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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.

Going Green in March

Write the letter of the correct match next to each problem.

- | | |
|------------------------|---|
| 1. _____ perishable | a. It is important to use what we have. It is recommended you eat the peels and _____ of fruits and vegetables. |
| 2. _____ stored | b. The "sell by" and "best by" dates signify when the food looks and _____ the best. Food still tastes great past the date! |
| 3. _____ planning | c. If food is going bad quicker than expected, pay attention to how it should be _____. It may be why food goes bad quick. |
| 4. _____ ugly | d. Uneaten skins, bones, and scraps can be used to make an amazing _____ which you can then use to make delicious soup! |
| 5. _____ skins | e. It is okay to deviate from a recipe. _____ ingredients you don't have can save money, time, and prevent waste. |
| 6. _____ broth | f. It is important to _____ and prepare meals ahead of time to have more meals for longer. |
| 7. _____ Donating | g. It okay, great even to have a lazy night! Designate two or three nights or more for _____ to help reduce waste. |
| 8. _____ freeze | h. Going _____ is important for everything. It may even help to improve your health. |
| 9. _____ leftovers | i. By _____ your meals you can cut the cost of food bills and cut the amount of food waste there is. |
| 10. _____ substituting | j. As long as the food is not expired, you should use " _____ " food. They go great in soup, smoothies, casseroles, and more! |
| 11. _____ list | k. Preparing _____ items and freezing them can allow you to use them throughout the month. |
| 12. _____ tastes | l. _____ extra food can be a great act of kindness and can prevent food from going to waste. |
| 13. _____ expiration | m. Making a _____ is important to do before going grocery shopping to make sure you don't buy more than you need. |
| 14. _____ eyes | n. When grocery shopping, don't let your _____ be bigger than your brain or stomach. Try to buy only what you need. |
| 15. _____ green | o. The " _____ " date is the date you need to go by to determine when food will go bad. |