

GREEN

Food Waste

How did this video make you feel and why?

I loved this video. It was a funny way to bring to light the importance of a huge problem in our county, and in the world. I didn't realize how many commercials advertise having unlimited food and how much food must be wasted in order for those restaurants to have an "unlimited" supply. This video was also super informative in terms of statistics that relate to food waste in our country. I had no idea that 40% of our food is wasted. That's a shocking amount. The video clip of the perfectly good food sitting in the landfill was also shocking.

What are three things you could do in your own life to reduce food waste?

- Buy the produce that most people wouldn't choose. Pick the apples with the bruises on them instead of the "clean" ones
- Don't throw away food after the expiration date
- If eating out, bring the leftovers home. Don't let the restaurant throw it away when it could have been saved for later-even if it's just a small amount.

GREENER

Save the Food

3 Most Surprising Facts:

- Food is the number one thing in America's landfills, and it contributes more to climate pollution than all of the cars in Georgia.
- 50% of seafood is thrown out/ wasted
- A quick soak in ice water for 5 to 10 minutes is often enough to reinvigorate wilted veggies.

My 3 items:

Cherry Tomatoes: One way I can make the most out of these is to cut out the cracks in the tomatoes instead of throwing the entire tomato away



Red Onion: I could store the onions in a cool, dark, dry, well-ventilated place. I could also stop storing them in plastic.



Sweet Potato: I could also store my sweet potatoes in cold, ventilated places instead of on top of the microwave

Anjali Mukherji
Anjalimukherji15

Anjali@smarterfoods.com
Belmont University



My Instagram Post:



GREENEST

My Food Waste Meal

Ingredients:

Smoothie:
Peach
Apple
Orange
Greek yogurt
Honey
Water

Eggs:
Tomato
Red onion
Power green mix
Eggs

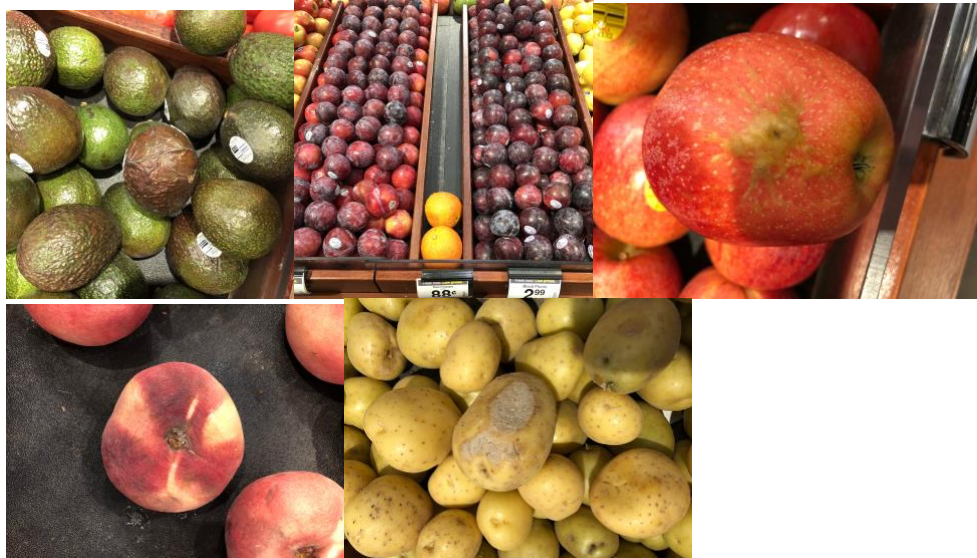
Additional:
Golden potato
cucumber
Avocado

FINISHED PRODUCT:



How I chose my ingredients:

I started by going to the grocery store and picking out ingredients that I thought other may think had “gone bad.” I found an overripe avocado, a golden potato with a giant brown spot on it, an apple with a brown spot, a tomato with several spots, the only two oranges left on the shelf, and a really beat up and discolored peach. Here are some photos of what I found:



After I went to the store, I looked in my refrigerator to see what else I had that was going to go bad soon. I found some yogurt, some eggs, some green power mix, and a cucumber. After deciding on all of my ingredients I basically just made a meal from what I had.

My Instagram post:

