

Focusing on Food Waste



Did you know that a family of four throws out an average of \$1,484 in household food per year? An estimated 25-40% of food grown, processed and transported in the United States will never be consumed. The need to reduce food waste has never been greater and by doing so, we can significantly impact those who feel the effects of hunger. So how can you take action? The solution starts with you, in your home, and with your families. Here are some tips to get started:

- Incorporate leftover meats and vegetables into another entrée. This will help save time, money, and reduce food waste.
- Plan ahead. Before going grocery shopping, check the pantry, refrigerator and freezer to see what items are available. Incorporate those foods into your menu.
- Freeze left over fruit or the juice from canned fruit to use in a smoothie recipe.
- Repurpose leftover scraps for homemade stocks.
- Use fruit rinds for flavorings.
- Find yourself throwing away bread heels? Freeze the heels of bread loaves until ready to use. Make bread crumbs by placing the frozen ends in your blender.

For more information, check out "Love Letter to Food"
at <https://www.youtube.com/watch?v=-5i-dCv7O8o>