

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

## Minimizing Food Waste:

### Substitute



Be willing to alter recipes based on ingredients you already have on hand. This provides flexibility for food preparation. It can minimize food waste by helping you avoid buying extra food that you may not use up.

For example, substitute milk and butter for heavy cream, yogurt for sour cream, applesauce for vegetable oil or eggs, or cereal or crackers for breadcrumbs.



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#### Weekly Challenge:

Use a substitute rather than making an extra trip to the store.

## Minimizing Food Waste:

### Shop From Your Kitchen



Get crafty and create new dishes from leftovers and ingredients currently in your kitchen.

Although it might not be your first choice, using up food on hand before purchasing more can save a significant amount of resources in the long run.

Make it a fun game with the goal of finding delicious new flavor combinations. Start simple with soups, hot dishes, and salads.

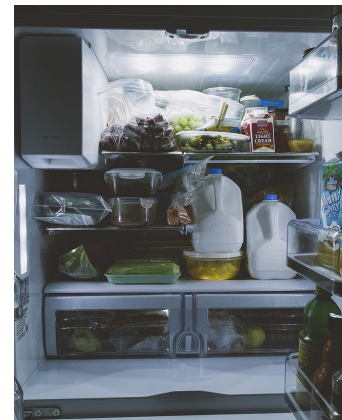


Photo courtesy of Pixabay.com

#### Weekly Challenge:

Craft a meal using ingredients exclusively from your kitchen.

## Minimizing Food Waste:

### Plan and Portion



It's easy to inadvertently waste food by buying too much at the grocery store or by making large portions. Plan ahead before each shopping trip: take a brief inventory of food items on hand, think of a few meals to make during the upcoming week, and try to only cook what you and your household will eat. When possible, account for trips to restaurants in advance.

#### Weekly Challenge:

Plan three meals for the week ahead. Before your next grocery trip, prepare a list and stick to it!

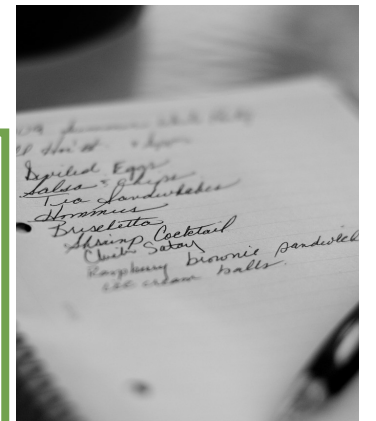


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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Chloe Kom 3-22

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## Ways to Minimize Food Waste:

### Storage Tips:

- Freeze fruits and vegetables to preserve them for longer.
- If you have more food than needed consider donating them to nearby food pantries or food drives.
- Refrigerate peeled or cut veggies to keep them from going bad. Some can be stored in water too.



Photo courtesy of Pixabay.com

### Weekly Challenge:

Use one of the storage tips this week!

## Ways to Minimize Food Waste:

### Prep Tips:

- When you get home from the store take the time to wash, dry, chop, dice, slice and place fresh food items in their respectable storage area.
- Freeze foods that will not be eaten right away such as meat and sliced fruit.
- Prepare and cook perishable items then freeze them for use throughout the month.

### Weekly Challenge:

Use one of the prepping tips this week!



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## Minimize food Waste:

### Planning Tips:

- Keep a list of meals and ingredients you enjoy that way you can easily choose, shop for and prepare meals.
- Plan meals out for the week.
- Include quantities on your shopping list to avoid overbuying.
- Look in your refrigerator, freezer, and cupboards before shopping to avoid buying foods you already have.



Photo courtesy of Pixabay.com

### Weekly Challenge:

Use one of the planning tips this week!

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## Minimizing Food Waste:

### Use your Scraps

Food scraps are often discarded and forgotten. Uneaten skins, bones, or other scraps can be used to make a delicious stock! By boiling these scraps in water, you can make a hearty homemade stock for the next soup. You could also store scraps for tie-dye! Store these scraps in the freezer to prevent odor until you are ready to use it.

#### Weekly Challenge

Designate a place in your freezer for useful food scraps.



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## Minimizing Food Waste:

### Buy in Bulk

Many local co ops offer options to buy a variety of foods in bulk. This is helpful for both the environment and your wallet. This method allows you to buy only the amount you need and waste less. Most co ops have this option for things like nuts, seeds, dried fruit, and much more! Often times, co ops will also allow you to use your own reusable containers so you don't need to waste a plastic bag.



Photo courtesy of Pixabay.com

#### Weekly Challenge

Buy your favorite snack from a bulk food section with a container you have!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan 3-22

## Minimizing Food Waste:

### Store Food Correctly

If it seems like your produce is going bad quickly, it may be because it is being stored incorrectly. For example, things like tomatoes, onions, and cucumbers last longer when they are stored at room temperature rather than refrigerated. Learning a few tips on how to store produce at <https://www.foodhero.org/ingredients>. This will drastically increase to life of your fruits and vegetables.

#### Weekly Challenge

Research proper ways to store your favorite fruits and veggies.



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

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## What is Food Waste?

Food waste is also known as food loss and it is food that is not eaten. About one third of the food that is produced is wasted or lost which roughly is valued at \$1 trillion— This is enough to feed around 3 billion people!

There are many ways that can help reduce food waste that can have multiple benefits like saving money or minimizing methane emissions from landfills to help the ozone.

### **Weekly Challenge:**

Try freezing over ripe fruits to use later for smoothies or baking so they don't go bad.



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## Shopping Tips



It is common for people to buy more food than they actually need. Instead of making one grocery trip a week it helps to make small frequent trips to avoid buying too much food. Making a list and sticking to the list will help you avoid buying foods that you don't need or might not even eat.



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### **Weekly Challenge:**

Try making a grocery list and strictly sticking to it to help reduce food waste.

## Understanding Expiration Dates

The main food labels that you might see are “sell by”, “best buy”, and “expires on”. Retailers look at the “sell by” label to know when to remove the item from the shelves. The “best by” and “sell by” dates tell you when food tastes best, not when it will go bad. Those foods can be safe to eat for weeks. The “expires on” label is the one customers should follow. This means that the food may not be the best quality after the date.

### **Weekly Challenge:**

When shopping look at the food labels to determine which product to purchase.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Gabrielle Lois 3-22