



The Health & Wellness Coalition Healthy Eating Committee is focusing on Food Waste to Celebrate Food Day 2016



Food Day inspires Americans to change their diets and our food policies. Every October 24, thousands of events all around the country bring Americans together to celebrate and enjoy real food and to push for improved food policies.

This four part newsletter series will feature the following themes:

1. Defining the issue - week one
2. Sell by/Use by, what is food waste? - week two
- 3. What can you do to reduce food waste? - week three**
4. What is being done in the community? - week four

Eat First and the 5 P's



When you go through your refrigerator, do you find yourself throwing away some or a large majority of your groceries? The average family of four tosses about \$1,500 of food into the trash each year! What would you do with an extra \$1,500? Check out these ideas to save you some extra cash.

When bringing your groceries home from the store think of the 5 Ps: Proper Placement Prevents Premature Pitching (of your foods into the trash).

A few tips to keep in mind:

The Food Recovery Hierarchy prioritizes actions organizations can take to prevent and divert wasted food. Each tier focuses on different management strategies for your wasted food

- Storage: remember those 5 P's? Appropriate placement will enhance longevity of produce.
 - Separate your apples from your bananas to slow down the ripening. Once bananas have ripened to your desired ripeness, store in the refrigerator, which stops the ripening process. The outside will turn brown in color but the inside will stay just fine for a few extra days. (IF the bananas do get to ripe for your taste buds, slice them, freeze them in a baggie and this becomes a great base for your next smoothie).
 - If you have fresh peaches you purchased but they aren't ripe enough yet, place in a paper bag with an apple and close it up. Remember that gas from the apples that ripen bananas? They also help ripen peaches to bring out their sweetness (what a better time to give this a try than right at the heart of peach season).
 - Onions stored next to any potatoes can release moisture and gases that will cause each other to spoil faster. So to prevent your spuds and onions from rotting too quickly, keep them separate and store each in a cool, dry, well-ventilated place.
 - Ripe tomatoes are best when stored on the countertop at room temperature, away from sunlight until cut (use a serrated knife to gently saw back and forth when cutting so you don't destroy your tender tomato).
 - Berries: Hold off on washing... until just before serving. Washing before storing them in the refrigerator can shorten their shelf life.
- FIFO: Remember, FIFO or First In First Out, the produce you purchased first needs to be used prior to using the items you just purchased.
- Repurpose: old food, bananas can be used for banana bread, sour milk could be used as buttermilk in certain recipes.
- Have an 'Eat First Shelf' or 'Eat First Box': to put items in that need to be eaten quickly because they will go bad before others. Notice that fruit that perish first, leftovers, and expiring items will be placed on this shelf.
- Track: Track what items you habitually throw away. Then limit the quantity you purchase in the future, or skip the item all together.



Love your Leftovers

Leftovers often have a bad reputation. [Here are some tips](#) to making the most of your leftovers.

[10 ways to curb food waste in the kitchen.](#)

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