

Save the Food

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Surprising Facts

- **40%** of food in America is **wasted**
- A family of 4 can save **\$1500** by not wasting food



- Food is the number 1 thing in America's landfills and it contributes to **more climate pollution than Georgia's cars**
- **48%** of fruits and vegetables are wasted
- 1 lb of tomatoes= **5** min shower vs. 1 lb beef= **370** min shower

Tips for saving food

Freeze it- if you aren't going to use up an ingredient before it goes bad, freeze in an airtight container and thaw before your next use.

Dates- Dates on containers are only suggestions. If the food is still good, keep eating it.

Plan- Planning meals allows you to save money and only buy what you will be cooking for the week.



Brown Rice



How to make the most of your brown rice:

Refrigerate in an airtight container or freeze. To revive it, add water and heat gently. Then use in fried rice, rice cakes, or other rice dishes.



Bananas

How to make the most of your bananas:

Store on the counter at room temp. Once ripe, keep in refrigerator for a few days. Use super ripe or bruised bananas in banana bread, cookies, or granola.

Banana Granola:

Blend 1 ripe banana with 1 tbsp flax meal and 3 tbsp water. Add in cinnamon and vanilla to taste, then toss with 4 cups oats and 1 cup nuts. Bake at 275 for 45 minutes.



Sweet Potatoes and Potatoes

How to make the most of your potatoes and sweet potatoes:

Don't refrigerate, keep at room temperature for 1-2 weeks or in a root cellar for a month. Cook fully, then freeze in an airtight container. Potato and sweet potato skin is edible, so don't throw it out!





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Following

choose.plants Did you know? 40% of food in America is wasted and each of us tosses nearly 300 lbs of food each year. A 4-person family loses \$1500 a year on wasted food, and food waste contributes to more climate pollution than all of the cars in Georgia. To prevent food waste, store food properly, plan your meals, and use up scraps and old food in fun dishes. For instance, store sweet potatoes and potatoes at room temperature for 1-2 weeks, and freeze if necessary. And eat the skin! Together we can make a difference and end food waste.

@turninggreenorg #savethefood #pgc2017



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Together we can defeat food waste!



Go to [Save the Food](#) for recipes, storage instructions, and tips to reduce your food waste.

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