



## SmartTalk Blog

### 4 Smart Strategies for Reducing Food Waste [Checklist]

Posted by The PlainSmart Team on Nov 17, 2016 11:42:52 AM



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#### Food: It's just too good to waste.

According to the Environmental Protection Agency (EPA), experts estimate that wasted food on average costs a family of four about \$1,600 a year! Fresh fruit and vegetables are the largest percentage of household waste, although meat is the most expensive portion.



### Welcome to SmartTalk, our PlainSmart Wellness and Weight Management blog.

Stop by often for:

- Practical tips for good nutrition
- Activity and exercise strategies
- Healthy and delicious recipes
- Events and specials
- The newest science in wellness and weight management
- Good news about what's going on at PlainSmart!

### Diabetes? Kidney disease?

We now accept Medicare for Medical Nutrition Therapy. Call us at 720-214-7949 for more information.

## The EPA recommends these four strategies when feeding our households. Download their helpful checklists!

1. Make a list with meals in mind. This leaves flexibility to buy what's local and seasonal, such as from a farmers' market. Check what you already have on hand and consider how many meals you'll eat at home before you go shopping. Buy no more than what you expect to use, so you will be more likely to keep it fresh. You'll waste less, eat better, and save time and money!
2. Store fruits and vegetables for maximum freshness. Did you know that some fruits and vegetables last longer *outside* the fridge? By storing fruits and veggies for maximum freshness, they'll taste better and last longer, helping you eat more of them.
3. Prepare now, eat later. Prepare perishable foods soon after shopping. It will be easier to whip up meals later in the week, saving time, effort, and money. For example, when you get home from the store, take the time to wash, dry, chop, dice, slice, and place your fresh food items in clear storage containers for snacks and easy cooking.
4. Eat what needs eating first. When you're mindful of older ingredients and leftovers you need to use up, you'll waste less and may even find a new favorite dish in the process. One way to do this is to move food that's likely to spoil soonest right to the front of the shelf. Another is to think ahead for "flexible" recipes. Casseroles, soups, and smoothies are great ways to use leftovers and odds and ends.



### Reducing wasted food has social, environmental, and economic benefits.

By making small changes in the way we shop for, store, and prepare food, we can toss less, eat well, simplify our lives, and save money.

We'll also keep valuable resources used to produce and distribute food from going to waste.

Talk to one of us at PlainSmart if you would like to know more about putting your food to best use!

reach out to an RDN

Have something to say? Please comment below!

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