

## 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!

<u><a href="#">Fruits and vegetable peels have higher fiber, vitamins, minerals and antioxidants (328 times higher) than the flesh.</a></u>	Yes, you can eat these too! <ul style="list-style-type: none"><li>* Citrus fruit peels: Grate or cut finely for salads or marmalade.</li><li>* Peanut skin contains an antioxidant, which could lower blood sugar and have other benefits.</li><li>* Bananas: Boil, bake or fry peels. These peels make a good addition to stir-fries and sandwiches.</li><li>* Kiwi and mango peels: Eat or add to a smoothie.</li><li>* Carrot tops, beet and radish greens, broccoli stems and leaves. Sauté or use in soups or smoothies.</li><li>* Stalks of leafy vegetables: purée or use in soups</li></ul>
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>