Old Forge Distillery, in Pigeon Forge, TN, handcrafts spirits using stone-ground grains from The Old Mill, one of the oldest continually operating gristmills in America. After distilling, Old Forge gives spent grains to The Old Mill Restaurant and Pottery House Cafe, where they are incorporated into breads, hamburger buns, and dog treats.

Environmental: reduces greenhouse gases produced from food loss and food waste and utilizes the natural resources to produce food
Social: helps feed a growing population with less deforestation and pressure on the environment
Economic: creates employment opportunities and more efficiently uses the financial investments made in food production

Hummingbird Cracker Company, in Nashville, TN, takes the raw pulp leftover from making fresh vegetable juice and repurposes it into crackers that are slowly dehydrated to ensure maximum flavor.

Upcycled foods have ingredients that otherwise would not have been consumed by people, are procured and produced using verifiable supply chains, and have a positive impact on the environment.

Benefits of Upcycled Food
- Environmental: reduces greenhouse gases produced from food loss and food waste and utilizes the natural resources to produce food
- Social: helps feed a growing population with less deforestation and pressure on the environment
- Economic: creates employment opportunities and more efficiently uses the financial investments made in food production

Examples of Upcycled Food
- Bananas chips made from off-grade bananas
- Chips made from vegetable pulp leftover from juicing
- Butternut Squash seeds made into cooking oil

Examples of Upcycled Food Products in TN

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The Role of Upcycled Foods in a Sustainable and Resilient Food System

By using food that would normally go to waste to make upcycled food products, more of what farmers grow is used, and farmers get more profit for what they grow.

Restaurants can get more out of the products they already purchase and reduce food waste.

Making and purchasing upcycled food items is a great way for consumers to reduce food waste and support their local food system. 57% of consumers buy upcycled food products.*

*Source: Harvard Law School Food Law and Policy Clinic