

# Day 13- Food Waste

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One surprising fact that I found on the [www.savethefood.com](http://www.savethefood.com) website was how easy it is to freeze food and prepare it before you eat it. I was surprised by how you can take leftovers and freeze them, then a week later simply defrost and enjoy. My family never did this so I had no idea it was actually practicable.

Another fact that I learned is that by using a shopping cart when you shop, you are subconsciously buying more because you have the space to do so. By using a hand basket, you'll be more cautious of what you're choosing. This is a really interesting fact and tip that I will definitely be using from now on! The last fact that I found on the website was that by removing a burnt portion of you meal, putting it into a new pot and covering it with a damp cloth for 10 minutes will

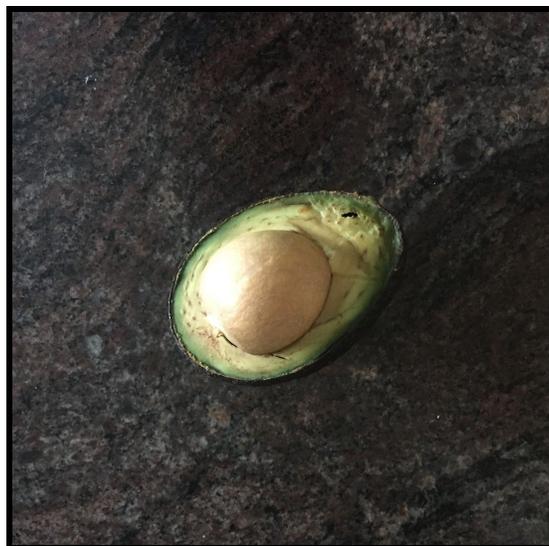
remove the burnt taste. This could save an entire meal from being thrown out. While reading these facts, I also found so many amazing resources on the Save the Food website, such as how to use your food scraps when cooking or the Guest-imator which helps you make the right proportions when cooking to prevent waste. It's so helpful and a very interesting/useful source!



These two bananas, although spotted and slightly browning, are still fine to eat! However, I'd say in a few days when they're even more brown, I could make some very delicious banana bread with them! This would be if I don't eat them by then. If they were slightly more bruised, the website recommends just cutting off the bruised parts, or as my mom would tell me... just eat it.



I really love pine nuts, but I'm always lost when it comes to incorporating them into my meals. After finding them on the website, I found that you can actually freeze pine nuts (and other tree nuts) for up to 9 months or refrigerate them for 3 months! That will give me plenty of time to figure out how I want to use them while they stay fresh.



This half an avocado is perfectly fine to eat right now, but I've noticed that before I know it, it's brown and unappetising. Avocados are pretty expensive too, so if there's any hope in saving hats left, I'll do it! When it turns brown, according to the website, all I need to do is remove the oxidized parts, which I generally do. If I want to extend its life, I could put a little bit of lemon

juice on top and refrigerate it.  
My Instagram post!

