

# FORTY PERCENT

OF FOOD PRODUCED IN AMERICA IS WASTED.



Join the fight to stop food waste!  
Small changes can have a huge impact.

Follow our easy tips and recipes, and take a look at how you purchase, prepare and store food at home. Together we can solve this social, environmental and financial crisis.

Mark your calendars for this year's Stop Food Waste Day on **April 27th, 2018.**

## TOGETHER WE CAN MAKE CHANGE!



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# 10 TIPS

## TO STOP FOOD WASTE AT HOME.



### 1 - MAKE A LIST

A family of four loses \$1,500 a year on wasted food. Plan ahead by making a list and only buying what you know you'll need.

### 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. The longer meat is left out in room temperature, the quicker it will spoil. Always shop for meat, poultry and seafood last and go directly home to put it away.

### 4 - REVIVE YOUR VEGGIES

A quick soak in ice water for 5-10 minutes can revive wilted veggies. Even if they can't be restored, some veggies you intended to eat raw in your salad can still shine in a cooked dish.

### 5 - OVERCOOKED ISN'T OVER FOR GOOD

Overcooked vegetables can always be transformed into soups or sauces. Just toss them in the blender with soup stock, milk, or cream. Vegetables like broccoli, carrots, cauliflower and potatoes are excellent for this.

### 6 - LESS AIR = LESS FREEZER BURN

This is what happens when foods oxidizes in the freezer. You probably won't eat a whole loaf of bread at once, so slice it up and pop it in the freezer. Always squeeze any excess air from plastic bags and containers. Freezer burn is harmless but does affect taste.

### 7 - DON'T BE BANANAS

Browning or spoiled bananas are perfectly fine to eat. Bruised parts of bananas may be easily cut away or used. Very brown bananas and frozen bananas are great for baking quick breads, muffins, or cakes.

### 8 - WASTE LESS WITH KIDS

Start with small portions and minimize untouched food. We want our kids to try new foods, but studies show many children have to try a food up to 15 times before accepting it. You can always offer seconds when they're interested.

### 9 - USE IT UP

90% of us throw away food too soon. Utilize recipes during the week that will use up the food that's about to go bad in your pantry or refrigerator. Just because your lettuce is wilted doesn't mean it's time to toss it.

### 10 - GET CREATIVE

40% of food in America is wasted. Avoid wasting food by seeing what needs to be used up before you go to the grocery store. Think of a meal to make with those items, check your pantry for the rest of the ingredients and add missing pieces to the shopping list.