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### Day 8 Food Waste Greener Submission

#### **5 interesting facts**

“For a household size of 5, your family could save about \$5 daily, \$156 monthly, and \$1875 yearly.” (that’s a lot of money!!!)

“It would take running the shower for 370 minutes to have used enough water to produce 1 lb of beef.”

“Each of us nearly tosses 300 pounds of food every year.”

“Apples can stay at their freshest for up to six weeks in the refrigerator.” (that’s a whole lot longer than I would have imagined!)

“Food is the number one thing in America’s landfills, and contributes more to climate change than all the cars in Georgia.”

“Food expiration dates have nothing to do with safety, and are only loosely related to quality. They’re the manufacturer’s best estimate of when the product is at its freshest or “peak quality.” Many foods will still be good to eat days, weeks, or months after those dates, depending on the food.” (one more fact for good luck 😊)



One way to make the most of grapes is to of course freeze them! As the *Save the Food* 'Store It' page mentioned (and I can attest to aswell), eating frozen grapes are a nice treat that taste real sweet, and are a better alternative whenever you are feeling a sweet tooth and want a snack. One great way to use grapes also is to make grape jelly, which can also be stored in a jar for some time in the refrigerator. I have noticed grapes usually last relatively long ('Store It' page says they are at their freshest for about 2 weeks), and as the page also mentioned, it is important to know that if white fuzzy mold occurs, you only need to throw away the infected grapes and not the entire bunch- which can save yourself a lot of waste and a lot of perfectly edible grapes that would otherwise be put in a landfill.



Cucumbers according to the 'Store It' page are at their freshest for about a week, and there are many ways to make the most out of a cucumber(s). One really great way I like to use cucumbers is to make juice! By juicing the vegetable, you are getting a great, quick source of nutrients- and I myself have noticed older vegetables work perfectly well for juicing-which is great in case you are ever worried about a cucumber getting pretty old. Smoothies are another great way to use up cucumber in a short amount of time. Also, as the *Save the Food* page mentioned, one way to make the most out of cucumbers is to make pickles! Homemade pickles store really well, and are a great treat to give to a neighbor or friend if you want to give them away.

Tomatoes wear many different hats, as they can be *canned* into tomato sauces, salsa, and are even great stewed or used in soup (which is a really great way to use tomatoes if you have a lot of them you need to use up). All these varieties of tomato dishes can also be frozen, and may an especially nice touch to a recipe during the later months after harvest.

\*A great way to make the most out of both tomatoes and cucumbers together would be to make a minestrone soup, and if need be freeze whatever soup is left that you want to save.



While cheese can be frozen for storage, there are many ways to make the most out of cheese. For one, cheese persay in slices like this cheese I have photographed, can be melted and used in ways that don't just have to go on sandwiches like most people think. What I mean, is one could thinnly cut sliced cheese and use the small pieces of cheese in noodle dishes, dips, nachos, etc. (just make sure the cheese is melted all the way). I think that is a great way to use cheese in many different ways. Cheese usually lasts a couple weeks (*Save the Food* states cheese may stay its freshest for 1-4 weeks), so there are plenty of ways to make the most out of cheese like I mentioned, within the time frame you have the refrerigerated cheese. Using up your cheese can be great to take to parties as dishes or even cheese trays too.



**Cami Provencher**



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food waste is a huge problem these days, in fact, according to [Save the Food](#) "Each of us tosses nearly 300 pounds of food a year." One way to reduce food waste on fruits like grapes is to freeze them! Grapes and other fruits are also great to be made into jam, which is a cool way to make the most out of the food you have in your kitchen and save money too! [Turning Green](#) [#savethefood](#) [#PGC2017](#)



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6 hrs · 🌐

what a powerful video!! it's crazy to think about how much food we waste

