



# #savethefood

"YOU CAN MAKE THE MOST OF ANYTHING"

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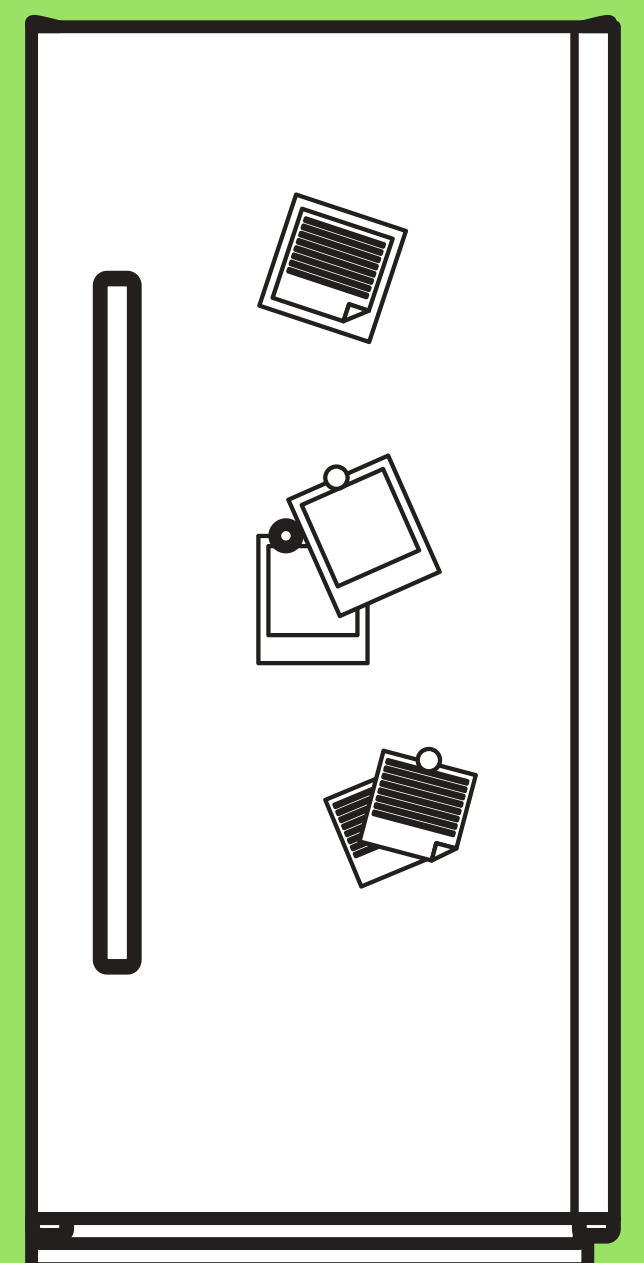


# *#savethefood*

## *what surprised us?*

1. WE WERE SHOCKED TO LEARN THAT "BEST BEFORE \_\_\_\_\_" REFERS TO QUALITY RATHER THAN FOOD SAFETY. FOODS PAST THIS DATE SHOULD STILL BE SAFE TO EAT BUT MAY NO LONGER BE AT THEIR VERY BEST QUALITY. NOW WE KNOW THAT WE CAN STILL MAKE DELICIOUS MEALS WITH FOODS PAST THIS DATE RATHER THAN THROWING THEM OUT!

2. KEEPING FOOD IN AIRTIGHT BAGS AND CONTAINERS HELPS TO PREVENT FREEZER BURN! (WHICH IS OXIDIZING THAT OCCURS IN THE FREEZER) FREEZER BURN ITSELF IS PERFECTLY HARMLESS BUT PEOPLE PREFER NOT TO HAVE THAT TASTE IN THEIR FOODS. IT WAS SURPRISING TO LEARN THAT THIS COULD BE EASILY PREVENTED. WE LEARNED TO SAVE OUR FOODS IN AIRTIGHT CONTAINERS AND BAGS TO SAVE OUR FOOD AND KEEP IT DELICIOUS.





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## *what surprised us?*

3. SAVE THE FOOD HAD THE BRILLIANT IDEA OF PORTIONING AND PLACING FOOD NOT NEEDED AT THE MOMENT IN THE FREEZER. YOU CAN FREEZE ALMOST ANYTHING IN PORTIONS TO SAVE ITS SHELF LIFE! FREEZE HALF A LOAF OF BREAD SINCE YOU PROBABLY WON'T BE USING IT ALL AT ONCE ANYWAYS. USE MUFFIN TINS TO EVEN FREEZE SOUP AND FREEZE BERRIES ON PANS THEN TRANSFER THEM TO BAGS. WE LEARNED WE COULD EVEN FREEZE RAW EGGS TO ENSURE WE EAT THEM ALL AND NOT CREATE ANY WASTE! :)

4. WE HAD NO IDEA WILTING VEGETABLES COULD BE SAVED! IF YOUR VEGETABLES SEEM TO BE WILTING, THEY STILL CAN BE REVIVED! SOAKING THEM IN ICE WATER FOR 5-10 MINUTES WILL MAKE BENDY CARROTS STRAIGHTEN UP, LETTUCE TO CRISP, AND BROCCOLI TO STRENGTHEN. IF YOU CAN'T REVIVE THEM WITH ICE WATER, THEY CAN STILL WORK PERFECTLY IN COOKED DISHES.





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## *what surprised us?*

5. LASTLY, WE WERE MOST SURPRISED TO LEARN THAT EVEN FOODS THAT ARE OVERCOOKED OR BURNED CAN BE SAVED! WE LEARNED TO NOT THROW AWAY OUR BURNT AND OVERCOOKED FOODS! WE FOUND METHODS TO FIX OUR MISTAKES. YOU CAN SAVE AS MUCH OF THE UNBLACKENED PORTION OF YOUR FOOD AND COVER IT WITH A DAMP CLOTH FOR 10 MINUTES. IT REMOVES MUCH OF THE BURNT FLAVOR! WE COULD EVEN ADD SAUCES AND SPICES TO MASK THE TASTE AND MAKE IT POSSIBLY TASTE EVEN BETTER?? WE CAN TOSS OVERCOOKED FOODS IN A BLENDER AND MAKE A PUREE OR SMOOTHIE WITH SOME SOUP STOCK OR MILK.





# NOT ONLY DID WE LEARN HOW TO MAKE THE MOST OF OUR FOODS, BUT WE ALSO DECIDED TO APPLY IT TO OUR OWN LIVES!

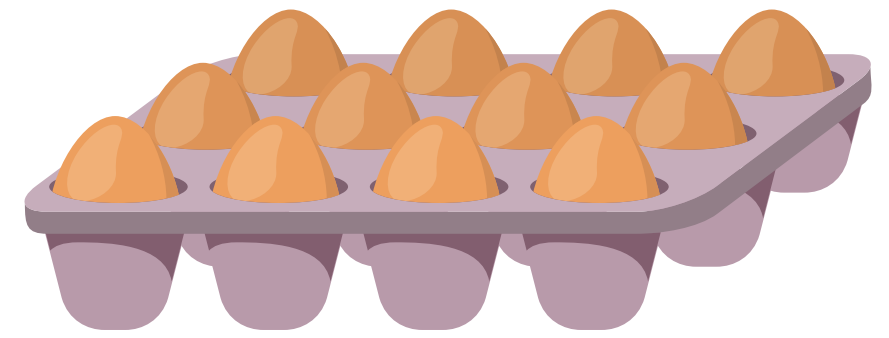
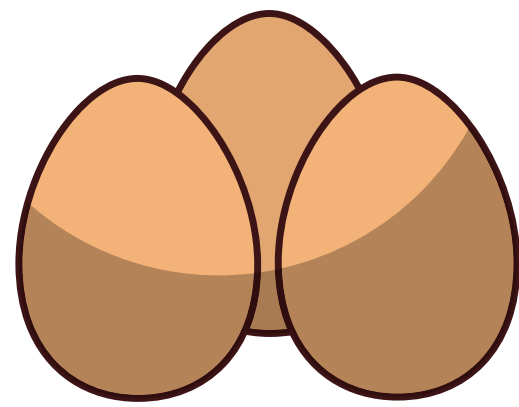
WATCH OUR VIDEO ON HOW TO MAKE THE MOST OF 3 DIFFERENT FOODS



<https://www.youtube.com/watch?v=BICJoS6OdDI>



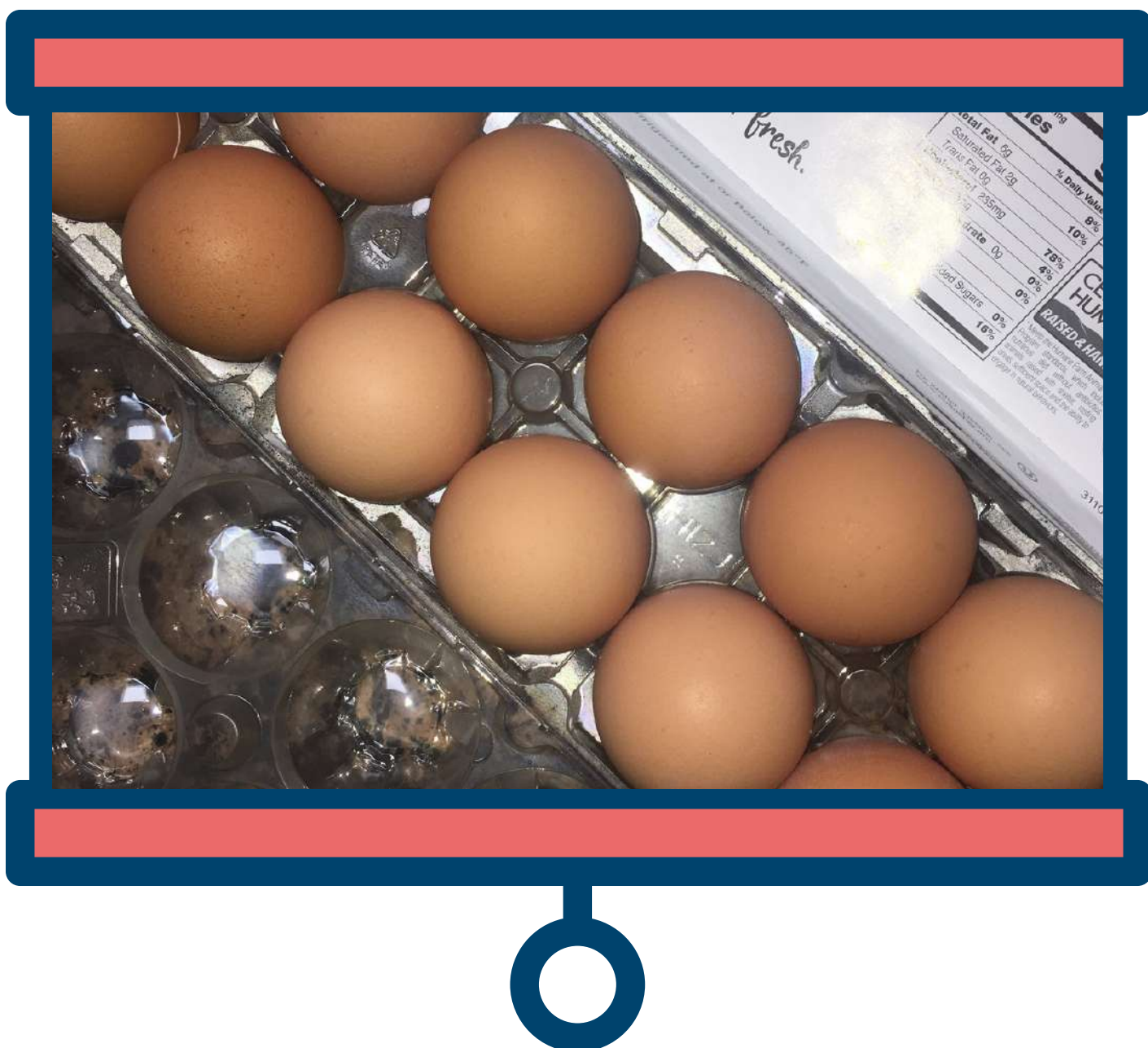
# HOW TO MAKE THE MOST OUT OF EGGS



Many people buy vast containers of eggs not thinking about whether they will end up using all of them. These eggs over time can spoil in fridges if not used as quickly as possible. In order to prevent this, you can put your eggs in an ice cube tray, add 1/8 teaspoon salt to the yolks, and just use them when you're ready! Not only is this fun and easy to do, but can save your eggs for up to a year! That's right, according to the American Egg Board, these eggs will stay fresh for up to a year until you decide to thaw them for your morning omelet or sunnyside up

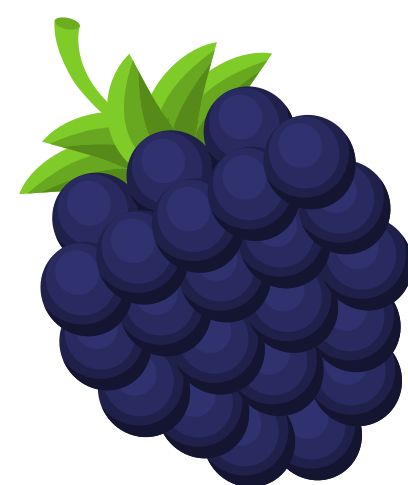
## I FOUND EGGS IN MY FRIDGE

and decided to put them in an icecube tray and freeze them to ensure they would last longer



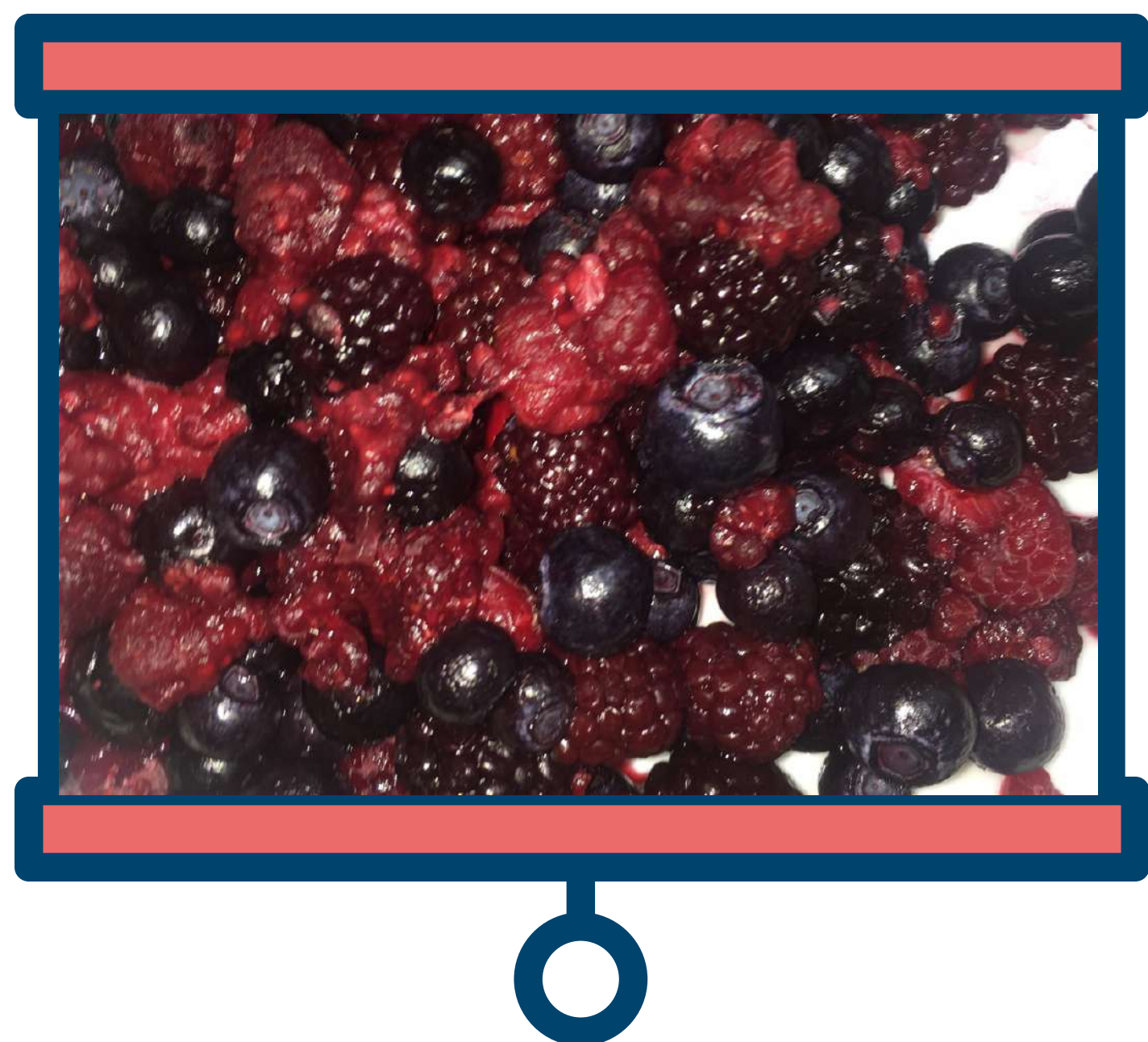


# HOW TO MAKE THE MOST OUT OF BERRIES



To save your fruits and berries for lengthy amounts of time, you can portion them out and freeze them in a cookie pan. This will keep them from clumping together and exhibiting that “frozen food look”.

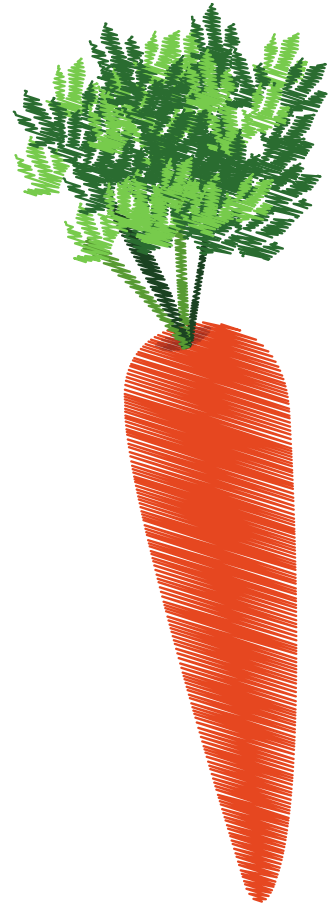
When fully frozen, move them to ziplock bags for better storage. This will ensure that if we ever buy fruits and berries, since we preserved them so well, we’ll be sure to eat them all and not waste any food!



## I FOUND BERRIES IN MY FRIDGE

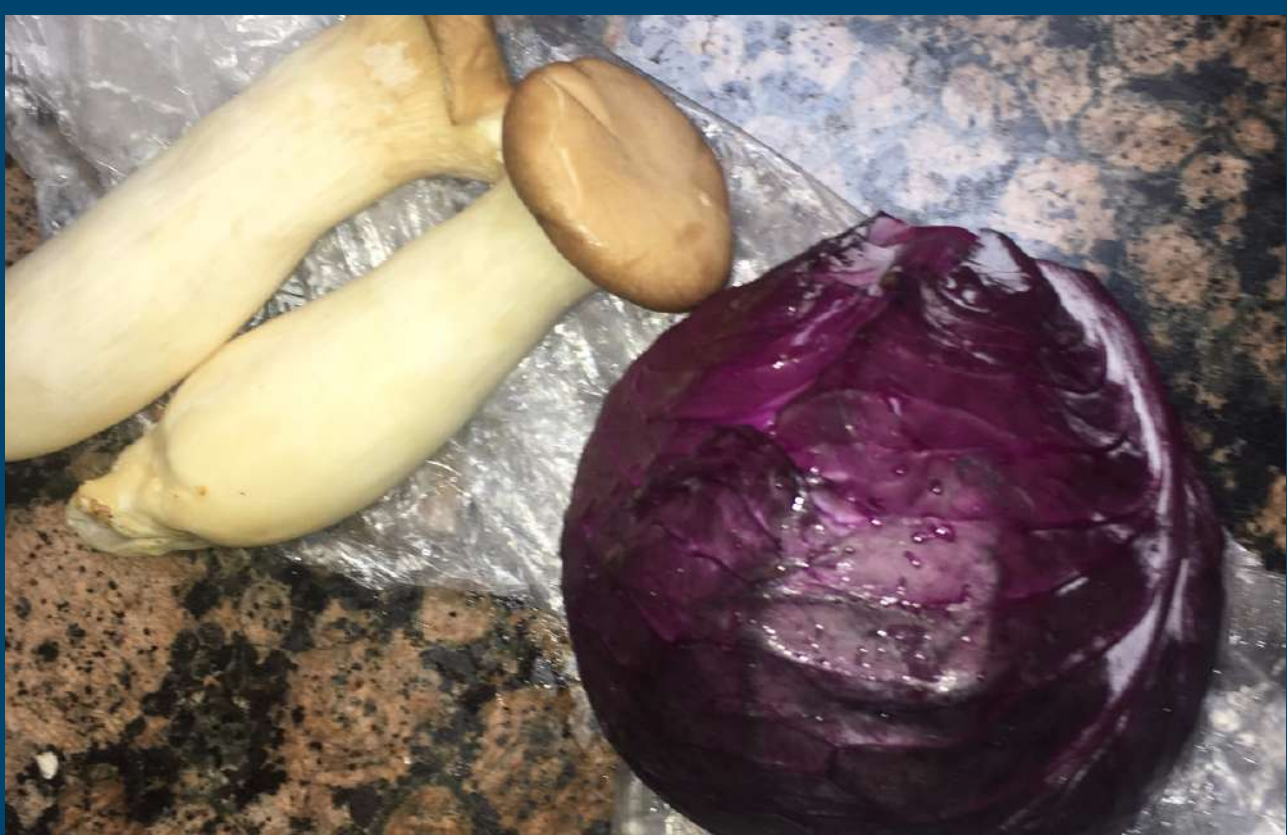
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them on a tray to  
ensure they would last  
longer





# HOW TO MAKE THE MOST OUT OF ANY VEGETABLE

Vegetables are known to quickly wilt and look pale, to freshen your up your veggies, soak them in ice water for 10 minutes to add a sense of freshness and quality. Then put these vegetables in the freezer to make them last even longer! We throw out so many vegetables we think are going bad, but actually can be perfectly revived!



## **I FOUND CABBAGE AND MUSHROOMS IN MY FRIDGE**

and decided to put them in ice water for 10 minutes to ensure they would last longer



our instagram post

