

EAT WELL, AGE WELL. MINIMIZING FOOD WASTE

The Environmental Protection Agency (EPA) estimates that 63.1 million tons of food waste was generated in the US in 2018.

How can I minimize food waste?

Always bring a list to the grocery store.
Stick to the list to avoid overbuying.

Designate “leftover nights” weekly.

Keep produce fresher for longer by waiting to wash it until you are ready to eat it.

Utilize the freezer! If you will not use up a food item before it spoils, try to preserve it for later use.

Get creative! Utilize leftover ingredients in smoothies, soups, casseroles, and salads.

Read More at epa.gov

“Sweep the Kitchen” Pasta Salad



Photo Courtesy of MyPlate.gov

Ingredients:

- 2 cups cooked pasta
- 1 cup chopped cucumber or broccoli
- ¼ cup sliced olives
- ½ cup diced tomatoes (fresh, dried, or canned)
- ½ green pepper, chopped
- 2 oz cheese, shredded or cubed
- ¼ cup Italian Dressing
- Add additional produce, such as greens, onions, and herbs, to clean out the fridge and pantry

Directions

1. Mix all ingredients in a medium-sized bowl
2. Cover and refrigerate for at least 1 hour
3. Mix again before serving
4. Refrigerate leftovers

This salad is incredibly versatile, which makes it a simple way to use up extra produce before it spoils. It incorporates a variety of “odds and ends” produce which provides an opportunity to practice being environmentally, economically, and nutritionally conscious!

Recipe Adapted from MyPlate.gov

EAT WELL, AGE WELL. REDUCING FOOD WASTE.

What Are the Benefits of Reducing Food Waste and Going Green?

Going green and finding ways to reduce food waste is important to know about.

It allows you to save money from buying less food, it reduces methane emissions, it conserves energy and resources, and you can support your community through it.

There are several ways to reduce food waste from proper storage, planning, and prepping.

Planning your meals ahead of time can stop you from overbuying. Freezing fruits and vegetables can keep them good for longer. Preparing and freezing meals ahead of time can allow you to have more meals for longer.

The Best Spaghetti and Meatballs



Photo Courtesy of Marcus Nilsson

Ingredients:

- 2-28-ounce cans of tomato sauce
- 3 thick slices of wheat sandwich bread, crusts removed
- 2 large eggs
- 2 garlic cloves
- 1/3 cup ricotta cheese
- 1/4 cup fresh chopped parsley or 1 tsp dried
- 1/3 cup grated parmesan
- 3/4 cup dried oregano
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoons kosher salt (optional)
- 1-pound ground beef
- 2 tablespoons olive oil
- 12 ounces spaghetti

Directions

1. Bring tomato sauce to a simmer and season with salt and pepper.
2. Run bread under cold water until soaked. Finely chop then mix in a large bowl with eggs, garlic, ricotta, parsley, and 1/3 cup parmesan.
3. Add oregano, nutmeg, black pepper, red pepper flakes and salt if desired. Mix well. Add beef and form into meatballs.
4. Heat 1 tablespoon of oil in a medium skillet. Add half of the meatballs and cook, turning and rolling occasionally until browned on all sides. Add the meatballs to warm sauce.
5. Cook the meatballs in the sauce at a gentle simmer.
6. Cook spaghetti, drain, then gently add sauce and meatballs to the pasta.

From this recipe, the meatballs and sauce can be frozen for up to 3 months. This is a great way to reduce food waste.

Recipe adapted from: Chris Morocco

EAT WELL, AGE WELL: MINIMIZING FOOD WASTE

The Impact of Food Waste

Food waste is a huge problem around the world. Did you know nearly 1/3 of all food that is produced is wasted? That's equivalent to 1.3 billion tons each year! Even more shocking is 50% of produce is thrown out before even hitting the shelves at the grocery store. There are many ways you can minimize personal food waste, like pick the "ugly" foods or the ones that aren't in a perfect bunch. They have the same nutrients and you are likely going to cut, peel, chop or shred them anyway.

Carrot Top Pesto



Photo courtesy of pixabay.com

This recipe is a great way to minimize food waste as it utilizes the leafy greens of carrots that are often discarded. The carrot greens add a salty kick to traditional pesto.

This recipe especially useful at times of the year where it may be difficult to find basil at your local farmers markets. This pesto is a great addition to soup, pasta, toast, and much more!

Ingredients

- 1/2 cup toasted pine nuts
- 2 tablespoons lemon juice
- 1 small garlic clove
- 1/4 teaspoon sea salt
- freshly ground black pepper
- 2 cups carrot greens
- 1/4 cup extra-virgin olive oil, more for a smoother pesto

Directions

1. In a food processor, combine the pine nuts, lemon juice, garlic, salt, pepper, and pulse until well chopped.
2. Add the carrot tops and pulse until combined.
3. With the food processor running, drizzle in the olive oil and pulse until combined. For a smoother pesto, add more olive oil.

Recipe adapted from: loveandlemons.com

Recipe Yields: 1 cup. Prep Time: 5 minutes

EAT WELL, AGE WELL. GOING GREEN/MINIMIZING FOOD WASTE

How to Minimize Food Waste

- Support local food producers. This helps fight pollution by reducing “food miles”.
- If you have difficulty buying less food, divert it from landfills by donating or composting.
- Planning your meals in advance usually means you are less likely to waste food.
- When shopping it helps to check the “best-before” and “packaged on” label to avoid foods that will expire soon.
- Understand how to store foods the correctly. Perishable foods should be put away in either the refrigerator or freezer right away.
- Use leftovers to create new recipes is also a great way to minimize your food waste.

Simple Stir Fry:

Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- ½ -pound chicken breast, cut into stir fry strips
- 1 large carrot
- ½ head broccoli or 1 cup
- 1 red bell pepper
- 1 cup fresh spinach
- Garnishes: lemon juice, sesame seeds & serve over rice
- Your choice of sauce

Directions

1. Clean & cut veggies into bite size pieces.
2. Lightly grease a large skillet on medium heat. Add chicken and cook 3-4 minutes or until no longer pink.
3. Add vegetables and cook for another 5-8 minutes or until they are tender.
4. Add spinach and your choice of sauce. Reduce the heat to medium-low for about 5 minutes.
5. Remove from heat and add your garnishes and serve over rice.

This recipe only takes around 20 minutes to prepare and it a great way to use whatever you have lying around the house. The main ingredients you need is a protein, any vegetables that you have, fresh herbs and sauce.

Recipe adapted from: The Schmidty Wife