



SHOP SMART EAT WELL

Fall
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..a quarterly bulletin from CalFresh Healthy Living, UCCE Placer and Nevada

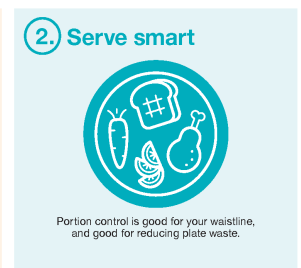
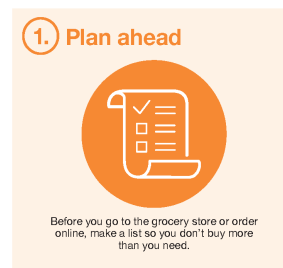
Reduce Food Waste and Stretch Your Budget

How many times have you found moldy food in the back of your refrigerator that had to be thrown away?

Most of us accidentally waste some food. According to the U.S. Department of Agriculture (USDA), the average American [family of four loses \\$1,500 to uneaten food each year](#). With the rising cost of food, reducing food waste is an important key to stretching your food budget.

Reduce food waste and save money with these tips:

1. [Plan ahead](#). Before you go to the grocery store or order online, check what you have on hand. Then plan your meals and make a list so you don't buy more than you need.
2. [Serve smart](#). Use a smaller plate and don't overfill it. Portion control is good for your waistline and good for reducing plate waste.
3. [Love your leftovers](#). Pack leftovers in shallow containers and mark the contents and date. Refrigerate and use within 3 to 4 days or freeze immediately.
4. [Compost, don't trash](#). Food scraps can be recycled into compost to help plants grow. Learn more about composting from [UC Master Gardeners](#).



Source: <https://www.usda.gov/foodlossandwaste>

Trim Your Food Waste—Additional Tips

- ⇒ Freeze your leftover fruits, vegetables, and other foods. Check out these [tips on freezing foods](#) from the [National Center for Home Food Preservation](#). Questions about preserving your food? You can ask a [UCCE Master Food Preserver](#).
- ⇒ Repurpose your leftover vegetables, grains, and meats. Make casseroles, soups, stir-fry, quesadillas, omelets, and quiche using what you have on hand.

Freeze bananas and other fruits before they become rotten to use in smoothies.



Basic Quiche

Serves: 6 Cooking time: 30-40 minutes

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

Ingredients

- 1 unbaked pie crust (9-inch)
- 1 cup vegetables, chopped (broccoli, zucchini, mushrooms, etc.)
- 1/2-1 cup leftover cooked chicken, ham, or other meat (optional)
- 1/2 cup cheese, shredded
- 3 eggs, beaten*
- 1 cup fat-free (skim) milk
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder

*Wash hands after handling raw eggs.

Directions

1. Preheat the oven to 375°F. Wash hands.
2. Cook the vegetables until slightly tender, but still crisp. (You can substitute with leftover cooked vegetables.)
3. Put the cooked vegetables, optional cooked meat, 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, optional meat, and vegetables.
6. Bake for 30-40 minutes, or until it reaches 160°F and a knife inserted near the center comes out clean.

Adapted from USDA Mixing Bowl

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