

Thrive

August Toolkit

GO
FURTHER
with
FOOD





GO FURTHER *with* FOOD

Go Further with Food promotes fueling your body to be more physically active or energized and making your groceries and meals last longer. The goal is to eliminate waste, make the most of your personal resources, and keep you feeling energized all day long. The nutrition theme encourages us to achieve this goal and enjoy all the benefits of healthy eating habits while cutting back on food waste. If we learn how to manage our food resources we will save money and nutrients and gain long-term healthy habits.

With about **90 billion pounds** of edible food going uneaten every year in the United States at an estimated cost of \$370 per person, food loss and waste is a growing concern. Once we begin to address this issue, we can save money, protect natural resources and improve food access.



IMPACTS OF FOOD LOSS AND WASTE

- Food waste is the single largest component going into landfills.
- Wholesome food is sent to landfills instead of feeding people in need.
- Producing, processing, transporting, preparing and storing food, as well as disposing of discarded food, uses inputs such as water, land, labor and energy that could be available for other useful purposes.

LET'S RAISE AWARENESS ABOUT HOW WE EACH CAN PLAY A PART IN REDUCING FOOD LOSS AND WASTE. WHAT CAN YOU DO?

HERE ARE SOME WAYS YOU CAN MAKE SMALL CHANGES:



PLAN AND SAVE

Develop a game plan before heading to the grocery store so you can rethink your food choices, pick healthier options and save money.

BE FOOD SAFE

Follow four simple steps for food safety:

1. Clean (wash hands and surfaces often).
2. Separate (don't cross-contaminate).
3. Cook (cook to the right temperature).
4. Chill (refrigerate promptly).

CHECK FOR QUALITY

Follow the "use by" date recommended by the manufacturer for peak quality use.

STORAGE REMINDERS

Educate yourself on how different storing methods affect a product's shelf life and maximize freshness and quality of your food. The FoodKeeper app, created by the USDA, helps you do just that.

BE ORGANIZED

Clean your refrigerator and freezer to prevent foodborne illness. Make sure your fridge temperature is set at or below 40° F.

REPURPOSE AND FREEZE EXTRA FOOD

One of the best ways to save money and be multicreative is to make new meals out of fresh or frozen leftovers. As a starter, you can make your own chicken stock using leftover bones and skin and vegetables.

DONATE

Donate nonperishable and unspoiled food, including leftovers from events and your surplus food inventory, to food pantries and food banks.



RECYCLE AND COMPOST

Recycle aluminum, plastics and paper. Composting is a way of recycling organic materials that keeps them out of the landfills while improving the soil.

RESOURCES

FOOD SAFETY

Food Safety Basics

USDA FoodKeeper App

FOOD RECYCLING

Save the Food

Food Donation

FOOD PREPARATION & PLANNING

Freezing Food

Healthy Eating on a Budget

Recipes, Cookbooks, and Menus