# **Community Nutrition Education**

## In Your Hands

### Making the Most of Food - More Value, Less Waste

Do we really eat all the food we buy? In the U.S., nearly 40% of all food produced is wasted. The typical Vermonter throws out up to 1 pound of food per day!

### What does this mean?



For a family of four, that is as much as **\$375** going down the drain every month. PLUS all the energy lost in growing, processing, transporting and preparing food which is not eaten. If we could reclaim the food wasted every day in Vermont, there would be enough food to feed 162,000 Vermonters. Approximately 33% of Vermonters, or 214,000 people, are food insecure.

### What can I do?

#### **1. Check Your Fridge**

2. Empty Veggie Drawers

Salvage less-than-

Move oldest items and those soon to expire up front so you can see and use them first. Keep a need-only grocery list on fridge.

### Before you shop:

perfect veggies including carrots, celery, broccoli and lettuce.

#### 3. Make Soup

Boil veggies in water or stock until soft. Add garlic, onion or other spices to taste. Blend until smooth.



Community Nutrition Education | UVM Extension, 316 Main Street, Suite 101 Newport, VT 05855 1-866-260-5561 (toll-free in Vt.) | efnep@uvm.edu uvm.edu/extension/efnep



THE UNIVERSITY OF VERMONT



National Institute Department of of Food and Aariculture

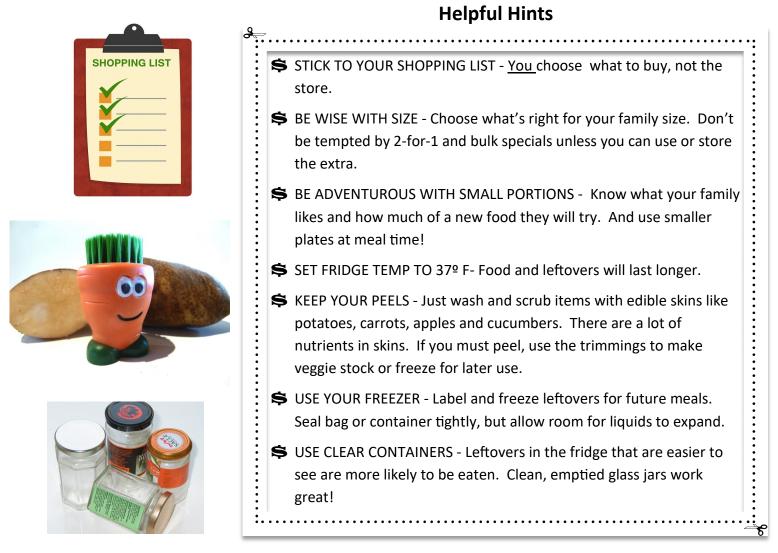
#### CULTIVATING HEALTHY COMMUNITIES

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, gae, disability, political beliefs, sexual orientation, and marital or familial status. Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.

COLLEGE OF AGRICULTURE AND LIFE SCIENCES

### How to Make More with Less

Time to toss? Think twice before throwing out less-than-perfect food. Dairy, fruits and vegetables may last after their "sell by" dates if stored properly. Blend fruit into smoothies and make vegetables into sauce or soup. You can save \$3 to \$4 per day by making something out of nothing!



Food waste is one of the biggest contributors to greenhouse gas emissions. Please compost all food waste as required by VT Law. For more information, check out www.scrapfoodwaste.org.

#### Food for Thought

- 1. Which vegetable is wasted most?
- 2. Which four fruits are wasted most?
- 3. What nutrients are in the skin of vegetables and fruits?
- Fruit and vegetable peels are rich in fiber, 2. Apples, grapes, peaches and strawberries.
  - 1. Potatoes. About half of all potatoes are wasted.

vitamins, minerals and antioxidants.

#### :srewend

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, Expanded Food and Nutrition Education Program



CULTIVATING HEALTHY COMMUNITIES

COLLEGE OF AGRICULTURE AND LIFE SCIENCES