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FOOD



UNIVERSITY OF VERMONT

EXTENSION

CULTIVATING HEALTHY COMMUNITIES

In Your Hands

Making the Most of Food—More Value, Less Waste

Do we really eat all the food we buy? How much food does the typical Vermonter waste each day? **The typical Vermonter throws out up to 1 pound of food per day!**



What does this mean?

This means about 960 food calories wasted per person each day PLUS all the energy lost in growing, processing, transporting and preparing food which is not eaten. For a family of four, that is as much as **\$175** going down the drain every month.

If we could reclaim the food wasted every two days in Vermont, there would be enough food to feed 90,000 Vermonters for one day. That is approximately the number of people who are food insecure in Vermont.

What can I do?

Before you shop:

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 list on fridge.

2. Empty Veggie Drawers

Salvage less-than-perfect veggies including any 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.

Transform
Ugly Misshapen Veggies



To
Beautiful Soup



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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 extra.
- \$ BE ADVENTUROUS WITH SMALL PORTIONS** - Know what your family likes and how much of a new food they will try.
- \$ SET FRIDGE TEMP AT 32° F** - Food and leftovers will last longer.
- \$ KEEP YOUR PEELS** - Just wash and scrub. 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. Allow room for expansion and seal bag or container tightly.

Food for Thought

1. Which vegetable is wasted most?
2. Which four fruits are wasted most?
3. Which is the most nutritious on fruits and vegetables - the skin or flesh?



1. Potatoes. About half of all potatoes are wasted.
2. Apples, grapes, peaches and strawberries.
3. Vegetables and fruits with deeper skin have more nutrition in their skins.

Answers:

UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu

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