



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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