GO FURTHER WITH FOOD

NATIONAL NUTRITION MONTH
MARCH 2018

REDUCE FOODWASTE

Sustainable (sə'steɪnəbl): avoiding harm to the environment, in an effort to support long-term ecological balance.

- IT IS ESTIMATED THAT CONSUMERS THROW AWAY 15-25% OF FOODS THEY PURCHASE.

- WASTED FOODS AT THE CONSUMER LEVEL IS THE SINGLE LARGEST COMPONENT OF OUR LANDFILLS.

ON AVERAGE, WASTED FOOD COSTS EACH HOUSEHOLD $370 A YEAR.

Steps to minimize food waste in your kitchen:

PLAN

1. **Take Inventory before Grocery Shopping**
- Make note of what you already have on hand before going to the store.
- Keep your inventory list handy (ie: on your phone or on the refrigerator door) and update it as you go.

2. **Make a Weekly Menu**
- Plan meals around what you already have.
- Incorporate an ingredient into to multiple meals.
- Make leftovers part of your menu.
- Feature perishable items soon after shopping.

3. Create a Sustainable Meal Plan

- Have one plant-based meal a day (without meat, eggs, fish, or dairy) or participate in Meatless Mondays.
- Build meals around seasonal foods. To find what foods are in season near you, go to www.seasonalfoodguide.org
- Look for “local” signs at the grocery store and/or shop at farmer’s markets.

ORGANIZE

- Keep perishable foods visible.
- Put the foods that go bad the quickest on display on the first few shelves of your refrigerator.
- Use the first in, first out rule.
- Place newer foods behind older foods.

Practice Proper Food Storage, for more information go to:

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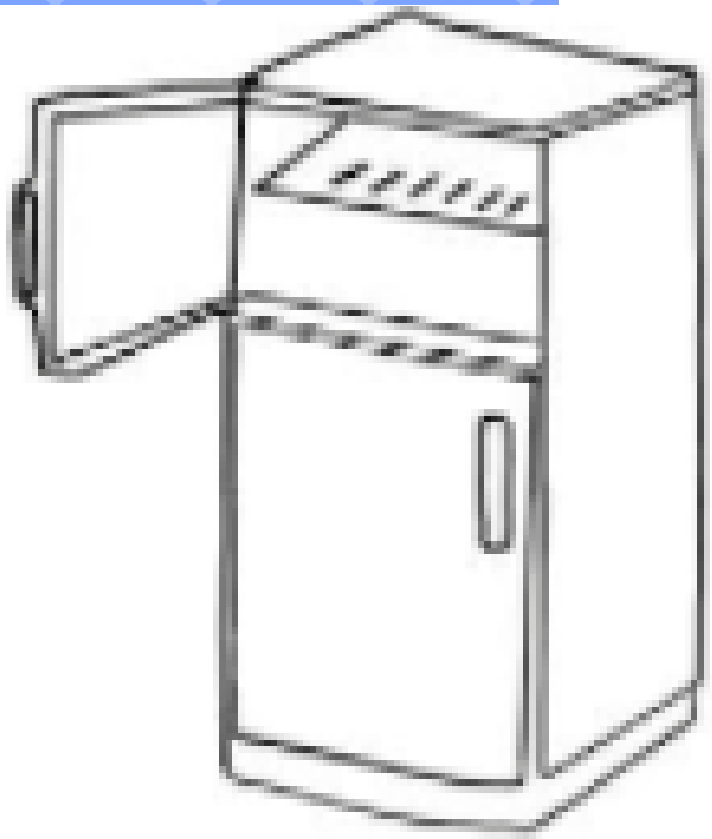
www.foodsafety.gov/keep/foodkeeperapp/index.html



PURCHASE

1. Going out to eat

- Buy smaller portions or request a to-go box to take leftovers home.
- Order courses separately.
- Wait to order your entree after you have finished your appetizer.

2. At the Grocery Store

- Make a list of items to complete your weekly menu and do not buy food that is not on the list.
- If buying in bulk, consider the shelf life of what you are buying and have a plan of how you will use the item. If you cannot use it all share it, donate it, or freeze it.

REPURPOSING

1. Compost

- Many food scraps are compostable.
- Buy a compost pail with a secure lid to keep in your kitchen.
- Keep a food scrap bucket outside with a vented lid that you empty your compost pail into frequently.
- Keep bugs out by keeping the bin dry with newspaper or leaves.
- Empty the compost into your garden or look for composting services or community gardens near you.

2. Make a Broth

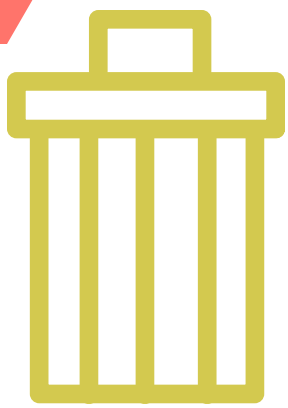
- Simmer water with vegetable stalks, peels, and skins.
- Save the water that is now broth to use in soups and sauces.

RESOURCES

1. Spiker, M.L., Hiza, H.A.B., Siddiqi, S.M., Neff, R.A. Wasted food, wasted nutrients: Nutrient loss from wasted food in the united states and comparison to gaps in dietary intake. J Acad Nutr Diet. 2017;117:1031–1040.e22. Accessed January 5, 2018

2. Vogliano C, Brown K. The State of America's Wasted Food & Opportunities to Make a Difference. Academy of Nutrition and Dietetics Foundation. http://eatrightfoundation.org/wp-content/uploads/2016/09/The-State-of-Americas-Food-Waste-Report.pdf. Accessed January 5, 2018.

3. Tossed Treasures: America's Wasted Food Problem and How Dietetics Professionals Can Help. Academy of Nutrition and Dietetics Foundation. http://eatrightfoundation.org/get-involved/toolkits-webinars/#webinars. Accessed January 5, 2018.



WEBSITES:

- www.sustainabletable.org
- www.epa.gov/recycle/composting-home
- www.foodsafety.gov/keep/foodkeeperapp/index.html
- www.fda.gov/food/resourcesforyou/consumers/ucm529383

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