

Food Waste: Smart Storage

Smart Food Storage Means Less Food Waste

More than 40% of food in the United States is wasted each year.

Improper food storage contributes significantly to this food waste.

Many people are unsure how to store fruits and vegetables, which can lead to premature ripening and, eventually, rotten produce.



How to Store Your Produce and Make it Last:

- 1. What goes inside the fridge** – Apples, berries, & grapes. When ripe, citrus fruits, melons, peaches, nectarines, plums, avocados, pears, tomatoes, and almost all vegetables & herbs.
- 2. What stays outside the fridge** – Bananas, mangos, papayas and pineapple are stored in a cool place; potatoes and onions in a cool, dark place; basil and winter squash are stored at room temperature.
- 3. More tips** – Some fruits give off natural gases that speed up the spoilage of other nearby produce. Store bananas, apples & tomatoes by themselves and store fruits & vegetables in different bins. – Consider storage bags and containers designed to help extend the life of your produce. – To prevent mold, wash berries just before eating.

Potato Cakes

Serves: 7

Ingredients:

2 cups potatoes (cold & mashed)	2 tablespoons onion (finely chopped)
½ cup flour (all-purpose)	2 tablespoons vegetable oil
	Garnish: Low fat sour cream or salsa

Instructions:

1. Put mashed potatoes into a bowl.
2. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until 1/2 inch thick.
4. Cut with a 3-inch-round cutter.
5. Place on a baking sheet, cover and refrigerate until ready to cook.
6. Heat oil in a frying pan or griddle.
7. Fry cakes over medium heat, turning to brown on both sides.
Serve immediately.

Nutrition Facts:

Serving size: 1, 3" pancake, Total Calories: 101, Total Fat: 4g, Saturated Fat: 1g
Carbohydrates: 15g, Protein: 2g, Fiber: 1g, Sodium: 3mg

