



Photo Courtesy of Bing.com

EAT WELL, AGE WELL.

Going Green/Minimizing Food Waste

The Food and Agriculture Organization of the United Nations (FAO) estimated in 2011 that approximately **one-third** of all food produced for human consumption worldwide is lost or wasted. Taking simple steps in your everyday life can make a difference in addressing this issue. Reducing wasted food is a triple win; it's good for the economy, communities, and the environment.

Planning your meals is one of the most effective ways you can cut waste and food bills. By simply making a list with weekly meals in mind, you can save money and time and eat healthier food. If you buy no more than what you expect to use, you will be more likely to keep it fresh and use it all.

Make sure you store food correctly according to the label. Often, foods come with lots of packaging which seems wasteful but is often designed to help keep the food fresh, so keep it in its original packaging when you store it. Buy "ugly" produce and shred it and add to soups, casseroles, salads or puree it for smoothies or to use in baked goods. You can also support your local community by buying from local farmers.

If you don't eat everything you make, freeze it for later or use the leftovers as an ingredient in another meal.

WEEKLY CHALLENGES

DONATE TWO UNWANTED FOOD ITEMS YOU WON'T EAT

WAIT TO WASH BERRIES UNTIL YOU WANT TO EAT THEM TO PREVENT MOLD.

COMPOST FOOD SCRAPS RATHER THAN THROWING THEM AWAY

DID YOU KNOW?

Half of all produce is thrown away in the US because it is too 'ugly' to eat.

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 healthy foods into their eating habits. You can help create excitement to try new foods. These foods will help curb your appetite during feasting days and help you feel energized.

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 apples at breakfast or added beans to my soup, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout Eat Well, Age Well. *Going Green, Minimize Food Waste*
- Placemat/handout – *Sweep the Kitchen-Pasta Salad*
- Table Tent- *Substitute Tips*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Best Spaghetti and Meatballs*
- Table Tent- *Planing and Storage Tips*

Week 3: Give out/Post

- Placemat/handouts – *Carrot Top Pesto*
- Table Tent- *Buy In Bulk*

Week 4: Give out/Post

- Placemat/handout- *Simple Stir Fry*
- Table Tent-*Understanding Labels*

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 a 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 a 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 at pam.vankampen@gwaar.org