

<p><u>Video Script:</u></p> <p><u>Food planning/shopping (3 mins)</u></p>	<p><u>Instructions:</u></p> <p>Wear your badge!</p> <p>Have everything ready for each of these sections before you start the video.</p> <p>Practice the lines without recording until you are comfortable with the lines.</p> <p>Do not stop recording between sections, but Do NOT move and talk at the same time. Lauren will splice the video, but she can't do that if you are talking when you are moving.</p>
<p>Hello- My name is (First name only) and I am a Master Recycler.</p> <p>We are all learning to adjust our regular habits when it comes to meals right now. I am going to share just a few of the many tips and resources from the Eat Smart, Waste Less website that helps make the most of the food that you put so much effort into bringing home.</p> <p>Social distancing is important for the health of farm and grocery workers, as well as you, and your family. It can also be stressful to go shopping these days. For these reasons, it is important to go shopping less often. With a little planning and some flexibility, all that effort won't go to waste.</p>	<p>Start this part looking right at the camera and smile. You can use your own words.</p> <p>You can prop your phone on a kitchen counter or kitchen table or have someone hold it for you.</p> <p>Stop talking, pick up your phone and move it to the spot next to the fridge.</p>
<p>Shop at home first: You don't want to get more of something you already have and you definitely don't want to have to go back out for something you forgot.</p> <ul style="list-style-type: none"> • Check your fridge, freezer and cupboards for any ingredients you already have. • Next week's meals get their start in the refrigerator. • See what needs to be used up, and then think of a meal to make with those items. • Check your pantry for the rest of the ingredients and add missing pieces to a shopping list. 	<p>Have your shopping list and pencil ready near the fridge and pick it up before you start talking.</p> <p>Open the fridge and show some perishable items that need to be eaten before they go bad.</p> <p>Stop talking and go back to the propped place on your counter or kitchen table.</p>

<ul style="list-style-type: none">• This is a good time to check your pantry for staples like spices, sauces, broth, grains and beans that can make a meal out of what you find at the store.	
<p>Plan your meals: Planning meals two weeks out seems like a long time, but it makes a big difference, so you don't have to keep going out.</p> <ul style="list-style-type: none">• Start with your regular easy-to-make meals. Repeat them a few times in your two-week plan.• Think about which nights you want to cook and which meals will use left overs.• Pick two types of protein, one or two grains, and a vegetable medley to make at the beginning of the week and incorporate into different meals. For instance, broccoli and peppers can be used as a side one night, added to enchiladas another night, and cooked into a soup or casserole later in the week.• Don't forget to plan some "lazy meals". Count on some leftovers or even order take out.	
<p>Be flexible! It can be discouraging to discover that the main item in your meal plan is out of stock. Our food supply is disrupted right now and not everything is readily available. So, we will need to be creative sometimes.</p> <ul style="list-style-type: none">• Instead of rice, could you try quinoa or barley instead?• This is where knowing what is already in your cupboard comes in handy. Do you have something that can substitute?• You can also google for recipes with the food that you did find at the store. Who knows: you might discover your new favorite food!	
<p>I hope that these ideas helped. Check out Eat Smart, Waste Less dot com for more tips and resources.</p> <p>Thank you for listening. I wish you good health.</p>	

<p>Video Script:</p> <p>Food Storage (2.5 minutes)</p>	<p><u>Instructions:</u></p> <p>Wear your badge!</p> <p>Have everything ready for each of these sections before you start the video.</p> <p>Practice the lines without recording until you are comfortable with the lines.</p> <p>Do not stop recording between sections, but Do NOT move and talk at the same time. Lauren will splice the video, but she can't do that if you are talking when you are moving.</p>
<p>Hello- My name is _____ and I am a Master Recycler.</p> <p>We are all learning to adjust our regular habits when it comes to meals right now. I am going to share just a few of the many tips and resources from the Eat Smart, Waste Less website that helps make the most of the food that you put so much effort into bringing home.</p> <p>Social distancing is important for the health of farm and grocery workers, as well as you, and your family. It can also be stressful to go shopping these days. With a little preparation and some proper food storage, all that effort won't go to waste.</p>	<p>It is easiest if your whole video is done in front of the fridge for this video.</p> <p>Start this part looking right at the camera and smile. You can use your own words.</p>
<p>Prep food:</p> <ul style="list-style-type: none"> • When you get home from the store, you can leave the grocery bag right outside the kitchen door and reach in and grab one item at a time so that you can sanitize the container or remove it all together. • Wash, chop, peel, cook or portion ingredients for your weekly meals and snacks after you get home from the store or on the weekend. • Store prepped food in clear containers, and place near the front of the refrigerator. Label food with when you 	<p>Show some cut up carrots or lettuce in bag with a wet cloth or something else prepped.</p>

<p>prepped it and when you should use it up by. Ask for prep labels when you take the challenge or use masking tape.</p>	
<p>Store it:</p> <ul style="list-style-type: none">• Did you know that you shouldn't wash berries until you are ready to eat them, or that potatoes should be stored in a cool, dark place?• Some fruits should be stored separately because they emit a gas that causes other food around them to ripen before you are ready to eat them.• Learn how to store your favorite foods with eat smart, waste less resources.	
<p>Get to know your refrigerator.</p> <ul style="list-style-type: none">• Most refrigerators have produce drawers with humidity settings. Get to know which foods last longer in a humid setting and which need to be drier. and improve the lifespan of your fruits and vegetables.• The warmest part of your fridge is the door. So, place condiments there instead of milk.• Strategically locate foods that need to be eaten first in the front of the fridge.	<p>Show the parts of the fridge as you describe them</p>
<p>I hope that these ideas helped. Check out Eat Smart, Waste Less dot com for more tips and resources.</p> <p>Thank you for listening. I wish you good health.</p>	

<p><u>Video Script:</u></p> <p><u>Curbside collection worker safety</u></p>	<p><u>Instructions:</u></p> <p>Wear your badge!</p> <p>Have everything ready for each of these sections before you start the video.</p> <p>Practice the lines without recording until you are comfortable with the lines.</p> <p>Do not stop recording between sections, but Do NOT move and talk at the same time. Lauren will splice the video, but she can't do that if you are talking when you are moving.</p>
<p>Hello- My name is (First name only) and I am a Master Recycler.</p> <p>During this stay-at-home order, Garbage and Recycling workers are all still out there keeping our waste collection running smoothly. I am going to share some tips and resources so that we can all do our part in keeping these workers and our community safe.</p>	<p>Start this part looking right at the camera and smile. You can use your own words.</p> <p>The ideal place to stand is next to garbage and recycling containers where you live with a card table with the items mentioned in each section.</p>
<p>Please bag your garbage as tightly and securely as possible. You can use any kind of bag.</p> <ul style="list-style-type: none"> • It is especially important to put gloves, masks and sanitation wipes in the bags before they go in the garbage. • Lose waste exposes drivers when they are collecting the material. • It can also get loose and become litter that exposes everyone in the community. 	<p>Lift up the bag of garbage.</p>
<p>It is more important than ever to recycle right!</p> <ul style="list-style-type: none"> • Did you know that most of the unaccepted materials that ends up in recycling must be picked out by a person? • Studies are showing that the coronavirus can stay on plastic and metal surfaces for as much as 4 days. • This is putting workers at the recycling sorting facilities at risk. 	<p>Show the recycling sign or cart.</p> <p>Have some common items out on the table that people think should be recycled. A clam shell or take out container. Be sure and only use trash from your household for this display! Don't go looking in the trash in your apartment building and putting yourself at risk. If you don't have anything to show, you can just describe some specific items.</p>

<ul style="list-style-type: none">• So, when in doubt throw it out.• I am showing here are few items that are often mistaken for recycling.• Pretty much all take away is throw away.• You can visit the Recycle or Not. Org website to check the list. They also have a great game to help you learn the best place to put all your waste.• Or you can ask Metro at 503-234-3000.	
<p>I hope that these ideas helped. Check out recycle or not.org for more tips and resources.</p> <p>Thank you for listening. I wish you good health.</p>	

Toxics Coming after Farrah’s webinar.