



# SHOP SMART EAT WELL

Spring  
2018

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

## Food Waste

March 5-9, 2018 was Food Waste Week. Food waste is something that concerns all of us, and not just for a week. Here's why:

- America is losing up to 40% of its food from farm to fork to landfill.
- **On average, a family of four pays about \$1,500 toward 1,000 pounds of food ultimately thrown in the trash every year.**
- Unused food also wastes enormous quantities of land, water, energy, fertilizer, and human resources.
- In California, nearly 5 million people are food insecure without consistent access to enough food for an active, healthy life.
- Roughly 1 in 8 Californians are experiencing hunger, and 1 in 5 of those are children.
- Food waste is also the largest component sent to landfills in the US.
- The food waste in landfills decay into methane, a powerful greenhouse gas linked to climate change.



### What Can You Do to Prevent Food Waste at Your House?

- Keep a list of perishable foods on your refrigerator, so that you remember to use them before they spoil.
- Buy only enough fresh fruits and vegetables for your family to eat in a reasonable time.
- Keep frozen and canned vegetables on hand, so you don't need to worry about spoilage.

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# Preventing Food Waste at Home (continued)

- Check to see foods on hand when you are planning your menu/making your shopping list for the coming week.
- Date leftovers, so that you remember to use them within four days.
- Freeze leftovers immediately, so you have another meal already made for one of those hectic days.

*Swiss chard is now in season and available at your local farmers' market. If you can't get fresh, try substituting frozen chard or spinach.*



## Swiss Chard Savory Pie

Serves: 6-8    Cooking time: 35-40 minutes

*This can also be made in muffin tins for personal-size pies.*

### Ingredients

- 1 large bunch Swiss chard
- 3 green onions, white and green chopped
- 2 garlic cloves, chopped
- 2 tablespoons vegetable oil
- 4 eggs
- 1 cup shredded cheese
- ¼ cup grated Parmesan cheese, optional
- ½ cup milk



### Directions

1. Preheat oven to 375°F. Wash chard; remove leafy green part from stalk. Chop stalks and add to green onions. Chop leaves and set aside.
2. In a large sauce pan, sauté garlic in oil until golden. Add green onions, chard stalks and a little water. Cook until tender. Add chopped chard leaves; cook a few minutes more.
3. In a large bowl, lightly beat the eggs then combine the cheese and milk. Add onion-chard mixture and mix well.
4. Pour into a greased 9" pie pan or muffin tins for personal-size pies.
5. Bake for 35-40 minutes until eggs are set.

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