United States Department of Agriculture

Let's talk **trash.**



*Cut back on **food waste and loss** to save money, improve access to food, and protect natural resources.*



About **90 billion** pounds of edible food goes uneaten each year.*



That weighs **123x** the Empire State Building.

This costs consumers **$370** per person each year.

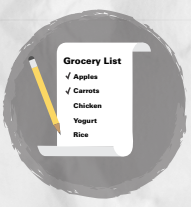


Grains	Fruit	Protein Foods**	Vegetables	Dairy	Added Fat & Sugar
$22	$45	$140	$66	$60	$37



Reduce **wasted food** in your home with simple shopping, storage, & cooking practices.

WHAT YOU CAN DO



Plan & Save

Plan your weekly menu and make a grocery list. Does the list include food that you already have at home? Buy only what you need and stay within your budget.



Be Food Safe

Shop refrigerated or frozen foods just before checking out. Transport items that spoil easily in a cooler or thermal bag and refrigerate or freeze within two hours of shopping.



Check for Quality

Dates on a food package help the store determine how long to display the product for sale. It can also help you to choose a product at its best quality.



Storage Reminders

Track storage times for different foods using The FoodKeeper Application. This tool will remind you when foods are near to the end of their storage date.



Be Organized

Foods are less likely to go bad when you use the older items first. Keep your pantry and refrigerator clean and organized so you can see what needs to be eaten first.



Re-purpose

Give leftovers a makeover when you reuse them in recipes. Add broccoli stems to a salad or blend overripe fruit into a low-fat smoothie. Freeze extra food.



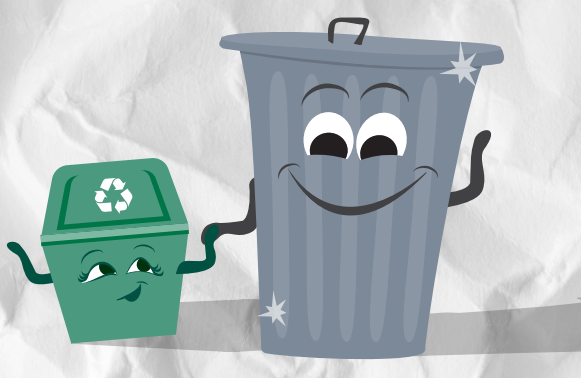
Donate

Many shelters, food banks, and faith-based organizations will accept food donations to feed others who need a meal.



Recycle & Compost

Instead of throwing out food, create a compost bin. Don't have a yard? Your city may help you find composting or recycling options that are right for you.



*In homes and away-from-home eating places.

**Protein foods includes meat, poultry, fish, eggs, and nuts.

Sources:
All sources are available at **ChooseMyPlate.gov/letstalktrash**

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.
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What's Cooking? USDA MIXING BOWL

BROWN RICE 5 WAYS

1



Fried Rice

+ Brown rice
+ Carrot
+ Bell pepper
+ Onion
+ Broccoli
+ Soy sauce
+ Vegetable oil
+ Eggs
+ Chicken
+ Spices to taste

Caribbean Casserole

2



+ Brown rice
+ Onion
+ Stewed tomatoes
+ Green pepper
+ Black beans
+ Oregano leaves
+ Canola oil
+ Spices to taste

3



Fiesta Rice Salad

+ Brown rice
+ Broccoli
+ Carrots
+ Red onion
+ Tomatoes
+ Green pepper
+ Kidney beans
+ Cilantro
+ Spices to taste

Cheesy Broccoli Rice Squares

4



+ Brown rice
+ Broccoli
+ Onion
+ Cheddar cheese
+ Eggs
+ Fresh parsley
+ Evaporated milk
+ Worcestershire sauce
+ Spices to taste

5



Black Bean Burgers

+ Brown rice
+ Black beans
+ Egg
+ Scallions
+ Cilantro
+ Oregano or basil
+ Garlic
+ Vegetable oil
+ Whole wheat buns
+ Spices to taste

For more information about these recipes go to: www.whatscooking.fns.usda.gov

ChooseMyPlate.gov

PUMPKIN

5 Ways



Pumpkin Pancakes

+ Pumpkin
+ Pumpkin pie spice
+ Flour
+ Brown sugar
+ Baking powder
+ Egg
+ Vegetable oil
+ Salt
+ Milk, low-fat

Pumpkin Pudding

+ Pumpkin
+ Pumpkin pie spice
+ Salt
+ Milk, low-fat
+ Vanilla pudding



Cranberry Pumpkin Muffins

+ Pumpkin
+ Flour
+ Sugar
+ Baking powder
+ Cinnamon
+ Vegetable oil
+ Eggs
+ Cranberries
+ Allspice



Pumpkin Smoothie

+ Pumpkin
+ Milk, low-fat
+ Orange juice
+ Banana
+ Light brown sugar
+ Ice cubes
+ Cinnamon



Pumpkin & White Bean Soup

+ Pumpkin
+ Apple juice
+ Onion
+ Water
+ Cinnamon
+ Black pepper
+ Salt
+ Nutmeg, allspice, or ginger

Find these pumpkin recipes here: **http://bit.ly/2dwmRyX**
For more recipes go to: **www.whatscooking.fns.usda.gov**

What's Cooking?

Frozen Broccoli Five Ways

Cream of Broccoli Soup



+ Frozen broccoli
+ Chicken broth
+ Milk (non-fat)
+ Onion
+ Thyme
+ Bay leaves
+ Margarine
+ Flour
+ Salt
+ Pepper
+ Garlic powder



Brag About it Bread Bake

+ Frozen broccoli
+ Eggs
+ Egg whites
+ Milk (non-fat)
+ Cheddar cheese (low-fat)
+ Onion
+ Bread
+ Chicken

Magic Crust Quiche



+ Frozen broccoli
+ Onion
+ Cauliflower
+ Cheddar cheese (low-fat)
+ Eggs
+ Milk (low-fat)
+ Vegetable oil



Broccoli and Corn Bake

+ Frozen broccoli
+ Cream-style corn
+ Egg
+ Margarine
+ Saltine crackers

Macaroni and Cheese with Broccoli



+ Frozen broccoli
+ Elbow macaroni
+ Flour
+ Milk (low-fat)
+ Cheddar cheese (low-fat)
+ Pepper

Find these broccoli recipes here:
https://choosemyplate.gov/5-ways-series

What's Cooking? USDA MIXING BOWL

MyPlate Word Blanks:

"Winter Feast"

How to play: Fold the paper in half so that the story is hidden. Read the Word Blanks below and fill in a word for each one. Match the numbered words from your word list with numbered blanks in the story. When you've finished, read your funny story out loud! You can also play with friends by writing down their choices for the word list, adding their words to the story, and then reading their special story back to them.

WORD LIST

1. Boy's name: _____
2. Verb (past tense): _____
3. Noun (plural): _____
4. Verb (ending in "ing"): _____
5. Noun (plural): _____
6. Noun (plural): _____
7. Shape: _____
8. Adjective: _____
9. Vegetable (plural): _____
10. Adjective: _____
11. Vegetable (plural): _____
12. Man's name: _____
13. Vegetable (plural): _____
14. Name: _____
15. Noun (plural): _____
16. Protein food: _____
17. Fruit (plural): _____
18. Noun: _____
19. Adjective: _____
20. Adjective: _____

---------- Fold Here ----------



"Winter Feast"

(1)_____ (2) _____ out of bed and pulled up the shades to his window. He looked outside and saw (3)_____ falling from the sky. The winter holiday season was (1)_____'s favorite time of the year. His whole family was coming over for dinner today and he wanted to surprise them by (4)_____a pizza feast!

It was time to hit the kitchen. His mom heated the (5)_____, while (1)_____ mixed dough for the crust with his (6)_____ -- after washing them first, of course. His mom had bought whole wheat flour at the store, which he kneaded into a perfect (7) _____ crust, rolling it out nice and (8) _____.

(9) _____ were his favorite vegetables, which he blended up with some tomatoes for the sauce. Then he sprinkled some low-fat (10)_____ cheese on top of that -- making a smiley face just for fun. The toppings were the best part! He used everyone's favorites: (11)_____ for Uncle (12)_____, (13)_____ for Cousin (14)_____, and (15)_____ for Grandma. Next, he threw on some (16)_____ for his mom, who loved her protein. Then it was time for his secret ingredient: (17)_____! He thought fruit would add a little extra fun!

His mom popped it in the (18)_____ to bake it and it smelled great! And it was ready just in time, too! As the family arrived at the front door, he announced, "On tonight's menu, we have (1)_____'s World-Famous (19)_____ Pizza! So come on in and dig in!" And that's just what they did! The evening was (20)_____ and merry, as they ate together around the fire.