



How to AVOID FOOD WASTE



Wasted food is a huge challenge to our natural resources, our environment and our pocketbooks:

Between 30 and 40 percent of food in the United States goes uneaten – as much as 20 pounds of food per person per month. That means Americans are throwing out the equivalent of \$165 billion in food each year.

(source: <https://www.fda.gov/media/101389/download>)

01 | SHOP WITH INTENT



- Take inventory of your pantry, fridge, spice cabinet
- Come up with recipes based on what you have (there a lot of apps and websites you can use to input your items and create a recipe from them)
- Make a grocery list – include amounts of each item to purchase
- Stick to the list

02 | EAT THE LEFTOVERS



- Store them in clear, air-tight containers so they stay fresh and are not forgotten about
- Find creative ways to re-use leftovers:
 - Use vegetable & meat in homemade stocks/broths
 - Blend leftover or overly-ripened fruit & vegetable in smoothies (you can freeze them and save them for smoothies later on), use them in fresh juices or even bake into recipes (banana muffins, banana bread)

03 | STORE FOOD PROPERLY



- Often, how you purchase the food (especially produce) at the store is how it should be stored at home as well
- For example:
 - Tomatoes, avocados, bananas may preserve longer when not refrigerated
- Avoid putting foods that accelerate spoilage too close to one another:
 - Separate food like bananas, avocados, tomatoes and peaches from items such as potatoes, leafy greens, apples, peppers, and berries
- Preserve food in the freezer to be consumed or used in recipes later

04 | REDUCE CLUTTER



- Make sure you can see everything you have in your pantry and fridge so that nothing is forgotten about.
- If this is not feasible, make a list of items in each area and post it on the inside or outside of the cabinet door

05 | BE MINDFUL OF EXPIRATION DATES

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by using the FIFO method – First In, First Out means you are using the items you placed in your fridge or pantry first before adding to or using the newest purchased item. This way, you are likely using items before they expire.

06 | UNDERSTAND FOOD STORAGE GUIDELINES

(sources: <https://www.fda.gov/media/101389/download>; & https://www.ksre.k-state.edu/humannutrition/foodstorage-documents/Virginia348-960_pdf.pdf)



Bread:

- Good at room temperature for 5-7 days
- Refrigerator: 2-3 weeks
- Freezer: 2-3 months

Fresh fruit:

- Melons, Avocado & bananas: ripen at room temperature for 3-5 days
- Strawberries, grapes, plums: in refrigerator 3-5 days
- Citrus fruit: stored in refrigerator for 2 weeks months

Fresh vegetables:

- Refrigerator: up to 5 days
- Tomatoes: store at room temperature

Dairy:

- Milk: 8-20 days in the refrigerator depending on the manufacturing date & storage conditions of the grocer store.

Meat:

- Fresh cuts of meat:
 - Should be prepared within 3 days of purchase
 - Can be kept frozen for 4-12 months
- Ground meat:
 - Kept in refrigerator & used within 24 hours of purchase
 - Can be kept frozen for 3-4 months
- Cured meat (like bacon):
 - Should be consumed within 1 week of purchase
- Poultry:
 - Should be prepared within 24 hours of purchase
 - Can be kept frozen for 12 months
- Fresh seafood:
 - Should be consumed within 1-2 days of purchase
 - Can be kept frozen for 3-6 months (shrimp can be frozen for 12 months)
- Eggs:
 - Should be refrigerated and used within 3-5 weeks of the “pack date” listed on the carton
 - Hard-boiled maybe stored in refrigerator for 1 week