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EAT WELL, AGE WELL.

WAYS TO MINIMIZE FOOD WASTE

Have you ever thought about how much food you throw away? The answer: a lot! So many leftovers, spoiled produce, and uneaten foods are tossed every day. Most of the food we waste is put in landfills. By planning, prepping, and storing food correctly, minimizing food waste can become easier.

When doing grocery shopping, make a list prior to heading to the store. This eliminates buying ingredients that you may already have and keeps you to buying only what you need. Before grocery shopping, it is great to plan meals for the week(s). This allows you to stick to a plan for meals during the week. When meals are planned out, the recipes give you the perfect list for grocery shopping.

Another tip to minimizing food waste is storing the foods correctly so they last longer without spoiling. For example, fruit can be stored in the refrigerator for maximum freshness. Finding out the correct way to store food can help keep food fresher for longer.

WEEKLY CHALLENGES

MAKE RECIPES FOR THE AMOUNT OF SERVINGS NEEDED

MAKE A LIST BEFORE GROCERY SHOPPING

CHECK EXPIRATION DATES

PLAN MEALS FOR THE WEEK

DID YOU KNOW?

The United States as whole wastes more than \$160 billion of food in a year.

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Ways to Minimize Food Waste*
- Placemat/handout – *Everything but The Kitchen Sink Soup*
- Table Tent- *Composting*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Hobo Wrap*
- Table Tent- *Easy Tips to Reduce Food Waste*

Week 3: Give out/Post

- Placemat/handouts – *Spaghetti Frittata*
- Table Tent- *Food Waste Tips & Tricks*

Week 4: Give out/Post

- Placemat/handout- *Greek Yogurt Zucchini Bread*
- Table Tent- *Minimize Food Waste*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org