



For Immediate Release

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A Perfect Recipe for Waste Reduction: The Center for EcoTechnology Helps Kneads Bakery, Café, and Mill Implement Waste Reduction Practices

After Receiving Waste Assistance from the Center for EcoTechnology, Kneads Partnered with a Local Food Bank

Westport, CT—In the US, 40% of food goes uneaten, and nearly 1 in 8 Americans face food insecurity (NRDC). Throughout 2022, [Kneads Bakery, Café, and Mill](#) received assistance from the [Center for EcoTechnology](#) (CET) in furthering their sustainability practices, resulting in the diversion of approximately 90 pounds of food waste weekly from disposal – which translates to roughly 75 meals for our community. **That’s almost 4,000 meals every year!**

Located in Westport, Connecticut, Kneads not only serves breakfast, lunch, and baked goods using local ingredients—they mill their own flour at the New American Stone Mill. However, they still sought guidance on how to operate even more sustainably. That’s when [Sustainable Westport](#) put Kneads in touch with CET.

“I’m thrilled to hear about all of the ways Kneads is making its business more sustainable, through food scrap diversion and reuse, food donation, and more environmentally-friendly packaging,” Connecticut Department of Energy and Environmental Protection Commissioner Katie Dykes said. “These are the kinds of success stories we envisioned when we partnered with the Center for EcoTechnology last year to help Connecticut businesses like Kneads looking to more sustainably manage their waste and save on disposal costs. I commend Kneads on its efforts, and encourage other businesses curious about sustainably managing their waste to inquire with CET about the technical assistance available to them.”

The technical assistance provided to Kneads by the Center for EcoTechnology was supported by funding for sustainable materials management made available by Connecticut Governor Ned Lamont and the Connecticut State Legislature through the Governor’s Budget, and administered by CT DEEP.

“At Kneads we were very happy when Sustainable Westport reached out to us to meet and discuss some options to improve our efforts toward a more sustainable establishment,” remarks Kneads Chef/Owner, Brittany Moreno.

Working with CET, Kneads explored waste reduction options such as reusing food scraps to make broths and stocks, packing milled flour in reused grain bags, and donating surplus meals. These efforts led to a

new partnership with Food Rescue US, a food donation app that connects local food service businesses with local social service agencies.

“CET helped us to take a look at our current set up in terms of biodegradable packaging, outlets for food waste, and other helpful tips,” recalls Moreno. “Additionally, our partnership with Food Rescue has been a great outlet for diverting food waste thus far and we hope to continue to improve.”

After connecting with [Food Rescue US - Fairfield County](#), Kneads came up with easy-to-follow steps for food donation. Now the café donates food within two days of making it to ensure the donated food is still fresh. All they have to do is register the available food one hour before pickup, then a volunteer picks up the food and delivers it to a local social service agency. Within this system, Kneads registers three pickups per week.

“In general, businesses that prepare and serve food for public consumption are already practicing the measures necessary to easily adopt safe food donation,” notes CET’s Waste Reduction Consultant, Abbey Massaro.

Kneads’ next step is to introduce a composting system to their operations. They’re also working to transition away from disposable containers. For this effort, Kneads was referred to [ReThink Disposable](#); an organization that helps businesses transition away from disposables.

If your business is interested in reducing its waste, contact the Center for EcoTechnology. Their expertise can advise you on waste reduction strategies, sustainable practices, and cost-effective changes.

For more than 45 years, the Center for EcoTechnology has helped people and businesses save energy and reduce waste.

For more information visit centerforecotechnology.org.