



# KEYS TO BETTER HEALTH™



## Reducing Food Waste

Mom always said, “clean your plate,” but did you know there are startling statistics to support her in the fight against food waste? In 2014, Americans threw away more than 38 million tons of food.<sup>1</sup> This adds up economically, with a total loss of about \$2,000 worth of wasted food per year for an average American household.<sup>2</sup> Most of this waste ends up in landfills, which can affect our planet and our air quality. Changing household behavior is the best way to make an impact. Follow the tips below for better meal planning, which can lead to money saved, less food waste, and a healthier planet.

### Plan ahead

- Write out a meal plan and a shopping list for the week. Look through your refrigerator and pantry prior to heading to the grocery store, to take in to account what you already have on hand. Don't forget to take into account how often you plan on eating out during the week.



- Think twice before buying large quantities to save money. It may be more economical to buy the smaller container, if you end up throwing out food the end of the week.
- Be aware of what you throw away, and why the food ended up unused. This will help you get to know your own habits better, and will help you plan.<sup>3</sup>
- If you're not a person that likes to eat leftovers, keep portions in mind and only make what you will eat in one sitting. If you do end up with leftovers, place in freezer-safe containers, freeze, and plan to enjoy later.

### Properly store food

- Make sure you check the temperature of your refrigerator. To keep food safe and fresh, turn the temperature to under 40 degrees.
- Produce needs space to breathe, packing produce too tightly in the produce drawer can make the produce deteriorate more quickly.<sup>4</sup>
- Pay attention to expiration dates and use-by dates. Rotate products, placing older items in front and using them first.

### Think before you toss

- Create a “Smoothie” bag. Toss excess over-ripe fruit such as bananas, peaches, berries and avocados in a freezer bag. Freeze and whip up when you are in the mood for a tasty smoothie.
- Want to make some soup? Save those leftover veggies. Freeze them to put in to the stock pot at a later date.
- Make stock from leftover chicken, turkey, beef, and ham bones.
- Don't toss stale bread, dice up the stale bread, toss with olive oil, and season. Spread on to a cookie sheet and bake on low heat for some delicious croutons.

#### Sources:

1. “Reducing Wasted Food at Home.” United States EPA website. <https://www.epa.gov/recycle/reducing-wasted-food-home>. Accessed 1/9/18.
2. “Americas \$165 Billion Food-Waste Problem.” CNBC website. <https://www.cnbc.com/2015/04/22/americas-165-billion-food-waste-problem.html>. Accessed 1/10/18.
3. “How to Reduce Food Waste.” Real Simple website. <https://www.realsimple.com/food-recipes/shopping-storing/food-waste-in-america>. Accessed 1/8/18.
4. “Tips to Reduce Food Waste.” The New York Times website. <https://www.nytimes.com/2015/03/04/dining/tips-to-reduce-food-waste.html>. Accessed 1/8/18.

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!

