

Tales from Tim's Recycling Bin – Save the Food

How many of us heard the joke that we spent our time at home this spring baking banana bread? The thought being that since we were in our houses with time on our hands, we put our past their prime produce to good use when before we would have thrown those brown spotted bananas in the garbage bin.

Hopefully, we'll carry those food saving skills into the future. First, it's good for your budget. An average American family of four wastes \$1,500 of food every year. Food we buy, but never eat. I'm confident we could all use \$1,500 in savings.



Second, reducing food waste is the third most impactful way we can limit global climate change. Fifteen times more impactful than recycling our bottles, cans, and paper according to research by Project Drawdown.

What are some ways we can reduce our food waste?

- Meal plan – if you shop when you are hungry you end up making impulse purchases. So, before you go to the grocery store figure out your menu for the week and only buy what you need.
- Use it up – just like making banana bread, find a use for your produce. And eat your leftovers.
- Store like a pro - where you put food in your refrigerator can contribute to how long it lasts. For example, store eggs, milk, and raw meat on the bottom shelf because it's the coldest.

Find more tips and recipes at www.savethefood.com

Until next time eat it up, don't throw it out my friends.