

BROOKE CROUCH

BLC5ZR

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UNIVERSITY OF VIRGINIA

THREE SURPRISING FACTS

1. THE MOST IMPORTANT THING IN JUDGING FOOD SAFETY IS THE TEMPERATURE IT REACHES, NOT ITS SELL-BY OR BEST-BY DATE. THE "DANGER ZONE" IS BETWEEN 40 AND 120 DEGREES FAHRENHEIT, DEPENDING ON DIFFERENT FOODS. THE DATES PUT ON FOODS ARE ONLY SUGGESTIONS OF WHEN THE FOOD IS AT ITS BEST, NOT WHEN IT IS SAFE TO CONSUME.
2. ONE THING THAT SURPRISED ME WAS THE AMOUNT OF RECIPES ON THE WEBSITE THAT USED FOOD SCRAPS! AT MY HOUSE, THE ONLY THINGS WE USE FOOD SCRAPS FOR ARE MAKING VEGETABLE BROTH, AND MAKING COMPOST. IT WAS VERY INTERESTING TO SEE THE DIFFERENT WAYS WE COULD BE USING OUR SCRAPS THAT MAKE THEM INTO ACTUALLY DELICIOUS FOODS!
3. MANY RESTAURANTS ARE NOW OFFERING HALF PORTIONS OF MEALS SO THAT DINERS CAN TRY DIFFERENT DISHES WITHOUT PURCHASING TOO MUCH FOOD. OFTEN LEFTOVERS ARE NOT EATEN, WHICH PRODUCES A LOT OF WASTE. HALF-PORTIONS AT RESTAURANTS ALLOW AN EASY WAY TO REDUCE WASTE! THAT ALSO MEANS LESS PLASTIC AND STYROFOAM TO-GO CONTAINERS ARE BEING USED, WHICH MEANS LESS IN LANDFILLS!

4.

HOW TO MAKE THE MOST OUT OF MY FOODS

I LIVE IN A DORM, SO I DO NOT HAVE VERY MANY THINGS IN MY REFRIGERATOR/PANTRY. HOWEVER, I DO MAKE MY OWN BREAKFASTS, SO I HAVE ALL OF THE INGREDIENTS FOR BLUEBERRY BANANA OATMEAL IN MY ROOM!

BANANAS



MOST OF THE BANANAS I GET ARE FROM THE DINING HALL, AND THEY ARE NEVER RIPE. THEY ARE ALWAYS VERY GREEN OR INCREDIBLY OVER RIPE! HOWEVER, HERE ARE SOME WAYS I CAN SALVAGE THEM:

UNRIPE BANANAS:

- KEEP OUT OF THE FRIDGE UNTIL THEY ARE RIPE
- THEY WILL LAST 5-7 DAYS, SO GET SOME AT THE BEGINNING OF THE WEEK TO LAST THE WHOLE WEEK

OVER RIPE BANANAS:

- PUT IN THE FRIDGE TO STOP THEIR RIPENING
- LAST FOR 1-2 DAYS, SO EAT FAST!
- IF I'M NOT GOING TO EAT THEM IN 1-2 DAYS, FREEZE THEM WITHOUT THE PEEL ON
- TO SALVAGE BROWN BANANAS, JUST CUT OFF THE WORST BITS AND USE LIKE A NORMAL BANANA!
- MUSHY BANANAS ARE BEST USED IN SMOOTHIES AND MASHED INTO OATMEAL; ANYWHERE THE TEXTURE DOESN'T REALLY MATTER

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OATS



- LAST FOR A YEAR
- SHOULD BE STORED IN AN AIRTIGHT CONTAINER
- STORED IN A DARK, DRY PLACE
- LEFTOVER OATMEAL CAN BE MADE INTO OATMEAL CAKES, PANCAKES, OR BREAD
- CAN BE FROZEN, BUT NOT RECOMMENDED

BLUEBERRIES



- FROZEN BLUEBERRIES LAST FOR A REALLY LONG TIME!
- ONE SMALL BIT OF MOLD IN THE BLUEBERRY BATCH DOESN'T MEAN THE WHOLE BATCH IS RUINED- JUST PICK OUT THE ONES WITH THE MOLD ON THEM
- ONCE THAWED, BLUEBERRIES WILL LAST FOR 10 DAYS
- STORE IN AN AIR TIGHT CONTAINER, NOT IN AN OPEN BOWL TO MAINTAIN FRESHNESS
- FOR BERRIES THAT DON'T TASTE VERY GOOD, SPRINKLE WITH A LITTLE SUGAR AND LET SIT- IT WILL BRING OUT THEIR FLAVOR

Save The Food x Handpick - Enabli x 1 2018 Day 13 Fo... x My Drive - Googl... x Brooke_Crouch_d... x Brooke_Crouch_D... x Facebook x bananas - Google x

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Brooke Crouch Just now

Bananas can last much longer than you might think using a few helpful tips:

Unripe bananas:
Keep out of the fridge until they are ripe
They will last 5-7 days, so get some at the beginning of the week to last the whole week

Over ripe bananas:
Put in the fridge to stop their ripening
Last for 1-2 days, so eat fast!
If not going to eat them in 1-2 days, freeze them without the peel on to preserve them

To salvage brown bananas, just cut of the worst bits and use like a normal banana!

Mushy bananas are best used in smoothies and mashed into oatmeal; anywhere the texture doesn't really matter

Turning GreenU-Konserve #savethefood #PGC2018



PROJECTGREEN CHALLENGE

TG Campus Reps 2018 45 members + Join



Sustainability Council 106 members

Chat

Dana Raphael 1h

Jennifer Locasale-Crouch 1h

Friend Requests

Missy C Evans Jennifer Locasale-Crouch is a mutual friend. Confirm Friend

Deborah C Nolen Jennifer Locasale-Crouch is a mutual friend. Confirm Friend

Lily Simon Dana Raphael is a mutual friend. Confirm Friend

bana.jpg

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