Food Waste

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Day 8: Food Waste (Greener)

Shocking Facts

1. 20 % of the food we buy never gets eaten
2. Everyone tosses nearly 300 lbs of food every year
3. 90 % of the people throw away their food early
4. A 4-person family loses $1500 a year on wasted food.
5. Food is the number one thing in America's landfills

Make the most out of

Refrigerator Shelf

To make the most of our fridge shelf, my family and I could start using it to save:

- Apples
- Bananas
- Berries
- Grapes
- Fresh meat
- Deli meats
- Butter

Airtight glass container

To make the most of airtight containers, my family and I could start using it to save:

- Soft cheese
- Cutted oranges
- Melons
- Peeled garlic
- Ginger
- Basil
- Beans

Bowl

To make the most of our bowls, my family and I could start using it to save:

- Berries
- Asparagus
- Shellfish

Do not wash until ready to use. Store in a breathable bag in the low-humidity drawer of the refrigerator. Handle carefully to prevent bruising and separate bruised ones from other apples. To prevent apple slices from browning, toss them with one part citrus juice and three parts water.

Remove any plastic wrapping. Store on the counter at room temperature. Once ripe, store them in the refrigerator. The skin may darken, but the banana will be all right for several days. Browning or spotted bananas are perfectly fine to eat.

Do not wash until ready to consume. Store in a breathable bag in the high-humidity drawer or submerged in water on a shelf of the refrigerator. Carrots don't need to be peeled, just washed.

Social Media Post

References:

Council, A. (n.d.). Save The Food. Retrieved October 08, 2017, from http://www.savethefood.com/

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