

## March is National Nutrition Month!

# Go Further With Food

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### Ways to go further with foods...

- Be mindful of portion sizes
- Order smaller sizes and drinks when eating away from home
- Ask for a to-go container at the start of a meal and place half of your meal in right away.

Other ways to *Go Further with Food* include being mindful of portion sizes. Over the years, portions of most foods and drinks have increased in size. Choosing smaller portions will not only help to reduce food waste, but it will also help you stay within your calorie needs, as MyPlate recommends.



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### Weekly Challenge:

**To prevent food waste, try being creative with leftovers this week!**

GWAAR Nutrition Team in Collaboration with  
UW Stout Dietetic Students by Nicki Lehtinen

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# Go Further With Food

### Ways to Prevent Food Waste:

- Plan meals based on foods you already have on hand.
- Look in the refrigerator, freezer, and pantry first for foods that need to be used up.
- Find recipes that use those ingredients.



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- Buy only the amount of food that can be eaten or frozen within a few days.
- Place foods that spoil quickly within sight.
- Store produce properly.

### Weekly Challenge:

**Donate extra foods that are still safe to eat to a local food pantry.**

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