

## 10 WAYS TO REDUCE WASTE

**33% of all food produced globally is lost or wasted every year.**

This is a major problem because this food will sit in landfills and produce greenhouse gas emissions. It is even more disheartening to think of all the food insecure people who could benefit from this food.

We can all do our part to work to reduce this amount. Earth Month is a great time to start focusing on this, and then continue the practices all year long.

### 1. MAKE A LIST

A family of four loses around \$1,500 a year by wasting food. Plan ahead by making a list and only buy what you know you will use.

### 2. LEARN THE ART OF FREEZING

Each of us tosses nearly 300 lbs. of food each year. Get in the habit of freezing leftovers, bread, vegetables and fruit, instead of tossing them in the garbage.

### 3. HELP SAVE WATER

Wasting a pound of beef is equivalent to running the shower for 370 minutes. Shop for meat, poultry and seafood last and get it refrigerated quickly. The longer it is out, the quicker it will spoil.

### 4. REVIVE YOUR VEGGIES

A quick soak in ice water for 5-10 minutes can revive wilted veggies. If they can't be restored, some veggies can still shine in a cooked dish.

### 5. GIVE OVERCOOKED FOOD A CHANCE

Overcooked vegetables can be transformed into soup or sauce. Toss them in a blender with stock, milk, or cream. Broccoli, carrots, cauliflower and potatoes are excellent for this.

### 6. LESS AIR = LESS FREEZER BURN

Always squeeze excess air from plastic bags and containers. Freezer burn is harmless but does affect taste.

### 7. DON'T BE BANANAS

Browning or spotted bananas are perfectly fine to eat. Very brown bananas and frozen bananas are great for baking quick breads, muffins, or cakes.

### 8. WASTE LESS WITH KIDS

Studies show many children have to try a food up to 15 times before accepting it. Start with small portions and minimize untouched food. You can always offer seconds.

### 9. USE IT UP

Cook recipes that will use up the food that's about to go bad in your pantry. Just because your lettuce is wilted doesn't mean it's time to toss it.

### 10. LEARN TO USE DATES

Use by, Sell by, and Best by all have different meanings and food past a certain date is not always bad. Look at the food, smell it and touch it before you toss it.