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## Eat Well, Care Well.

### Going Green and Minimizing Food Waste

Minimizing food waste and going green go hand in hand. Here are a few ways to get started.

- Buy local and in-season foods.
- Save the peeling from veggies and freeze to use in a soup stock later.
- Put very ripe, soft fruits in a smoothie or mash them and freeze to use later in a recipe or smoothie.
- Start a compost pile or check to see if there is a local service or farm you could donate food waste to.
- Flip to the other side of this paper for more information on these simple tasks.

Americans waste \$250 billion in food each year, that is equivalent to each household losing \$1,866 per year. You can help reduce food waste and aid in the #gogreen movement. Thank you!

#### WEEKLY CHALLENGES

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CRAFT A MEAL USING WHAT YOU HAVE ON HAND

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EAT THE WHOLE VEGETABLE

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UTILIZE “UGLY” FOODS IN SMOOTHIES

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SHOP LOCALLY AND EAT IN SEASON FOODS

**DID YOU KNOW?**  
FOOD TAKES UP MORE SPACE IN US LANDFILLS THAN ANYTHING ELSE.

## Tips to Decrease Food Waste

### 1. Use what you have

- Decrease the amount of food thrown out by using it in a creative meal before it spoils or freeze it to use later.

### 2. Eat the whole vegetable

- The peel of all vegetables contains minerals, vitamins, and fiber.
- If you do peel the vegetables, consider making a vegetable broth.

### 3. Utilize “Ugly” food

- Ugly fruit can have spots or be misshaped. These don't reduce the nutrition of the fruits or vegetables.
- If the texture of the fruit is not optimal, use the food in a smoothie or cut it up or shred it and put it in salads, casseroles, baked goods, etc.

### 4. Shop locally and eat in-season foods

- Foods in-season have the best flavor.
- Seasonal foods are the cheapest at these times.

For more information visit [FDA.gov](https://www.fda.gov)

<https://www.fda.gov/food/consumers/food-loss-and-waste>

Source: <https://www.usnews.com/news/healthiest-communities/articles/2020-01-23/americans-waste-240-billion-in-food-each-year-study-says>