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Day 13: Greener

One of the things I learned while on the save the food website is that 40% of all food gets wasted and in the same turn we also are wasting water, labor, and money. In fact, in a family of 4, \$1500 of food is wasted.

Another thing I learned in the sight was that the item that is most likely to be tossed is seafood at 50% tossed, but fruits and vegetables is right behind it at 49% tossed. That is a huge quantity of food being wasted especially since we are overfishing the oceans and are running out of seafood options.

The last thing I learned was how much water is wasted when we maker food. Things like meats are the largest consumption of water because one pound of beef is equivalent to a 370 minute shower. That's a 6 hour long shower! This really put into perspective for me how much is actually being wasted when we waste food. The food is not the only thing being thrown away, as a lot of other resources are also reflected.



For butter a good way to make the most of it is to refrigerate it. One you open it however, the easiest way to preserve it is by freezing it. In fact, if you freeze fresh butter in a tight container, it can last for up to 9 months. However, if it opened, another way to preserve it is to store it in the original package in the cooler parts of the refrigerator. Even if the butter gets hard in certain spots, once scraped off the rest of it is still edible. A final great way to use up all the butter is by using it to grease pans with the wrappers which could have some butter residue on them.



After an avocado has ripen, the best way to keep it fresh is to refrigerate it whole. If you want to optimize the preservation, another way is to freeze pureed avocado that is mixed with lemon juice. This will help keep the avocado puree frozen until used. In order not to waste food, when parts of the avocado or guacamole have turned brown, that means they have oxidized. So while you are able to scrape off those parts, the rest of the avocado or puree that is green is edible. Avocados can also be revived or stored after they've been sliced by placing the remaining parts of the avocado with the pit and some lemon juice in an airtight container. Fruits and vegetables do tend to rot faster, but by using these tips we can easily extend the

preservation period which allows for more storage time which will lead to the total consumption of the produce.



For optimal freshness, bread can be left on the counter for a few days, or in a freezer for up to 6 months. But sometimes, when bread is not stored properly or not consumed within a few days of opening, bread can quickly become stale. Thankfully, stale bread can be reversed by toasting it or reheating it at 140°F (or 60°C). However, there are a plethora of ways to use stale bread rather than just eating it as toast; namely, using stale bread to make bread pudding, panzanella, meatloaf, croutons, or turkey stuffing, just to name a few.

In my experience, using stale bread and refashioning it into bread pudding is a fantastic way to prevent food waste because it transforms boring, unappetizing bread into a wonderful, indulgent dessert. And part of what makes bread pudding so great is that it can be customized and made with endless variations, from cinnamon and raisins to chocolate and fruits.

One of my favorite bread pudding recipes is from Joy the Baker:

<http://joythebaker.com/2016/10/bread-and-butter-pudding/>



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Stale bread or hidden potential? In America 40% of food produced goes uneaten and yet 1 out of 6 Americans face food-insecurity. We can fight this problem together by making the most out of what we eat. Let's stop loafing around before our planet is toast

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