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GREENER DAY 13

FOOD WASTE

I am happy that most of the tips that the page enunciates are practiced at home, we use everything there, and the little that is wasted is given to the pigs and chickens, but being here in the city, it came to me the mind a question, What to do here not to throw away so much food?

Here we usually buy in an excessive way and little proportional to what we eat

I checked my refrigerator and found certain things damaged, and others that I have wrapped and in the refrigerator to avoid damage

It is difficult not to waste food but with some of the advice I read from Save Food and other websites, I know that this waste can be greatly reduced, and thus contribute to this problem that only shows our ungratefulness for what we have and others they do not have, because while we throw food others would like to have it, in addition to producing each food it costs a lot in natural resources to industries and farmers.

Besides that this food is garbage that will pollute the environment to a large extent

1. LEAF CHEESE

This advice caught my attention because I know that every time the cheese is rancid I can use it better, I usually use this cheese when I make arepas, or for pasta, the important thing is to use it in such a way that you do not have to throw it away

In addition, this cheese is made naturally by my family, so it does not have preservatives or chemicals that cause it to age very quickly so it is advisable to use it quickly or know how to refrigerate it.

They also advise me to remove the cheese from its wrapper, sheet, plastic, etc, all this in order to get air, and refrigerate it.

cheese rinds

FROMAGE FORT

Makes 2 cups

This classic spread uses up cheese odds and ends, transforming them into a perfect pairing for crackers, crudités, or baguettes.

<http://www.savethefood.com/cook-it>



2. PARSLEY

These twigs of parsley I thought to throw them away but then to see these tips in SaveFood I decided to investigate more and I saw that there are recipes with this, in addition to boiling to give flavors to certain soups and exquisite dishes.

It can continue to be used even though it is no longer fresh.

cilantro, cilantro

stems

CILANTRO STEM GREEN SAUCE

Makes 1 cup

Serve this sauce alongside grilled veggies, steak, or chicken. Warning: it's highly addictive when paired with grilled bread, tomatoes and goat cheese.

[VIEW RECIPE](#)

<http://www.savethefood.com/cook-it>



3. PLOWS

I am a fan of this vegetable, I could eat it in everything, but sometimes I tend to be a little exaggerated buying them, they are damaged very fast, following the advice of Save Food, I decided to put them in the freezer and I will take out one day before a bag to cook it, the I'll leave them refrigerated to avoid damage



I thought to throw away this banana, because its shell was already a bit black, but I saw the advice and they are right that does not guarantee that it is damaged.



- I was also reviewing the expiration dates of some products and organized them in order of expiration in order to spend them in an order and take advantage of them in a better way.



- ✓ We must follow advice, and try to find alternatives for the conservation of perishable foods and not take the expiration and expiration dates of non-perishable products so seriously because we tend to throw away some due to the fact that they have already passed this estimated date. We do not want this type of thing to happen to us because we are not more cautious and careful
- I have to throw these tomatoes, I feel very sorry to do it, everything was the result of bad decisions of not being cautious in what I buy and how I manage to conserve





valhalla_b2 Today we learned that it is important that you contribute from home being careful and prudent with what you buy and consume, and with some tips that they showed us today, we can keep for longer dairy fruits and vegetables and take advantage of those that are "damaged"
Please human beings be aware of the environmental damage we cause and the number of people in the world who are hungry 🙏🙏 @turninggreenorg