

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Minimizing Food Waste: Composting



According to Rubiconglobal.com, Fruits and vegetables, seafood, bread, lentils, meat, and dairy are some of the most commonly tossed food in the world.

Forty-six percent (46%) of foods wasted are typically root vegetables, like potatoes, beets, and carrots.

Weekly Challenge:

Use your root veggies before they go bad.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Paige Weiner. Dec. 2019

Minimizing Food Waste: Composting



Composting is just one way to minimize food waste. Compost is decomposed organic matter and is a natural process of recycling organic material such as leaves and produce scraps into a rich soil mixture to improve soil fertility. Compost improves soil quality and results in healthier plants. It also saves money on fertilizers and mulch!

Weekly Challenge:

Brainstorm ways that you could minimize food waste in your own home. Maybe start a compost pile!



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Minimizing Food Waste: How to Store Fruits & Veggies

Leave refrigerated produce unwashed in its original packaging or wrapped loosely in a plastic bag. Fruits and vegetables stored at room temperature should be removed from any packaging and left loose.

Some items, like apricots and avocados, will ripen faster in a paper bag on the counter-top (see below). The bag traps ethylene gas, which is released by the produce and acts as a maturing agent. Want to speed the process up even more? Put an apple in the bag, too.

Detailed Information at:

<https://www.realsimple.com/food-recipes/shopping-storing/more-shopping-storing/how-to-store-vegetables>

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Minimizing Food Waste

Food waste is a staggering problem across the world that's only increasing.

In America alone, we've increased our waste by nearly 50 percent compared to 40 years ago.

Read More Tips and Facts

<https://www.rubiconglobal.com/blog/food-waste-facts/>

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Minimizing Food Waste



Photo: pixabay.com

Food waste can be a bad for your wallet *and* the environment. Simple tricks for reducing waste include preparing produce after purchase so its ready to eat, properly storing foods, designating a "leftover" dinner night weekly, and recycling leftovers into new dishes. Repurposing leftovers can be as simple as shredding leftover chicken for a sandwich.

Weekly Challenge:

Work to reduce your waste by eating a "leftover" meal at least once.



Photo courtesy of USDA

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Minimizing Food Waste

Less than 3% of food waste is recycled, which means food waste takes up more than ***20% of our landfills*** and incinerators!



Photo courtesy of USDA

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Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.

Minimizing Food Waste

Did you know...

- Over 1/3 of food globally is wasted.
- The amount of food wasted each year adds up to \$1 trillion.
- 25% of the world's fresh water supply is used to grow food that is never eaten.
- Fruits and vegetables are the most wasted food products.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan. Dec. 2019

Tips and Tricks

- Plan meals ahead of time
- Make a grocery list and stick to it!
 - Save and eat leftovers
- Utilize composting services in your area
- Use food scraps to fertilize your garden
- Save vegetable scraps to make your own veggie stock!

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Minimizing Food Waste

Do your part!

Minimizing food waste is a great way to do your part in helping the planet! By reducing your food waste, you are reducing carbon emissions from landfills. Unused food is also a great way to fertilize plants and make our planet a more beautiful place!



Photo courtesy of pixabay.com

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Minimize Food Waste

Avoid clutter in the fridge

Out of sight out of mind right? Sometimes items are left until they are no longer safe to consume. Keep things neat and visible. Use “first in, first out”, after grocery shopping, putting the older items in front.



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Minimize Food Waste

Meal prep and share with friends

- Pick a few days per month to make and freeze healthy entrees. Cooking in batches can help you make the most of prep time. Store entrees in freezer-to-oven containers.
- Work together to share meals with friends and swap dishes!



Photo courtesy of pixabay.com

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Minimize Food Waste

Store foods in the right places

- Not all fruits and vegetables should be stored in the refrigerator. Some produce give off natural gases and cause other produce to rot faster.
- Keep tomatoes, potatoes, and onions in a dry dark place. Wait to wash berries until ready to eat.



Photo courtesy of pixabay.com

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