



PROJECT GREEN CHALLENGE

SAVE THE FOOD

**ECOLOGICAL
EARTHLINGS**

GREENER CHALLENGE
@JENNIFERLIN

JENNIFER.LIN@JERICHOAPPS.ORG
JERICHO HIGH SCHOOL

Did you know that...

We compiled a list of 5 facts we learned about how food is wasted in the United States.

1. 90% of us throw away food too soon



2. Each of us tosses approximately 300lbs of food per year

3. Food is the number one thing in America's landfills: 40% of food in America is wasted





4. 133 billion pounds of food is wasted in the U.S. each year. A 4-person family loses \$1500 a year on wasted food. If we all have a shopping plan for our meals, think of how much money and food we would save!



5. Half of all the seafood we produce gets thrown away.

NEVER THROW OUT FOOD AGAIN.

Most Americans toss food away once the date stamped on a food package passes. However, many products can be eaten days, weeks and months after those dates, depending on the product. We're here to tell you that you never have to throw out and waste food again.

Here are 3 things we found in our fridge:



#1: MILK

#3 EGGS

#2 ORANGES

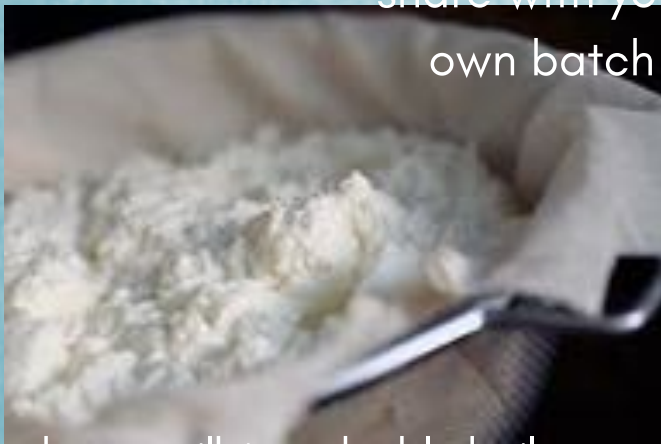
#1: MILK

You'll be surprised on how many ways sour milk can be used. Sour milk can be incorporated in many recipes, such as baked goods, pancakes, homemade cottage cheese, cream fillings. Here are 2 ways on how can make the most out of sour milk:



1. MAKE CHEESE

Many recipes can be found for making your own ricotta, mozzarella, or queso fresco. Today we'll share with you just how easy it is to whip up your own batch of cottage cheese from scratch.



1. Cook sour milk in a double boiler over simmering water until it begins to whey (when the watery part of milk separates from the curd, or cheese).

2. Strain it through a towel to remove excess milk

3. Add in some cream and salt and pepper for taste!



VIOLA!

2. BAKE WITH IT:

Sour milk is a common ingredient in many pancake, cake and waffle recipes. Once it's cooked, you can't tell that sour milk was used, and it's an easy (and delicious) way to use it instead of having it go to waste. Here we'll share a recipe for delicious sour milk pancakes.

What you'll need:

- 1 cup/120 grams whole-wheat flour
- 1 tablespoon olive oil
- 2 teaspoons sugar
- 3/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 cup/240 milliliters sour milk
- 2 eggs
- Raspberries, blueberries, strawberries (optional)
- Peanut butter or almond butter (optional)



4 EASY STEPS:

1. In a large bowl, whisk together the flour, sugar, salt, baking powder and baking soda until well-combined.
2. In a medium bowl, beat together the milk, eggs and oil.
3. Make a well in the center of the dry ingredients and blend in the milk mixture until the batter is smooth.
3. Ladle 1/4 cups batter onto the pan and cook for 1 to 2 minutes, flip and and cook for another 1 to 2 minutes on the second side.
4. Serve warm with the toppings of your choice!

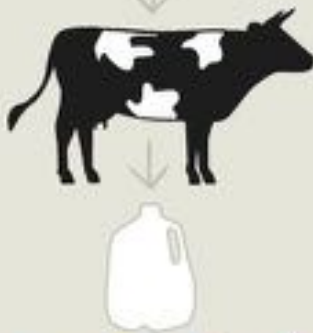
3. SKIN CARE

Although it seems strange, sour milk is a common ingredient in facial masks. It's great for the skin — making it smoother and giving it a more even, consistent color.



1. Place sour milk all over the face
2. Let sit for 1-2 minutes
3. Rinse off with milk, followed by a final rinsing of water.

These are only a few of the uses sour milk offers!



It takes **1,000** gallons of water to produce just **ONE** gallon of milk!

Eat Vegan for a Day on March 20th! www.MEATOUT.org

THERE IS NO NEED TO WASTE THE TIME AND RESOURCES SPENT IN MAKING MILK, SO NEXT TIME THINK TWICE BEFORE POURING IT DOWN THE DRAIN!

#2 ORANGES

Too often we throw away citrus peels because we are unaware of the many uses they offer. Here we share 3 ways you can use your peels, instead of wasting them.



#1. ZESTING

Often called "zest," the outer portion of citrus peels can be used to flavor soups, stews, or pasta sauces. Zesting an orange peel with a shredder is a great way to add a sweet and tangy taste to your meat marinades or favorite baked goods. Orange zest can even taste great in your morning cup of coffee or afternoon cup of tea!

2. CLEANING SUPPLIES

Some of the worst toxins we are exposed to come from toxic household cleaners. Instead of cleaning with phthalates, perchloroethylene, triclosan found in antibacterial soaps, quaternary ammonium, and other toxic chemicals, try using orange peels. Here is an easy DIY all-purpose cleaner you can try!



DIY CITRUS VINEGAR CLEANER

1. ADD CITRUS PEELS TO JAR
2. COVER WITH VINEGAR
3. LET SIT FOR TWO WEEKS
4. STRAIN & DILUTE 1:1 WITH WATER
5. USE AS AN ALL-PURPOSE CLEANER

#3 MOSQUITO REPELLENT

Mosquitoes hate the smell of lemon and orange peels. Rubbing citrus peels on your skin or grating peels around your porch, patio, or campsite can help repel mosquitoes.

If you have a reusable clip-on mosquito repeller that's out of refills, don't bother buying new refills-you can make your own just by cutting a slice of orange peel into the same shape as the refill and inserting it into the clip-on.



#3. EGGS



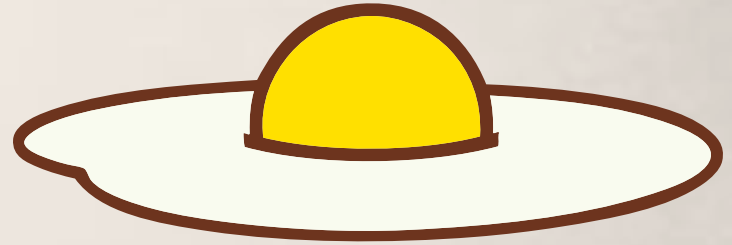
Eggs have endless amounts of uses.

Fertilize Plants

Eggs are great for gardening and adding nutrients to the soil. Eggshells contain high amounts of calcium, a mineral beneficial for cherry tomatoes, eggplants, and more.



SHAMPOO



Egg is a very good hair cleanser. The egg yolk contains lecithin, which is an emulsifier. It works to emulsify the oil with water, which is then rinsed out.



DIY NON-TOXIC SHAMPOO

HOW TO WASH YOUR HAIR WITH AN EGG

raw egg yolk
+
spoon of honey
+
essential oils

THRIVE
PRIMAL

The image shows a recipe card for a DIY non-toxic shampoo. At the top, a red banner reads 'DIY NON-TOXIC SHAMPOO'. Below it, the title 'HOW TO WASH YOUR HAIR WITH AN EGG' is written in a large, red, hand-drawn font. To the right of the title, there are three ingredients listed in a similar hand-drawn red font, separated by plus signs: 'raw egg yolk', 'spoon of honey', and 'essential oils'. Each ingredient is accompanied by a small image: a cracked egg with a yolk, a wooden honey dipper with honey, and a small blue bottle of essential oils next to some purple flowers. At the bottom left, there is a logo for 'THRIVE PRIMAL' featuring a stylized bird or wing design.

An Egg-hesive Aid



In the process of making recipes needing eggs in the kitchen, cuts can be common. But don't worry if you don't have a band-aid! The thin membrane between the white and the shell as a make-shift band aid. It will act as a thin kind of skin by applying enough pressure to stop the bleeding, and has scar-fighting nutrients.



Egg whites are very sticky as they dry, and can be used as a glue substitute for paper, cardboard, and more!



Post



Post



ecologicalearthlings



ecologicalearthlings



Liked by safa4521, dan_hepworth and 13 others

Liked by safa4521, dan_hepworth and 13 others

ecologicalearthlings Have you ever thrown away food? Every little bit of waste not only throws away nutrients and water, but a was put into making it. Be

ecologicalearthlings Have you ever thrown away food? Every little bit of waste not only throws away resources like nutrients and water, but also the love that was put into making it. Because of all the modern technology in our lives today, life has become easier in some aspects. One of these is food. It is cheaper, conventional, and easy to acquire. And many people take this for granted. But this is not the right way to go, our environment and our health is suffering. For day 8 of project green, we found eggs in our fridges and found ways to preserve their usage. If you have excess eggs, and no glue, don't fret! Egg-hesive (egg adhesive) is the thin membrane that can be used to glue things together. Because of its bonding properties and microbes that fight bacteria, it is also used as a bandaid for when you have cuts in the kitchen. Have an eggcellent day and don't waste!! @turninggreenorg #pgc2017 #egg


Have you ever thrown a bit of food that is away resources like but also the love that t. Because of all the



View 1 comment

25 MINUTES AGO





Today's challenge made us realize how almost every type of food can be reused and recycled to reduce our food waste. Not only did we learn of so many recipes and techniques of the revival of many foods, we have become more mindful about the food we eat and just how precious it is.

Thank you!

**TEAM ECOLOGICAL EARTHLINGS
JERICHO HIGH SCHOOL**