



Project Green Challenge

Day 8

Food Waste

THE GREEN QUEENS

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Facts about Food Waste

- A family of 4 loses \$1500 just from wasting food. America as a whole loses \$218 billion from food waste.
- It takes the equivalent of showering for 104 minutes to produce a pound of chicken.
- Food is the number 1 waste in landfills and contributes more to climate pollution than all the cars in Georgia, as it releases methane which is up to 86 times more potent than carbon dioxide.
- Each of us tosses nearly 300 pounds of food each year.
- All this food is going to waste, but 1 in 8 Americans don't even have a steady supply of food to put on their tables.

Making the Most of Items in Our Kitchen

1) Peanuts



There are so many different ways to use up peanuts so it doesn't go to waste! First, there's no need to ever throw them out because they last up to two years in a pantry! If refrigerated or frozen, it can last even longer! For instance, you can make peanut soup, which is a popular African dish. Peanut shells can also substitute styrofoam packing peanuts. As we found out a few days ago, styrofoam, or polystyrene, is extremely harmful so this would be a win-win situation. The shells can be made into finger puppets or ornaments as well. Some more uses for peanut shells include using it in kitty litter and in a compressed form peanut shells can replace charcoal.

2) Grapes

My family and I love grapes! But sometimes, before we can finish it, they spoil. But not anymore! You can freeze grapes to make little sorbet-bites when you can't get around to eating them right away. You can also use grapes in a smoothie. In addition, grapes can be rehydrated by placing them, still on the stem, in water for about an hour. This way, even if they became wrinkly, you can still eat the grapes and don't have to be thrown out! Furthermore, the grape stems can be used in herbal remedies.



3) Tea Leaves

In my house, tea leaves are something we always have around! But I'm ashamed to admit that sometimes, if it's been a while since they were bought, we throw it out and replace it. But that's not happening anymore! We learned that when stored in the freezer, tea leaves can stay fresh for up to two years!! In addition, we can use tea leaves for other purposes than just drinking tea. For example, some tea leaves can be used to dye fabrics. In addition, tea leaves can be used to flavor baked goods such as cookies or breads.



Simple Ways to Limit Food Waste

- Plan out meals ahead of time so you buy only what you need
- Compost
- Eat leftovers
- Make a waste log
- Buy in bulk
- We can buy fruit and vegetables that look "strange"! Most of these types of produce are thrown away because no one wants to buy them so instead, we can buy them!

Limiting food waste is such an important cause to us that we decided to sit down with our family to brainstorm different ways to stop food waste from happening!

Social Media Post!



Liked by riyaxopatel, xrachellex and 3 others

the.green.queens Did you know that every year we waste 300 pounds of food?! To make matters worse, 1 in 8 Americans don't even have a steady supply of food to put on their tables! What can we do to help? Simple. We can use all the food we buy in different and creative ways and also discover new ways to use them fresh so we don't throw it away!. For example, today, we looked into our kitchens and found that we had so many grapes. In order to make sure that they didn't go to waste, we researched ways to help prevent them from drying up and becoming wrinkly. The solution is simple: just soak them in water! Together, let's stop food waste! #savethefood #pgc2017