



RECYCLE FLORIDA TODAY

FOR A SUSTAINABLE TOMORROWSM

- Organics Recycling Committee presents -

REDUCING WASTED FOOD



Concept developed from a resource offered by the United States Environmental Protection Agency

Source - <https://www.epa.gov/recycle/reducing-wasted-food-home>

AT HOME

Most people don't realize how much food they throw away every day — from uneaten leftovers to spoiled produce. About 94 percent of the food we throw away ends up in landfills or combustion facilities. In 2017, we disposed 38.1 million tons of food waste. By managing food sustainably and reducing waste, we can help businesses and consumers save money, provide a bridge in our communities for those who do not have enough to eat, and conserve resources for future generations.

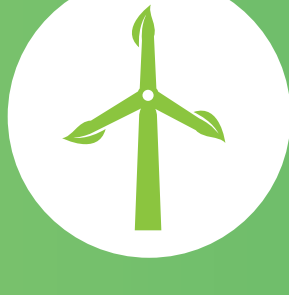
BENEFITS OF REDUCING WASTED FOOD



Saves money from buying less food.



Reduces methane emissions from landfills and lowers your carbon footprint



Conserves energy and resources, preventing pollution involved in the growing, manufacturing, transporting, and selling food



Supports by providing donated untouched food that would have otherwise gone to waste to those who might not have a steady food supply.

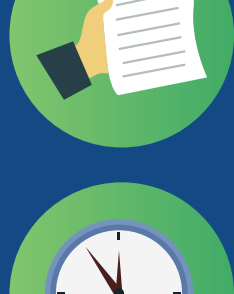
WAYS TO REDUCE WASTED FOOD

Planning, prepping, and storing food can help your household waste less food. Below are some tips to help you do just that:



PLANNING TIPS

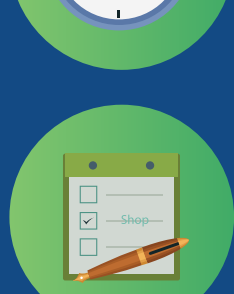
By simply making a list with weekly meals in mind, you can save money and time and eat healthier food. If you buy no more than what you expect to use, you will be more likely to keep it fresh and use it all.



Keep a running list of meals and their ingredients that your household already enjoys. That way, you can easily choose, shop for and prepare meals.



Include quantities on your shopping list noting how many meals you'll make with each item to avoid overbuying. For example: salad greens - enough for two lunches.



Make your shopping list based on how many meals you'll eat at home. Will you eat out this week? How often?



Look in your refrigerator and cupboards first to avoid buying food you already have, make a list each week of what needs to be used up and plan upcoming meals around it.



Plan your meals for the week before you go shopping and buy only the things needed for those meals.



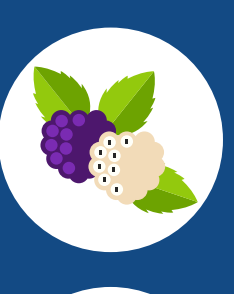
Buy only what you need and will use. Buying in bulk only saves money if you are able to use the food before it spoils.

STORAGE TIPS

It is easy to overbuy or forget about fresh fruits and vegetables. Store fruits and vegetables for maximum freshness; they'll taste better and last longer, helping you to eat more of them.



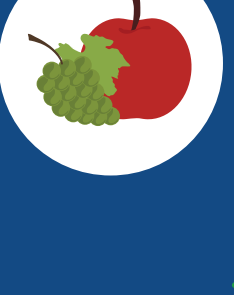
Find out how to store fruits and vegetables so they stay fresh longer inside or outside your refrigerator.



Wait to wash berries until you want to eat them to prevent mold.



Many fruits give off natural gases as they ripen, making other nearby produce spoil faster. Store bananas, apples, and tomatoes by themselves, and store fruits and vegetables in different bins.



If you like to eat fruit at room temperature, but it should be stored in the refrigerator for maximum freshness, take what you'll eat for the day out of the refrigerator in the morning.



Freeze, preserve, or can surplus fruits and vegetables - especially abundant seasonal produce.



PREP TIPS

Prepare perishable foods soon after shopping. It will be easier to whip up meals or snacks later in the week, saving time, effort, and money.



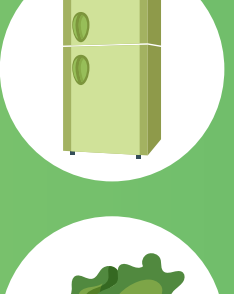
When you get home from the store, take the time to wash, dry, chop, dice, slice, and place your fresh food items in clear storage containers for snacks and easy cooking.

Befriend your freezer and visit it often. For example,

- ✓ Freeze food such as bread, sliced fruit, or meat that you know you won't be able to eat in time.
- ✓ Cut your time in the kitchen by preparing and freezing meals ahead of time.
- ✓ Prepare and cook perishable items, then freeze them for use throughout the month.
- ✓ For example, bake and freeze chicken breasts or fry and freeze taco meat.

THRIFTINESS TIPS

Be mindful of old ingredients and leftovers you need to use up. You'll waste less and may even find a new favorite dish.



Shop in your refrigerator first! Cook or eat what you already have at home before buying more.



Have produce that's past its prime? It may still be fine for cooking. Think soups, casseroles, stir fries, sauces, baked goods, pancakes or smoothies.



If safe and healthy, use the edible parts of food that you normally do not eat.



Learn the difference between "sell-by," "use-by," "best-by," and expiration dates.



Are you likely to have leftovers from any of your meals? Plan an "eat the leftovers" night each week.



Casseroles, stir-fries, frittatas, soups, and smoothies are great ways to use leftovers too. Search for websites that provide suggestions for using leftover ingredients.



At restaurants, order only what you need and be aware of side dishes included with entrees. Take home the leftovers and keep them for to make your next meal.



At all-you-can-eat buffets, take only what you can eat.

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