

# Stop Wasting Food - 10 Tips to Save you \$

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## Concepts Taught

- Learn the impact food waste can have on your food budget.
- Discuss 10 tips to decrease food waste and save you money.
- Review 3 recipes that cost less than \$3 per serving.

## 3 Budget Friendly Recipes

### Overnight Oatmeal with Berries

#### Ingredients:

½ cup low fat milk, ¼ cup fat-free Greek yogurt, 2 tsp honey, ¼ tsp cinnamon, ¼ tsp vanilla, ½ cup uncooked rolled oats, ¼ cup frozen raspberries

#### Directions:

Combine first 5 ingredients in a jar with lid. Add oats and mix well. Cover & refrigerate for 8 hours. Enjoy cold or heat as desired.

### 3-Can Chili

#### Ingredients:

1(15.5 oz.) can low-sodium beans, undrained (black, pinto, red), 1(15.5 oz.) can low-sodium corn, drained (or 10 oz. frozen corn), 1 (15 oz.) can crushed tomatoes, chili powder to taste

#### Directions:

Place all contents into pan. Add chili powder to taste. Stir to mix and continue to stir over medium heat until heated thoroughly. Serve and enjoy. Refrigerate leftovers.

### Baked Lentil Casserole

#### Ingredients:

1 cup rinsed lentils, ¾ cup water, ½ tsp salt, ¼ tsp black pepper, ½ chopped onion, 2 carrots sliced thin, ¼ tsp garlic powder, 1 (14.5 oz.) can no salt added tomatoes, ½ cup shredded cheddar cheese

#### Directions:

Combine lentils, water, seasonings, onion, and tomatoes in bowl. Add to 2 quart casserole dish. Cover with foil. Bake- 30 minutes at 350 degrees. Remove from oven, add carrots, stir. Cover & bake for 30 minutes. Remove foil, sprinkle with cheese. Bake uncovered for 5 minutes or until cheese melts.

## Food Waste Facts

- Average American family of 4 wastes around \$1,500 per year on food not eaten.
- Consumers are the largest source of food waste.

## 10 Tips: Stop Wasting Food & Money

### 1. Complete a 30-day food waste challenge.

- Take 5 days to monitor how much and what foods are wasted. Use the next 25 days to work on reducing food waste.

### 2. Meal plan.

- Keep it simple - an outline of meals for the week.

### 3. Shop your kitchen first.

- Create a meal plan based on foods you already have.

### 4. Stick to a shopping list.

- Following a list leads to fewer impulse purchases.

### 5. Purchase food in smaller amounts.

- Buy only what you need and in smaller packages, if able.

### 6. Use canned or frozen food.

- Pay attention to food labels. Choose frozen and canned foods with the most fiber and the least amount of added sugars and sodium.

### 7. Use the freezer.

- Use clear storage containers.
- Store items in zip-top bags. Lay flat if limited on space.
- Add use-by dates with labels or tape.
- Wrap meat in freezer paper before freezing in bag.

### 8. Pay attention to food label dates.

- "**Best if used by**" - Consume food by this date for best quality and flavor. Most **shelf-stable** packaged foods are safe eaten past this date if unopened.
- "**Use by**" - the last date recommended for the use of the product while at peak quality. Consuming food past this date may be risky.
- "**Sell by**" - the date when retailers should remove a product from their shelves to ensure food safety.

### 9. Technology can be helpful.

- Check out [FoodKeeper](https://www.foodsafety.gov/keep-food-safe/foodkeeper-app) app or use - <https://www.foodsafety.gov/keep-food-safe/foodkeeper-app> for more storage information.

### 10. Get creative with leftovers.

- Make a smoothie with leftover fruit, a salad with leftover vegetables, croutons from stale bread, and soup or stir fry with leftover meat, potatoes, rice, vegetables.