

FOOD FOR THOUGHT

At some point in our lives, we've all probably heard how important it is to make good choices when it comes to food, right? But did you know that making good food decisions can actually help you to save money? We often make poor choices when it comes to purchasing, storing, or consuming food, which leads to food waste and financial loss. A study by the Natural Resources Defense Council found that Americans throw away about \$2,200 of food each year. Think about it, most times our food spoils before we even get a chance to eat it and then we have to throw it away. Let's pledge to make smarter decisions with our meals and put some of that money back into our pockets!

HOW TO PREVENT FOOD WASTE

PLAN AHEAD

Make a list of meals and snacks that you plan to have during the week. This will help keep you organized and make meal planning much easier. You can use a planner like the one on the next page.

Did you know that the average shopper spends about **40% more** when shopping without a list?

skinnytaste
DELICIOUS HEALTHY RECIPES FROM MY FAMILY TO YOURS

For recipe ideas, you can use websites such as: <https://www.skinnytaste.com/>

or <https://mindovermunch.com/recipes/>



mind over munch

Check your pantry and fridge to see what ingredients you have on hand before you go shopping. Doing this will prevent you from wasting money by buying something you already have.

Once you have evaluated what you have on hand, put together a grocery list of items you still need to purchase (make sure to write how much of each item you need). This will take the guesswork out of shopping and help you stay within your budget. No more shopping around aimlessly!

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Healthy eating never tasted so good!



WEEKLY MEAL PLANNER

MONDAY

TUESDAY

WEDNESDAY

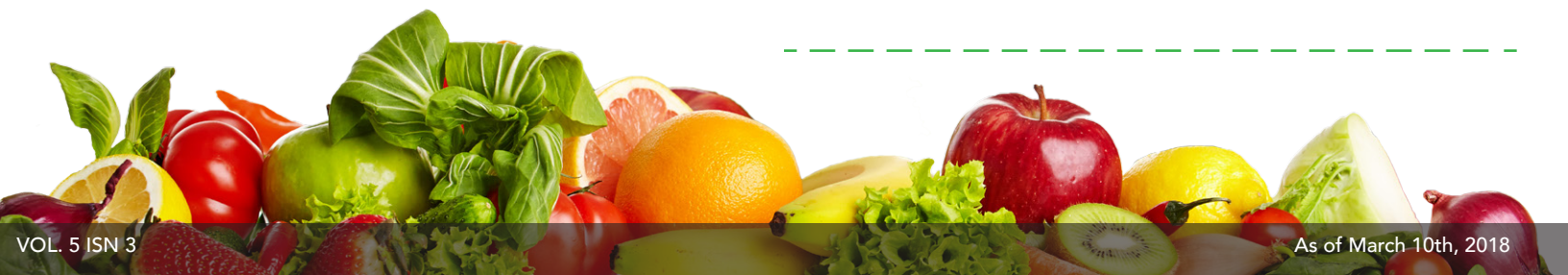
THURSDAY

FRIDAY

SATURDAY

SUNDAY

GROCERIES

[illegible]

MONITOR SHELF LIFE

If we know when foods are going to expire, it helps us figure out how much time we have left to consume them. This will allow us to plan our meals so we eat these foods before they go bad.

An easy way to keep track of expiration dates is to use FIFO (First In, First Out). This means storing the items with the earliest expiration dates in front of items with later dates. Once items have been organized, use items stored in the front first. This will ensure that you are using items in the right order to prevent food waste.

Uh oh! Is something about to go bad and you don't have any meals planned to use up that food item? No worries, you can freeze extra food to extend its shelf life. For more information on refrigerator and freezer storage guidelines, check out:
<https://www.fda.gov/downloads/Food/FoodScienceResearch/ToolsMaterials/UCM430363.pdf>

BE MINDFUL OF PORTION SIZES



1/2 lb. cheeseburger, French fries, 5/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

Take a look at the meal on the left. It's likely we would eat about half of that, then toss the rest in the trash. This meal is clearly large enough for today's dinner and tomorrow's lunch. Instead of serving yourself too much and pitching the rest, try to make your meal look like the one on the right to get the most bang for your buck and make two meals out of one!

KNOW WHEN IT'S GOT TO GO

Even though it's important to use up the food you have on hand, it's equally important to know when it's time to throw it out. Take a look at the expiration dates, and if you are unsure about the safety of any food items, just throw them away. It may be sad to see that five week old, unopened bag of salad sitting in the trash, but it's better to be safe than sorry!

If you want more information on food storage guidelines, please visit:
<https://www.foodsafety.gov/keep/foodkeeperapp/index.html>



Have you ever heard of the saying, "your eyes are bigger than your stomach?" We tend to pile too much food onto our plates, only to find that we're not able to finish everything.

This often leads to the disposal of leftovers. Instead of serving yourself a portion that's way too big, try serving yourself a smaller portion or cutting your meals in half. This will not only help your wallet, but also your waistline.



REASON TO SEE AN RD

Not sure how to plan meals, reduce portions, or check food quality? A visit to your local dietitian may be the answer! Registered dietitians (RDs) can help with all of that and much more. See below for more reasons you may want to speak with your local dietitian!

YOU HAVE A MEDICAL CONDITION (DIABETES, HIGH BLOOD PRESSURE, KIDNEY DISEASE)

An RD will help you develop an eating plan that suits your medical conditions, lifestyle, and dietary preferences.

YOU HAVE HAD GASTRIC BYPASS SURGERY

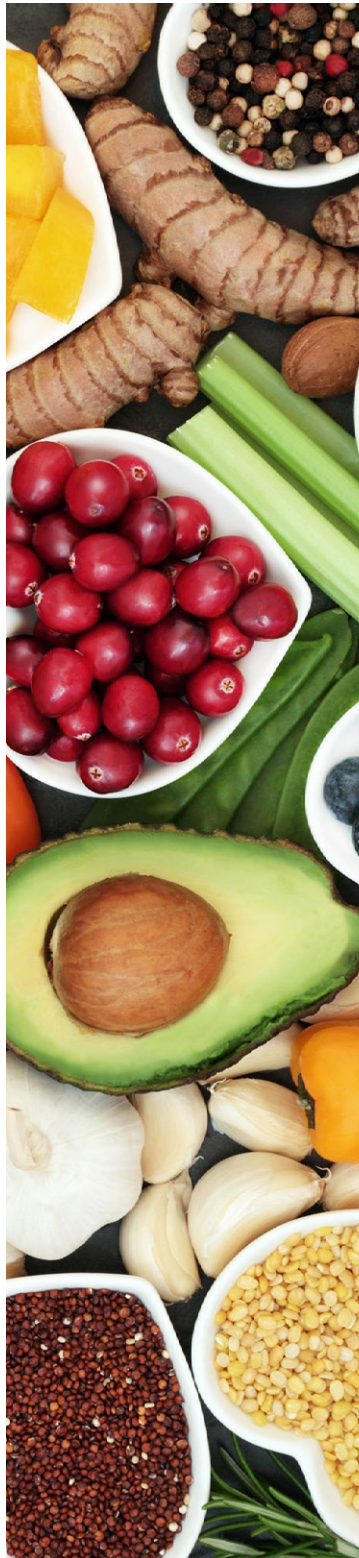
With gastric bypass surgery, your stomach can only tolerate small meals/snacks. An RD can help to ensure that your body still gets the amount of nutrients it needs.

YOU HAVE DIGESTIVE PROBLEMS

An RD can work with you to pinpoint which foods are upsetting your digestive system. From here, an RD will provide you with tips on how to manage symptoms such as nausea, vomiting, diarrhea, and constipation.

YOU'RE PREGNANT OR BREASTFEEDING

During pregnancy, an RD can help to make sure you're getting all the nutrients you need for your baby to develop in the womb. When breastfeeding, an RD can help to ensure that you get enough nutrients to produce high quality breast milk to further support your baby's development.



YOU NEED TO MANAGE YOUR WEIGHT

An RD will help you figure out how many calories you need in order to reach your goals of weight gain/loss, all while ensuring that you still get to enjoy the foods you love.

YOU'RE CARING FOR AN AGING PARENT

Our bodies change as we age. An RD knows how to work with these naturally occurring changes and can provide pointers on how to stay properly nourished and hydrated.

YOU WANT TO EAT SMARTER

An RD can show you how to separate fact from fiction when it comes to reading food labels. An RD can also give you tips on how to prepare healthy and tasty meals at home, or show you how to eat healthy while dining out.

YOU WANT TO IMPROVE YOUR FITNESS

Just because you workout, doesn't necessarily mean you always know what to eat. An RD can help you properly fuel your body in order to reach your specific fitness goals.

