

A handful of ideas to reduce food waste

Feel guilty about wasting food? *You're not alone!* About 40% of all food produced ends up in the garbage. So what can we do about that?



Labels that confuse more than help

- **Use by.** Intended as a hard cut-off, but not consistent.
- **Sell by.** Groceries should not sell after this date, but you can use, often up to a week beyond this date.
- **Best by.** Best guess for peak quality – not a food safety label.

What to do instead? Be sure foods are stored properly. Look closely and use the sniff test. Food safety is *extremely important*- but with a bit of research, you might find that you can use some of those foods you've been tossing.

Soups, stews, and omelettes are great for using small quantities of vegetables

***An estimated 68%
of tossed food is
actually edible***

***It's fun to try new
recipes, but be sure
you have time to cook
before buying exotic
ingredients***

Plan a leftovers night

Is it OK to eat:

- Potatoes with sprouts? Yes, *but remove the sprouts*
- Green potatoes? No
- Moldy soft cheese? No
- Moldy hard cheese? Yes, *cut off at least 1" around moldy spot*
- Gray ground beef? Maybe, *if it's only gray on the surface and doesn't smell bad.*

***On average, a family
of four discards \$1800
food/year***

***Be realistic about what
and how much your
kids will eat***

***19% of croplands grow
produce that just gets
tossed***

Chaffee Green
Sustainability
Program of



greater arkansas river
nature association
GARNA.org/Chaffee-Green

#1 tip to avoid overbuying – shop several times a week.

- Sticking to a menu plan is *really hard*
- So we stock up, to ensure we'll have variety
- Or we plan meals, then decide we want something else
- Instead, try one larger shopping, then quick trips to fill in as needed.

Ideas and statistics from "Why We Waste Food"
Eating Well magazine, Sept/Oct 2018