

FOOD WASTE



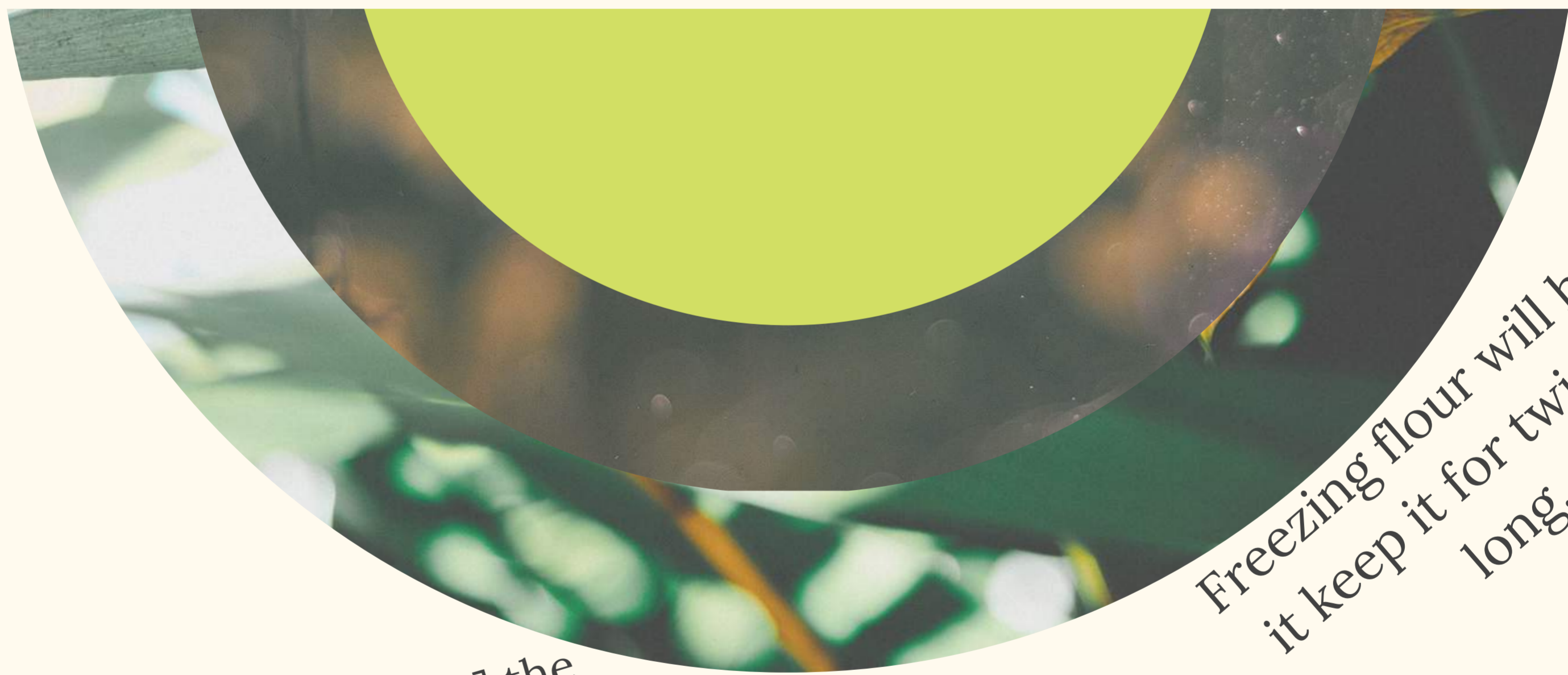
PGC2017 DAY 8 GREENER

"A 4-person family loses \$1500 a year on wasted food. Saving that would basically be a raise."

It takes 104 minutes of turning on the shower without using it to make a pound of chicken in water equivalence.



FACTS

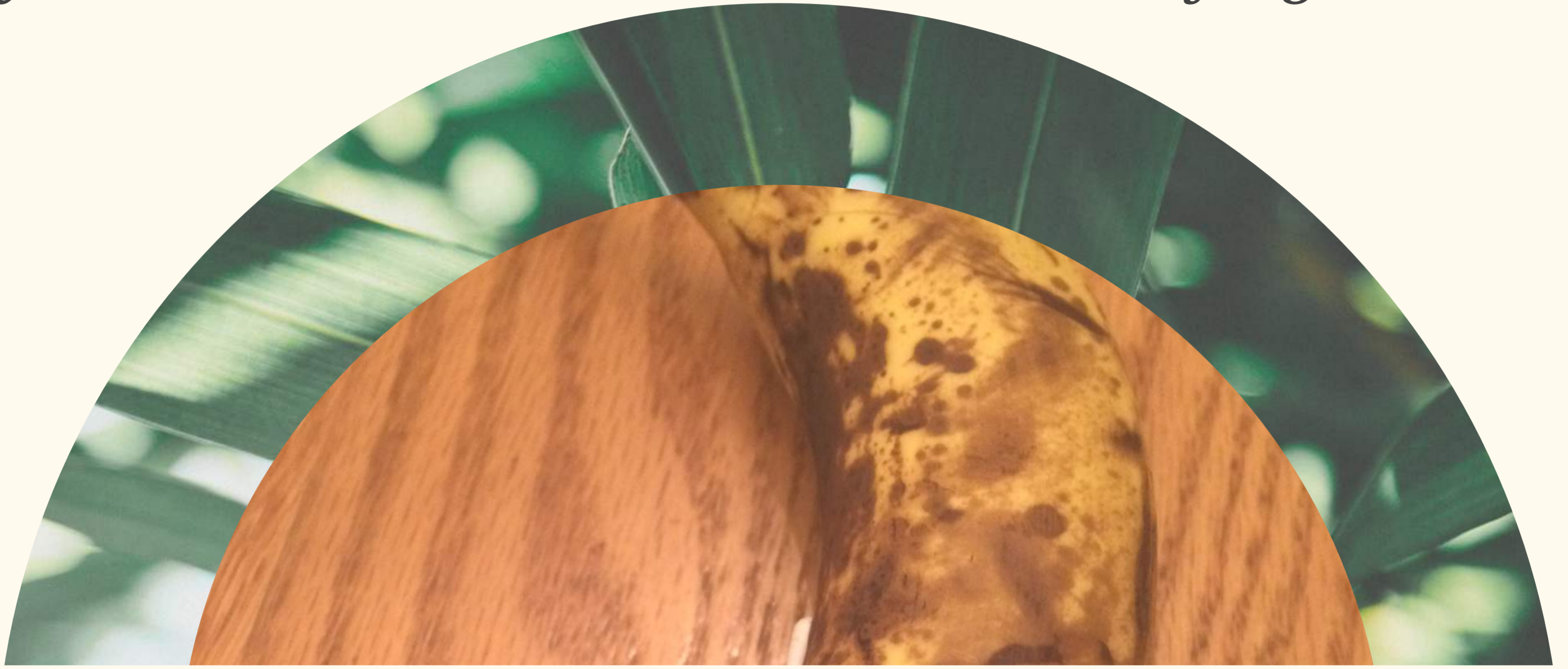


Freezing flour will help it keep it for twice as long.

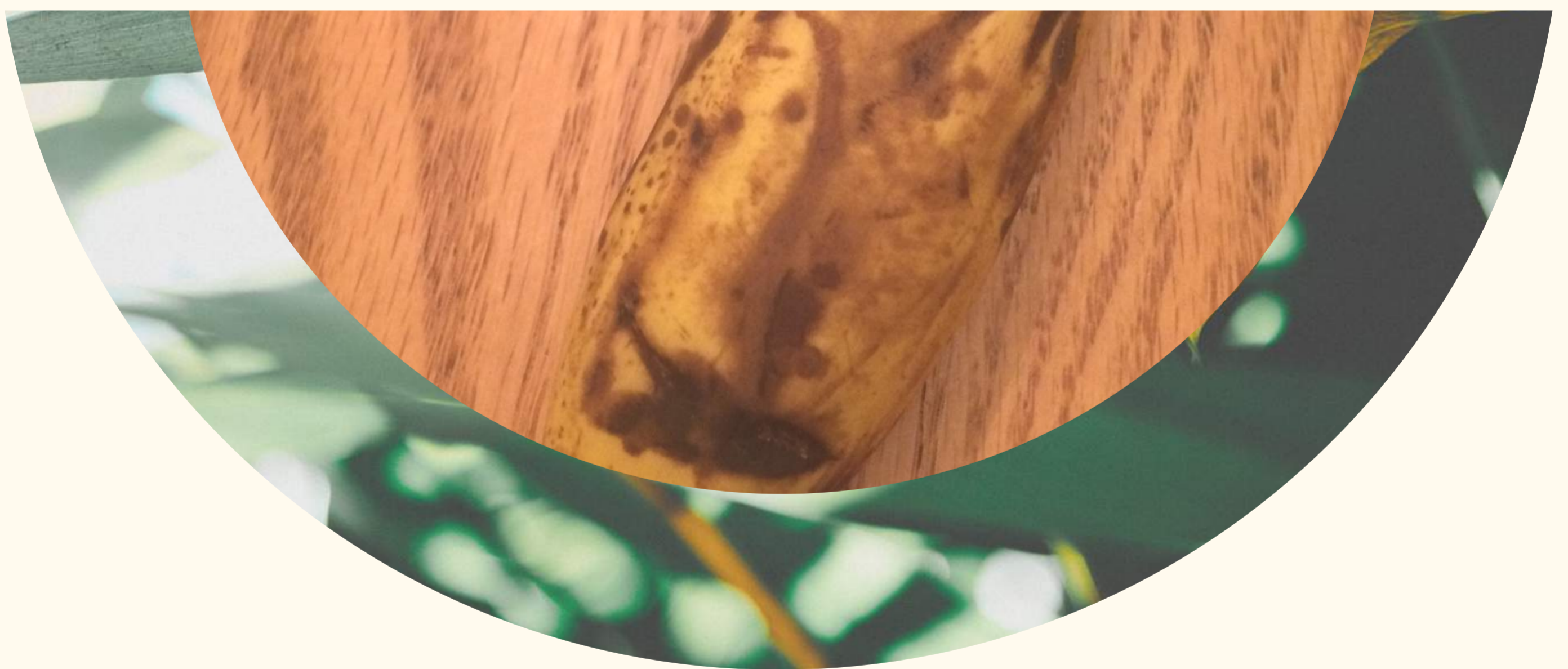
"[Food expiration dates are] the manufacturer's best estimate of when the product is at its freshest or "peak quality." Many foods will still be good to eat days, weeks, or months after those dates, depending on the food."

"A quick soak in ice water for 5 to 10 minutes is often enough to reinvigorate wilted veggies."

To keep bananas from ripening, keep them away from other fruits. When they are ripe, you can then move them to the refrigerator.



OPTIMIZE IT: BANANAS

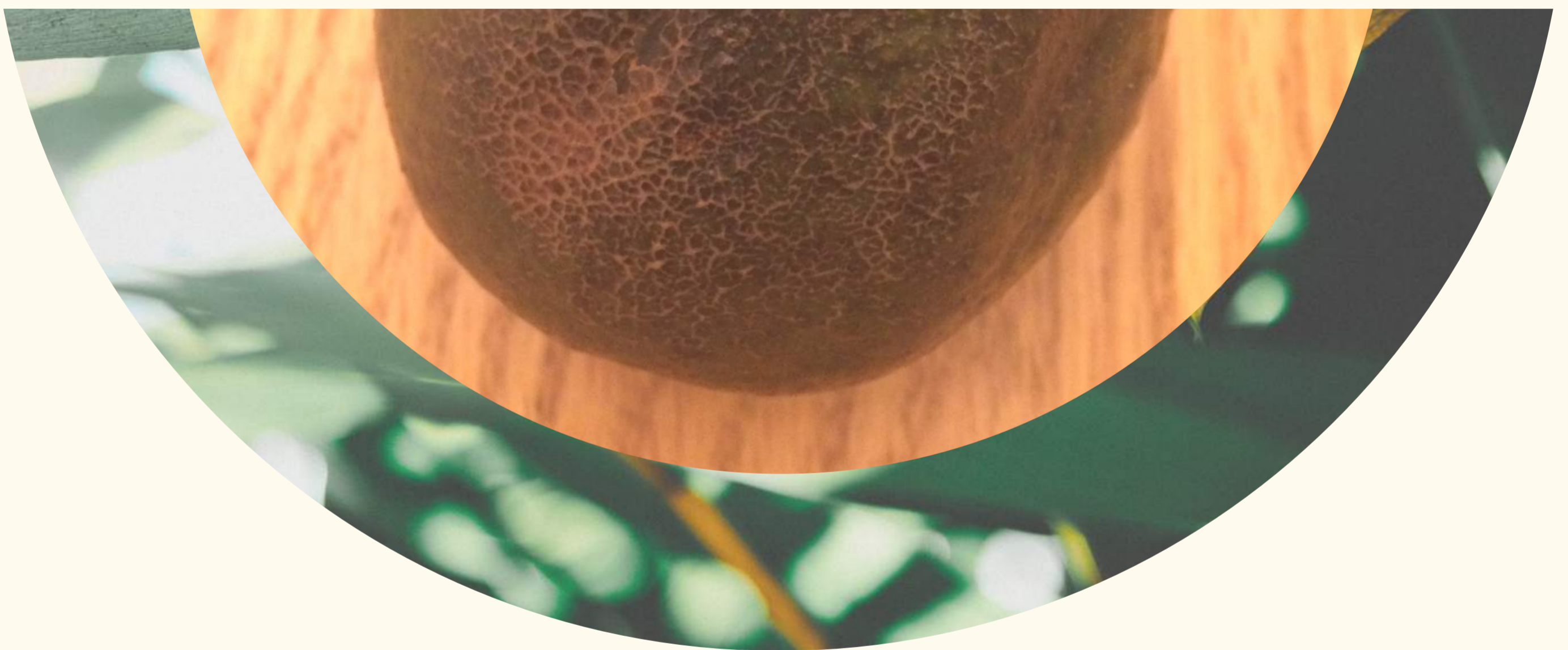


Bananas can also be frozen, but first with the removal of the peel.

Avocados can be kept outside of the fridge when waiting to ripen. When they are ripe, you can then move them to the refrigerator.

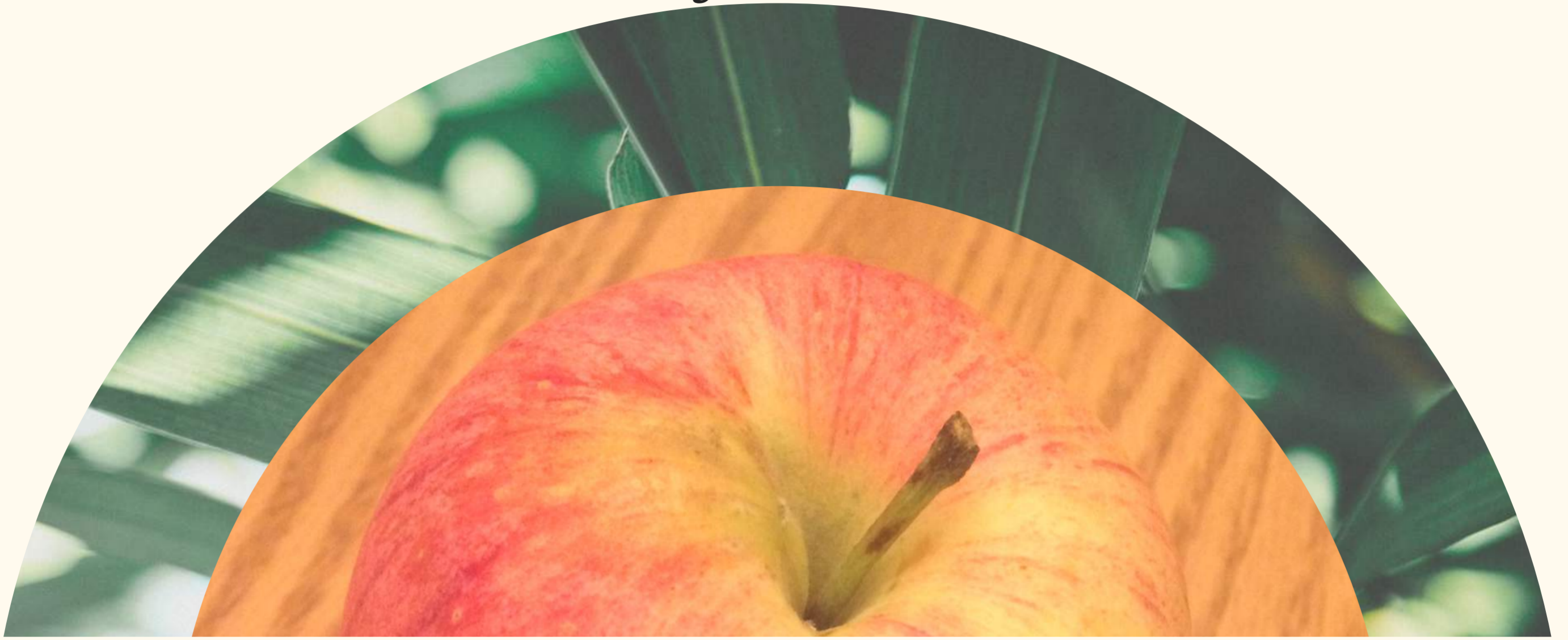


OPTIMIZE IT: AVOCADOS



Avocados can be frozen in the form of a guacamole type puree. They will require a little bit of lemon and a sealed container with room at the top during freezing.

Apples are to be kept in the refrigerator. If you have a lot of apples, they can be stored in a root cellar inside of a cardboard box.



OPTIMIZE IT: APPLES



Wrapping apples one by one in newspaper is a good idea for keeping them the freshest. Apples should be washed only right before consumption.



Don



skyepegc2017

Don-O-Ray Vegetables

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skyepegc2017 Apples! Plentiful in the Okanagan valley where I reside, these bad boys are eaten by the ton in my household! Unfortunately a lot of our apples get bruised in the transportation process, leaving them to be the last ones picked in the refrigerator. Instead of throwing them away, we choose to cut out only the bruised or moldy parts, saving more than 90% of the apple most times. When we have a surplus and know they won't be eaten in time, we will most likely make homemade apple sauce! Often times, we also store our apples with other fruits. This causes the apples as well as the others to ripen and rotten faster!! In the future, we will try separating the fruits in hopes to keep them for longer and minimize our #foodwaste! #Savethefood #PGC2017 @turninggreenorg



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5 MINUTES AGO

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