



Planning for Potential Food Surplus

Why?

When food is served at events, it's common for leftovers to go to waste. However, you can take steps to minimize food waste while also repurposing excess food. To do so, it's important to create a plan for potential food surpluses in advance.

How?

Depending on the event, it may be possible to repurpose food safely, or food may need to be discarded. If you are unsure, consider asking your caterer for guidance or review this brief [guide to leftovers](#) from Health Canada.

Preventing food waste:

- Confirm the number of attendees to estimate the amount of food needed.

- Ask about dietary preferences in advance.

- Note how much food was consumed and use the information to inform your next event.

- For self-service formats, wait to refill food containers to avoid excess.

- If needed, seek advice from individuals who have executed a similar event. They may have insight on appropriate food quantities.

Repurposing the food:

- Distribute leftovers at the event or bring them back to your office or club for sharing.

 - TIP: Consider asking any staff or volunteers to bring a reusable container for leftovers and/or provide sandwich bags.

- Freeze the food items that can be easily repurposed in a different recipe.

- Contact McGill MealCare**, which repurposes edible leftovers and donates them to local nonprofits in need.

 - Pickup is provided, depending on availability and logistics.

 - See instructions on page 2**

Discarding food:

- Determine whether composting is available. All organic food waste and paper napkins are compostable in the city of Montreal. (Visit [Compost Montréal](#) to learn more.)

- Containers and wrappers should be correctly sorted.

 - The following [tool](#) shows how to correctly sort waste into each category.

 - Be sure to remove sandwich picks and plastic wrap before composting.

- If composting is unavailable, food waste should be thrown out in the landfill.

McGill MealCare

About

MealCare McGill is the first of 8 MealCare chapters across Canada. We work with student volunteers and drivers to divert edible surplus food from cafeterias and restaurants in downtown Montreal from becoming waste by delivering it to our food aid partners. MealCare is scaling its impact by offering a food pick-