Food Revival!
Think before you toss!

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Let's talk trash.

Cut back on food waste and loss to save money, improve access to food, and protect natural resources.

About 90 billion pounds of edible food goes unused each year.

That weighs 123x the Empire State Building.

This costs consumers $370 per person each year.

| K.E.T. | 21 | 9 | 80 |

Grains | $22 | Fruits | $45 | Protein Foods | $140 | Vegetables | $66 | Dairy | $60 | Added Fat & Sugar | $37 |

Reduce wasted food in your home with simple shopping, storage, & cooking practices.

What you can do:

Plan & Save
Plan your weekly menu and make a grocery list. Don’t buy items you already have at home. Buy only what you need and stay within your budget.

Be Food Safe
Shop for unsliced or uncooked foods just before checking out. Transport items that spoil easily in a cooler or thermal bag, and refrigerate or freeze within two hours of shopping.

Check for Quality
The longer a food package helps the store determine how long to display the product for sale. It can also help you to choose a product at its best quality.

Set Storage Reminders
Track storage times for different foods using The FoodKeeper Application. This tool will remind you when foods are near the end of their shelf life.

Be Organized
Foods are less likely to go bad when you use the older items first. Keep your pantry and refrigerator clean and organized so you can see what needs to be eaten first.

Re-purpose
Give leftovers a new avatar when you use them in recipes. Add broccoli stems to a salad or blend orange juice into a low-fat smoothie. Freeze extra food.

Donate
Many shelters, food banks, and faith-based organizations will accept food donations to feed others who need a meal.

Recycle & Compost
Instead of throwing out food, create a compost bin. Don’t throw away a root! Your city may help you find composting or recycling options that are right for you.

K.E.T. = Kilogram
*Protein Foods includes protein from meat, fish, eggs, beans, legumes, nuts, and seeds. Sources:

All sources are available at https://www.epa.gov/energy/energy-plus-trash

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Center for Nutrition Policy and Promotion
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Greens Revival: Before
Greens Revival: After
Basil

Strip leaves from ¼ of stems

Place stems in jar of water

Place in sunny, but not too hot, area

Change water every other day

When roots grow to about 2 inches, plant stems in 4-inch pot
Romaine Lettuce

Place bottom of romaine hearts in a bowl with a ½ inch of water
Change water every day
Keep bowl in a sunny area
Once lettuce sprouts, plant hearts in garden
Re-growing other Vegetables

Green Onions, Leeks, and Scallions

- Place greens in jar with water
- Put jar on windowsill
- Change water every other day
THE REFRIGERATOR Demystified

Up to 40 percent of food in the U.S. is never eaten. Stocking your fridge with these tips will help make a dent in food waste, saving you money while you do it.

NEVER LET ICE BUILD UP
- It forces your fridge to use more energy.

THE UPPER SHELVES
- The upper shelves are slightly warmer than below and are a great place to store foods that don't have a high safety risk.
- Great for leftovers, drinks, and ready-to-eat foods like yogurt or cheese.

THE LOWER SHELVES
- Foods with a higher safety risk are better off in colder section.
- The bottom shelf is the coldest place in the fridge. Store meat, poultry, and fish here in trays to prevent them from dripping.

HIGH & LOW HUMIDITY DRAWERS
- Carrots, leafy greens, spinach, arugula, basil, broccoli, etc...
- Pears, apples, grapes, mushrooms, peppers, avocados, berries, etc...

LEAVING THE FRIDGE DOOR OPEN
- When you pour milk into your cereal, wastes 7% of a fridge's energy, according to Home Energy Magazine.
- That's the same as 830-2000 60W light bulbs each year.

THE REFRIGERATOR DOOR IS THE WARMEST PART OF THE FRIDGE. GETTING A NICE DOSE OF WARM AIR EVERY TIME THE DOOR IS OPENED.
- It's a good place for condiments. It is not a good place for anything that is even moderately perishable. Though some models may have a compartment for eggs in the door, it's probably a better idea to keep them on one of the main shelves.

DO NOT OVERFILL
- The fridge needs air to circulate to be efficient. Allow enough space in between foods so that cold air can circulate all around.

Find out more about reducing food waste at www.nrdc.org/food/wasted-food.asp
Can’t Revive Your Greens?

Use them in recipes!

• Sauté them with herbs and spices
• Cut up into soups to make them more healthy
• Create wilted green salads
• Cook them in the oven

○ Recipes:
  ▪ Broccoli stalk salad (also uses limp carrots)
  ▪ Pan-fried beans and greens
  ▪ Swiss chard with apple salad
Additional Resources

• http://www.savethefood.com/
• https://afac.org/food-waste-resources/
• https://furtherwithfood.org/
• https://zerowastechef.com/
• https://www.epa.gov/sustainable-management-food
• https://dcfoodrecovery.wordpress.com/
• https://www.custommade.com/blog/regrow-food-from-scrapes/