

KEYS TO BETTER HEALTH™

Reducing Food Waste

Recent research estimates that 133 billion pounds of food is currently wasted each year.¹ Reducing food waste is crucial for the future of our environment, and if your goal is to help the environment and save money at the same time, it's important to act now. Below are some ideas to help you do your part to cut down on food waste, while also trimming your food budget.

1. Plan and purchase only what you need

- Plan meals for several days ahead and then buy just enough food to make those recipes.
- Think twice before buying large “economy-size” packs of food that contain more than your family will likely eat. Food that gets thrown out does not save you money or help the environment.



2. Get creative with what you have on hand

- Do you have excess broccoli in the fridge? Check out recipe websites: many offer a search tool that allows you to search for recipes by ingredient.
- Use your leftovers wisely. Make croutons out of old bread, throw cooked veggies in a pot of soup, and top a salad with leftover chicken.

3. Implement First-in-First-Out

- When putting away groceries, rotate your food items. Place newer items behind your older foods in your refrigerator and pantry. This way you will be more likely to use products prior to their expiration dates. If you are not going to consume items by the expiration dates, consider donating eligible foods to your local food pantry.

4. Portion and freeze

- When freezing food items, label the bag or container with the date the item was placed in the freezer, to make it easier for you to use the oldest items first, and rotate them as well to put older items up front.
- Keep track of what you have in your freezer with a list, and utilize it when writing weekly menus so that food is not wasted.

5. Consider Composting

- Many communities have a compost waste program. It is estimated that approximately two-thirds of household waste can be composted.²

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

Resources:

1. It's Time to Get Serious about Food Waste, Feds Say. NPR Website. <http://www.npr.org/sections/thesalt/2015/09/16/440825159/its-time-to-get-serious-about-reducing-food-waste-feds-say> Accessed 3/10/17
2. How Much do we Waste Daily? Duke University Website. <https://center.sustainability.duke.edu/resources/green-facts-consumers/how-much-do-we-waste-daily> Accessed 3/3/17



Disclaimer: This information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.