yellowfin (imported longlines, purse seines, Indian Ocean)

How to use this guide

Most of our recommendations aren't on this guide and exceptions exist. Visit SeafoodWatch.org for the full list.

Best Choices
Buy first. They're well managed and caught or farmed responsibly.

Good Alternatives
Buy, but be aware there are concerns with how they're caught, farmed or managed.

Avoid
Take a pass on these for now. They're caught or farmed in ways that harm marine life or the environment.

Your choices matter

Many of the fish we enjoy are in trouble due to destructive fishing and farming practices.

You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when dining and shopping.

Take action

ASK "Do you sell sustainable seafood?" Let businesses know it is important to you.

BUY Best Choices first.

CHOOSE Good Alternatives if you can't find a Best Choice and visit SeafoodWatch.org for the full list.

Use these recommendations for popular seafood when dining and shopping.

Seafood Watch

Monterey Bay Aquarium

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All Regions

Monterey Bay Aquarium Seafood Watch

National

Most popular seafood items sold on the U.S. market

View digital guide

Monterey Bay Aquarium Seafood Watch

West Coast

U.S. West Coast including AK, CA, NV, OR, and WA

Download the guide

Monterey Bay Aquarium Seafood Watch

Sushi

Most popular sushi items sold on the U.S. market

Download the guide

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Northeast

U.S. Northeast region including CT, MA, ME, NH, NJ, NY, PA, RI, and VT

Download the guide

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Southeast

U.S. South and Southeast states including AL, DE, FL, GA, LA, MD, MS, NC, SC, TX, and VA

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Southwest

AZ and NM

Download the guide

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Central

Central U.S. states including AR, CO, ID, IL, IN, IA, KS, KY, MI MN, MO, MT, NE, ND, OH, OK, SD, TN, UT, WV, WI, and WY

Download the guide

Monterey Bay Aquarium Seafood Watch

Hawai'i

Popular seafood items in Hawaii

Download the guide

Eating Local

- **Grow your own produce**
 - Container gardens
 - Herbs or vegetables
- **Support farmer's markets**
 - Small farmers support sustainable agriculture
 - Reduce food miles and stimulate local economy
- **Community supported agriculture (CSA)**
 - A crop sharing system where consumers can purchase a share of a farm, providing financial security to farmers, and receive fresh food in return



What is seasonal produce?

- Seasonal produce is purchased and consumed around the time that it is harvested

Why buy in season?

- Seasonal items travel shorter distances to grocery stores (lower food miles)
 - Decreases carbon footprint by using less fuel and creating less pollution
- Often more flavorful and less expensive compared to out-of-season produce



Tip #1:

Take Inventory

- Make note of items in your pantry, fridge, and freezer
- Avoid excessive purchasing of foods that can lead to expiration/waste
- Plan meals around ingredients already available at home

Tip #2:

Purchasing and Storing Produce



- Look for in-season, healthy-looking produce
- Ensure your fridge is clean
- Store where you will see it

Tip #3:

Get creative with
your leftovers



- Freezing food is a great way to lock in freshness, flavor, and nutrients in your leftovers or to prevent foods from going bad
- Try making stock from kitchen scraps or other foods about to go bad
 - You can also freeze this!

Tip #4:

Donate

- Donate extra food to a local food bank or community center
- Make sure to check the expiration date to avoid donating expired items

Carrot Top Pesto

Ingredients:

2 cups carrot top greens
½ cup fresh basil
⅓ cup unsalted walnuts, roasted
4 garlic cloves, peeled
1 lemon, juiced (about 2 tablespoons)
¼ cup grated Parmigiano Reggiano cheese
1 tablespoon tomato paste
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
½ cup extra virgin olive oil
1–2 tablespoons water for thinning, as needed



Method:

- In a food processor, add carrot greens, basil, walnuts, garlic and lemon juice and pulse until finely chopped but not smooth.
- Add cheese, tomato paste, salt and black pepper and pulse until well blended. Slowly add olive oil while pulsing until combined but not pureed. Add water to adjust consistency, if needed.
- Transfer to an airtight container and store in the refrigerator for up to 1 week.

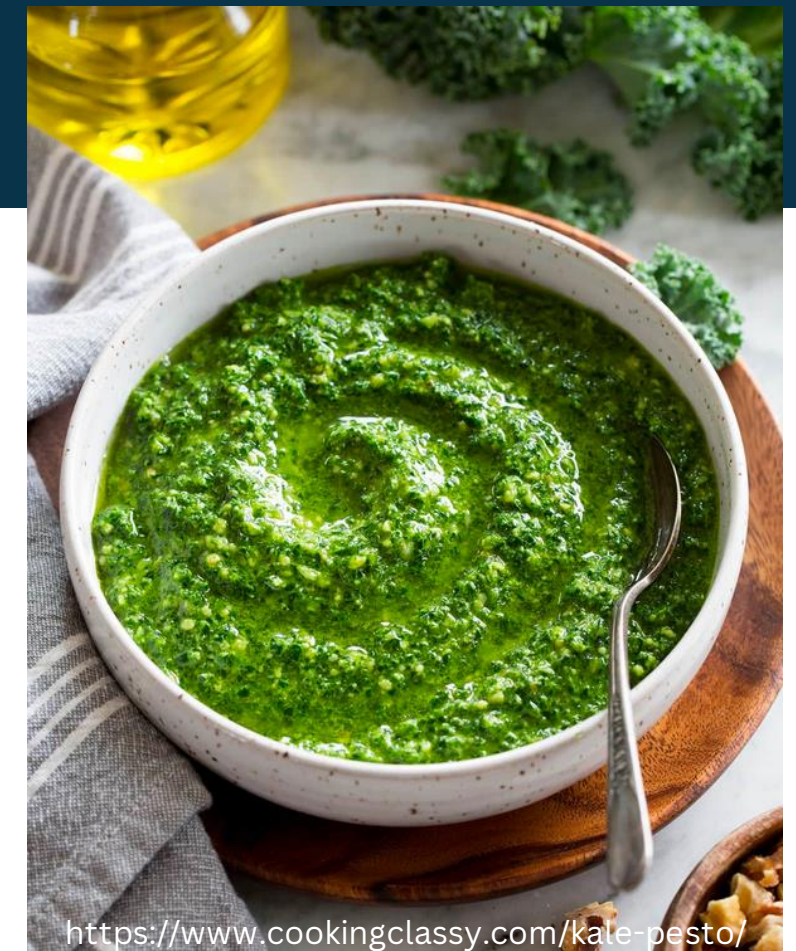
Kale Stem Pesto

Ingredients:

- 1 cup chopped kale stems
- 1/2 cup packed fresh parsley with stems
- 1/2 cup (50 g) toasted walnuts
- 3 garlic cloves
- 1/2 teaspoon kosher salt
- 1/4 teaspoon red pepper flakes
- Zest of 1 lemon
- Juice of 1/2 lemon
- 1/4 to 1/2 cup olive oil

Method:

- Add all the ingredients except the oil to the food processor and pulse until crumbly, scraping down the sides of the bowl with a rubber spatula as needed.
- Continue pulsing and add the oil in a slow, steady stream until well blended. Some people like their pesto super smooth, but I prefer a bit of texture, so process to your liking.
- For a thick paste that you can spread onto sandwiches and pizzas, use only 1/4 cup of oil. For a thin sauce that you can stir into pastas and soups, use a full 1/2 cup.



Swiss Chard Stalk & Tahini Dip

Ingredients:

3 cups chopped chard stalks
2 garlic cloves
¼ cup tahini
½ teaspoon kosher salt
Juice of 1 lemon

Swirl of olive oil
Chopped fresh parsley for garnishing

Method:

- Bring a small pot of water to a boil. Add the chard stalks and boil for 5 to 10 minutes (depending on how thick they are) until the stalks are very soft.
- Drain well, squeezing out any excess water, and add the stalks to a food processor, along with the garlic, tahini, salt, and lemon juice. Pulse continuously until the dip is slightly chunky and still has some bite to it, scraping down the sides of the bowl with a rubber spatula as needed.
- Serve with a generous swirl of oil on top and a sprinkle of chopped fresh parsley, if desired.



<https://lofigourmet.com/2019/04/01/swiss-chard-tahini-dip/>

Pickled Watermelon Rind

Ingredients:

1 cup cider vinegar
1 cup water
¼ cup sugar
3 tablespoons kosher salt
3½ cups sliced watermelon rind
Zest of one lime
1 jalapeno pepper, thinly sliced

Method:

- In a small saucepan over medium-high heat, bring the vinegar, water, sugar, and salt to a simmer. Stir until the sugar is dissolved, then turn off the heat and let cool to room temperature.
- Meanwhile, toss the watermelon rind with the lime zest.
- Layer the watermelon rind and jalapeno in two, pint jars (or one quart jar) and then pour the brine over them.
- Let stand at room temperature, out of direct sunlight for at least 4 hours before serving.
- For best flavor, refrigerate the pickles overnight to let the flavors develop more deeply.



References

<https://www.seafoodwatch.org/>

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