



The Good Clean Nutrition Podcast Episode 24 Show Notes

Episode 24: Reduce Your Household Food Waste with Dana Gunders

Reducing your food waste can help you eat healthier, save money and support the Earth. In this episode of The Good Clean Nutrition Podcast, national food waste expert Dana Gunders and host Mary Purdy, MS, RDN share actionable strategies to help you reduce how much food you throw away. Tune in this Earth Month as they discuss the root causes of food waste, the importance of individual change, and how larger institutions can play their part in reducing how much food is thrown away.

In this episode we'll cover:

- (5:09) Why we should be concerned about food waste
- (8:20) Root causes of food waste
- (12:14) Mindset shifts & strategies to help you reduce your food waste
- (24:49) Thoughts on convenience foods & meal delivery kits
- (31:09) How larger institutions can reduce their food waste

Links:

- Learn more about [ReFED](#) and browse resources and solutions to reduce food waste.
- Explore the [ReFED Insights Engine](#), a data and solutions hub for food loss and waste.
- Learn more about the [Natural Resources Defense Council](#).
- Read [Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill](#).
- Check out Dana's handbook, the [Waste-Free Kitchen Handbook](#).

About Dana Gunders:

Dana Gunders is a national expert on food systems and is the Executive Director of ReFED, a nonprofit working to reduce food loss and waste. She received her bachelor's degree in earth systems and master's in sustainable business practices from Stanford University. Named "the woman who helped start the waste-free movement" by Consumer Reports, Gunders is the author of the landmark report ["Wasted: How America Is Losing Up to 40 Percent of Its Food from Farm to Fork to Landfill."](#) She is also the author of the [Waste-Free Kitchen Handbook](#).

Connect with Dana on [Twitter](#) and [LinkedIn](#) and visit her [website](#).

About host Mary Purdy, MS, RDN:

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.



Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

Additional Links:

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