

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

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>

