

Tales from Tim's Recycling Bin

Ninety percent of us throw away food too soon. I'm not talking about that chip you dropped and was on the floor past the five second rule. I'm talking about food that's fine to eat, but we throw it out anyway.

Here are some scenarios of why I used to throw out good food:

That "Best By" date on the milk jug says yesterday. And I thought that if I drank the milk I'd get some weird disease that I read about somewhere on the internet.

or

Yesterday when I was grabbing an orange out of the fridge, I bumped an apple and it got a bruise. Today I saw the bruise and thought that the whole apple had gone bad.

Now I'll make a bread pudding. I cut off the bruise and eat the rest of the apple. There are lots of simple things you can do to put your food where it belongs – on the dinner table, not in the trash can.

A family of four loses \$1500 a year on wasted food. Imagine what you could do with that money you could save. I don't have space here for all the things you can do. So visit this handy website

<http://www.savethefood.com/> which has details on these food saving topics:

- Plan meals ahead of time
- Eat your leftovers
- Become a food storage pro

And here's a site from England that has more tips and tasty recipes to use up those leftover items in the fridge <http://www.lovefoodhatewaste.com/>

Remember it's reduce waste first, reuse next and then recycle. Until next time, continue reducing my friends.

Tim