

# **Food: Too Good To Waste**

Did you know that over 25% of what goes into the Iowa City Landfill is food waste? That is over 34,000 tons of food waste each year.

What a waste of resources and money!

The *Food: Too Good To Waste* (FTGTW) toolkit helps us reduce food waste by making us more mindful of food at every stage, from the grocery store to the fridge. You can start reducing food waste today with these five FTGTW strategies:

**Get Smart:** See How Much Food You Are Throwing Away

**Smart Shopping:** Buy What You Need

**Smart Storage:** Keep Fruits and Vegetables Fresh

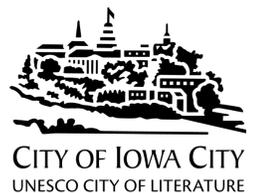
**Smart Prep:** Prep Now, Eat Later

**Smart Saving:** Eat What You Buy

[icgov.org/organics](http://icgov.org/organics)



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# **Get Smart: See How Much Food You Are Throwing Away**

According to the Natural Resources Defense Council, about 76% of Americans think they waste less food than a typical American. Are you one of them?

In order to reduce food waste in your home, you need to first understand the types and amount of food being wasted.

## **Get Smart: Take the Challenge**

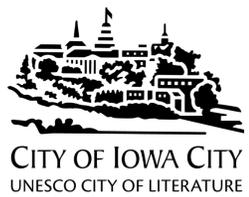
### **The Food: Too Good to Waste Challenge**

will help you figure out how much food is really going to waste in your home and what you can do to waste less. By making small shifts in how you shop for, prepare, and store food, you can save time and money, and keep the valuable resources used to produce and distribute food from going to waste!

Don't have access to a scale? Become more mindful of how much food you are wasting by making a list of items that get thrown out.



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# **Smart Shopping:** **Buy What You Need**

How much money do you spend on food each week? When we waste food, we also waste all the money we spent buying it!

**Reduce Food Waste = Save Money**

## **Smart Shopping Tips:**

### **The Smart Shopping: Shop With Meals in Mind tool**

provides an easy-to-use template for making shopping lists that prevent food from being wasted. It is designed to encourage meal planning and create awareness around how much food will be needed for upcoming meals.

**Shop your fridge** and cupboards first to avoid buying food you already have.

**Buy fresh ingredients** in smaller quantities more often.

**Choose loose fruit and vegetables** over pre-packaged produce.



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# **Smart Storage:** **Keep Fruits and Veggies Fresh**

We waste fruits and vegetables most often. Learn the best ways to store fruits and vegetables to keep them fresher longer!

## **Smart Storage Tips:**

### **The Fruit and Vegetable Storage Guide**

helps identify which fruits and vegetables are best stored inside or outside of the fridge.

### **Eureka Recycling's A to Z Food Storage Tips**

provides helpful storage tips on almost any food.

**Separate very ripe fruit** from fruit that isn't as ripe. Many fruits give off natural gases as they ripen, making other produce spoil faster.

**Have produce that's past its prime?** It may still be fine for cooking sauces, pies, casseroles, or smoothies.

**Use your freezer.** If you can't eat a food in time, you can often freeze it for later.



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# **Smart Prep:** **Prep Now, Eat Later**

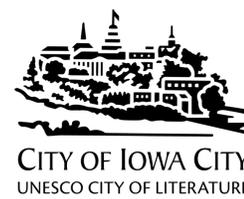
By washing those berries or cutting up that melon right when you get them home from the grocery store, they are more likely to be eaten!

## **Smart Prep Tips:**

### **The Preserving Food: Freezing Prepared Foods Guide**

provides tips on freezing and recommendations to specific food items and meals. Prepare and cook perishable items, then freeze them for use throughout the week. For example, bake and freeze chicken breasts or fry and freeze taco meat.

**When you get home from the farmers market, store, or garden, take the time to wash, dry, chop, dice, slice and place your fresh food items in clear storage containers for snacks and easy cooking.**





# **Smart Saving:** **Eat What You Buy**

Most importantly, we need to pay attention to the food that is already in our kitchens to make sure we use it up.

## **Smart Saving Tips:**

**Be mindful of old ingredients** and leftovers you need to use up. You'll waste less and may even find a new favorite dish.

**Move food that's likely to spoil soon to the front** of a shelf or designated "eat first" area. Print out an **"Eat First" label** to stick on a box or shelf.

**Casseroles, frittatas, soups, sauces, and smoothies** are great ways to use leftovers and odds and ends. These sites provide suggestions for using leftover ingredients:

<http://greatist.com/health/leftovers-meals-healthy-recipes>

<http://www.bigoven.com/recipes/leftover>

**Have leftovers? Store them in lunch-sized portions** so they are ready to go the following morning or plan a leftover night each week. Make a list each week of what needs to be used up and plan meals around it.



# ***The inevitable* banana peel...**

No matter how amazing we are at reducing food waste, we will always have the banana peels, meat bones, and egg shells! These are called **non-edible food waste**.

A great option for this type of food waste is composting. **Composting** is the process of turning organic material such a food waste into compost, a natural soil amendment.

## **Composting in Iowa City:**

### **Curbside Organics Collection**

If you receive curbside trash collection, you also receive curbside organics (food waste + yard waste) collection.

Visit [www.icgov.org/organics](http://www.icgov.org/organics) to learn how to participate.



Don't have curbside collection? There are a number of local food waste haulers that will pick up food scraps where you live or work.

### **Composting at the Iowa City Landfill and Recycling Center**

Iowa City residents can take food scraps to the Iowa City Landfill and Recycling Center to be composted at no cost.

### **Backyard Composting**

For information on how to backyard compost, see the

[Composting at Home Guide](#).

