

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

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.

2. Empty Veggie Drawers

Salvage less-than-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.

Before you shop:

Transform
Ugly Misshapen Veggies



To
Beautiful Soup



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THE UNIVERSITY OF VERMONT
EXTENSION



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CULTIVATING HEALTHY COMMUNITIES

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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!

Helpful Hints



- 💰 **STICK TO YOUR SHOPPING LIST** - You choose what to buy, not the store.
- 💰 **BE WISE WITH SIZE** - Choose what’s right for your family size. Don’t be tempted by 2-for-1 and bulk specials unless you can use or store the extra.
- 💰 **BE ADVENTUROUS WITH SMALL PORTIONS** - Know what your family likes and how much of a new food they will try. And use smaller plates at meal time!
- 💰 **SET FRIDGE TEMP TO 37° F** - Food and leftovers will last longer.
- 💰 **KEEP YOUR PEELS** - Just wash and scrub items with edible skins like potatoes, carrots, apples and cucumbers. There are a lot of nutrients in skins. If you must peel, use the trimmings to make veggie stock or freeze for later use.
- 💰 **USE YOUR FREEZER** - Label and freeze leftovers for future meals. Seal bag or container tightly, but allow room for liquids to expand.
- 💰 **USE CLEAR CONTAINERS** - Leftovers in the fridge that are easier to see are more likely to be eaten. Clean, emptied glass jars work great!

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?



1. Potatoes. About half of all potatoes are wasted.
2. Apples, grapes, peaches and strawberries.
3. Fruit and vegetable peels are rich in fiber, vitamins, minerals and antioxidants.

Answers: