



SHOP SMART EAT WELL

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...a quarterly bulletin from the UC CalFresh Nutrition Education Program

Trim Your Food Waste to Stretch Your Food Budget

How many times have you found moldy food in the back of your refrigerator that had to be tossed? Have you ever tasted something at the grocery store and bought a large package of it only to discover that your family didn't like it or got tired of eating it?

Most of us accidentally waste some food. According to the U.S. Department of Agriculture, we toss 1,249 calories per person per day. That's more than half of the daily energy needs of an average person!

Tossing food is like throwing money away. You can avoid waste with these tips:

- ⇒ **Plan your meals and bring a grocery list to the store.** Avoid impulse buys during taste tests in the grocery store. Ask yourself: Will we eat an entire package of this food?
- ⇒ **Avoid buying overripe, bruised fruits and vegetables, or use them right away.** Bruised fruits and vegetables are more likely to spoil because germs grow more readily in the bruised areas.
- ⇒ **Freeze your leftover fruits, vegetables, and other foods.** Check out Sacramento Master Food Preservers for tips on freezing: <http://nchfp.uga.edu/how/freeze.html>.
- ⇒ **Think about bulk purchases.** Will your family eat it all, or can it be stored properly to maintain freshness?



Freeze bananas before they become rotten. Use in smoothies or banana bread.

Trim Your Food Waste (continued)

- ⇒ **Don't forget your leftovers.** Use your leftovers as lunches. Remember: Your leftovers will remain safe to eat for three to four days, if they are stored in your refrigerator.
- ⇒ **Repurpose your leftovers.** Make casseroles, soups, stir-fry, quesadillas, omelets, and quiche using what you have on hand.

Source: NDSU Extension Service Food Wise

Basic Quiche

Serves: 6 Cooking time: 30-40 minutes

This is a great way to use up leftover vegetables, chicken, or meat.

Ingredients

- 1 unbaked pie crust (9-inch)
- 1 cup vegetables, chopped (broccoli, zucchini, mushrooms, etc.)
- 1/2 cup cheese, shredded
- 3 eggs, beaten
- 1 cup non-fat milk
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder

Directions

1. Preheat the oven to 375°F.
2. Cook the vegetables until slightly tender, but still crisp. (*You can substitute with leftover cooked vegetables.*)
3. Put the cooked vegetables and shredded cheese into a pie shell.
4. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
5. Pour the egg mix over the cheese and vegetables
6. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.

Adapted from USDA Mixing Bowl



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