

DON'T WASTE FOOD



HELP REDUCE FOOD SCARCITY WHILE SAVING MONEY AND GETTING MORE NUTRIENTS

TIPS TO ELIMINATE FOOD WASTAGE

- Plan your meals and buy perishables judiciously. Use items that spoil fast earlier.
- Do not store different types of fruits in the same bowl, this causes them to spoil faster.
- Do not serve excess food. Avoid overeating or wasting on your plate.
- Save leftovers. Label with date. Store and consume in reasonable time. Heat only the amount you need.
- Note that expiration dates refer to food quality, not food safety. Check visually, then smell and then taste a very small quantity to see if food beyond expiration date or old food is good.
- Cut off and discard at least an inch around spoilt areas from cheese and **hard** fruits and vegetables. You can consume the rest. Soft produce (tomatoes, berries, etc.) should be discarded if they have spoilt areas.
- Use ugly looking produce. If it is fresh and tastes good, it is safe to consume.
- Freeze excess cooked food and produce while fresh. Frozen produce has the same nutrients as fresh produce and last longer. Blanch vegetables before freezing to better retain color, flavor and texture.
- Fruits should be only washed right before eating. Moisture can encourage bacterial growth.
- Exposure to light and air makes produce more susceptible to lose nutrients and spoil, hence store without cutting.
- Pickle (vinegar/oil/other) vegetables, dry (using sun/air/oven/food dryer) produce, make jam/marmalade.
- Support your local farmer's market. The produce is fresher, more environmentally friendly and will last longer than Supermarket bought produce.
- Use, freeze or donate food while fresh. Check produce and stored food regularly to avoid wastage.

EATING MOST COMPONENTS OF FRUITS AND VEGETABLES IS GOOD FOR YOU!

Fruits and vegetable peels have higher fiber, vitamins, minerals and antioxidants (328 times higher) than the flesh.

Yes, you can eat these too!

- * Citrus fruit peels: Grate or cut finely for salads or marmalade.
- * Peanut skin contains an antioxidant, which could lower blood sugar and have other benefits.
- * Bananas: Boil, bake or fry peels. These peels make a good addition to stir-fries and sandwiches.
- * Kiwi and mango peels: Eat or add to a smoothie.
- * Carrot tops, beet and radish greens, broccoli stems and leaves. Sauté or use in soups or smoothies.
- * Stalks of leafy vegetables: purée or use in soups

Potato

Cucumber

Carrots, ginger

Watermelon rind (white component)

Apple

Eggplant

Guava

Zucchini, Cucumbers

For more information:

<https://www.epa.gov/recycle/reducing-wasted-food-home>;

<https://www.usda.gov/foodlossandwaste>;

<https://www.huffpost.com/topic/reducing-food-waste>



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