

Food Waste & Food Preservation

Reduce Food Waste Through Preservation

We often consider food as disposable. We throw away uneaten food that could be preserved with a little planning.

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. Freezing keeps the natural color, fresh flavor, and nutritious qualities of most foods than other methods such as canning and drying.



Freezing for Food Preservation

- 1. What to Freeze:** You can freeze almost any food. A list of foods, freezing instructions and other great food preservation instructions can be found here:
 - [The National Center for Home Food Preservation, How Do I Freeze \(http://www.uga.edu/nchfp/how/freeze.html\)](http://www.uga.edu/nchfp/how/freeze.html)
- 2. How to Freeze & Store Foods:**
 - Freeze and store food at 0°F or lower for the best quality.
 - Freeze foods as soon as they are packed and sealed.
 - Do not overload the freezer with unfrozen food.
 - Leave space among new, warm packages so the cold air can circulate freely around them. When the food is frozen, stack and store the packages close together if desired.
- 3. Freezing Tips:** For best results, freeze room temperature foods, remove all air from freezer bags, and eat within 3 to 6 months of freezing. For best quality, post a list of frozen foods with freezing dates near the freezer and check packages off the list as they are removed.

Barbecue Beans

Makes: 6 Servings

Ingredients:

1-pound dry pinto beans	$\frac{3}{4}$ cup barbecue sauce
4 cups hot water	$\frac{1}{2}$ cup ketchup
2 onions , chopped	1 $\frac{1}{2}$ teaspoons mustard
1 tablespoon chili powder	2 dashes hot sauce or to taste

Instructions:

1. Mix beans, water, onion, and chili powder in large pot.
2. Cover and cook on LOW for 7 hours or until tender. Drain.
3. Stir in barbecue sauce, ketchup, mustard, and hot sauce.
4. Cook on high for 15 minutes or until heated through.

Nutrition Facts:

Serving size: 1/6 of recipe, Total Calories: 345, Total Fat: 1g, Saturated Fat: 0g, Carbohydrates: 69g, Protein: 16g, Fiber: 10g, Sodium: 609 mg

