

# APRIL is EARTH MONTH!



Want to make an environmental impact with your food choices? Choose a plant-based protein like quinoa or lentils as a meal's main entrée!

# EARTH

—*month*—

MAKING A DIFFERENCE, ONE BITE AT A TIME





# 10 WAYS TO STOP FOOD WASTE

1. **Don't Be Bananas:** Browning or spoiled bananas are perfectly fine to eat. Bruised parts of bananas may be easily cut away or used. Very brown or frozen bananas are great for mixing with yogurt in a delicious smoothie.
2. **Use it Up:** Most of us throw away food too soon. Make snacks and meals during the week with food you have at home that's about to go bad. Just because your lettuce is a little wilted doesn't mean it's time to toss it.
3. **Crooked Carrots Need Love Too:** You may find less-than-perfect produce at your farmers market or grocery store and think it's no good – but give it another look. A small bruise on an apple or dent on your potato doesn't mean it's bad – it's what's on the inside that counts!
4. **Start with Small Portions:** It's dinnertime and you may be starving, but start with a small or regular portion before piling your plate. You can always go back for seconds, and often our eyes are bigger than our stomachs!
5. **Chill, Man!** Have some wilted lettuce or sad celery? A quick soak in ice water for 5-10 minutes will make your wilted veggies spring back to life. And remember, even if they can't be restored, some veggies you intended to eat raw in your salad can still shine in a cooked dish.
6. **Get Creative:** 40% of food in America is wasted. Avoid wasting food by seeing what needs to be used up before you go to the grocery store. Think of a meal to make with those items, check your pantry for the rest of the ingredients and add missing pieces to the shopping list.
7. **Freeze for Later:** There are lots of foods you can freeze for later if you don't plan to eat them – cut up fruit, bread, and cooked vegetables to name a few. Always squeeze all the air out of plastic bags and containers to prevent freezer burn.
8. **Try a Taste:** Trying new foods is a brave thing to do, but you don't want to create waste in the process. Make your taste buds and the earth happy by starting with a sample.
9. **Make a List:** Heading to the store without a plan means you might over-buy (and over-spend), and you could even end up throwing away extra food you don't eat. Plan ahead by making a list and only buying what you need.
10. **What's Your Beef?** Wasting a pound of beef is equivalent to running the shower for 370 minutes. The longer meat is left out at room temperature the quicker it will spoil. Always shop for meat, poultry, and seafood last and go directly home to put it away.