

# Waste & Whatnot

June 7, 2021

**Please enjoy these tips & tricks suggested by our food waste reduction experts and participants! If you are interested in learning more ways to reduce your food waste, visit:**

[sustainableconnections.org/programs/toward-zero-waste/](https://sustainableconnections.org/programs/toward-zero-waste/)

## Recipes (kind of):

- Veggie fritters: 1 cup water + ½ cup flour, flash fry your sliced veggies, mix the veggies in and cook the fritters
- Citrus powder: peel the colored parts off the citrus rinds, dehydrate them, and pulverize in the blender until it's a powder! Use to season food, use as a zest, or try using it in your garden for pest management
  - o If you have the space, lay out the zest on the counter to dry out without using energy
- Veggie broth: simmer veggie scraps on the stove for about 45 min. Strain out the veggie scraps, add a pinch of salt and voila!
- Bone broth: simmer meat bones in water on the stove for several hours. Strain out the bones. To use leftover bones after making bone broth:
  - o Pressure cook the bones with a lot of water, grind them into a pulp, dehydrate it, and use it in the garden as you would bone meal!
  - o Pressure cook the bones on high for 90 minutes, blend it with the liquid in the blender, sort out any large chunks that didn't blend, and feed it to the dog!
- Use up large amounts of bread by making French toast and freezing it for breakfast later, making croutons, or storing it in a food saver container

## Tips:

- With recipes, the end does not have to be the end! You can always reinvent and re-season foods to improve or change their flavor.
- To cook on the fly and use what you have at hand, remember the ideas behind [Salt, Fat, Acid, Heat](#)
- Also Salt, Fat, Acid, Sweet (same idea, but add a little sweetener to it)
- To tell if something is past its prime: use the sniff test, does it give you a negative reaction? Then it's past its prime. And when in doubt, cook it out!
- Label food in the fridge using painters tape
  - o Organize your food in the fridge by when you think the food will expire
- Store your food in clear containers so you can see what you have on hand
- To encourage people in your house to eat leftovers, plate the food and store it on the top shelf so it's easy to grab and go!
- During meal planning:
  - o Shop the fridge and pantry first
  - o Save the list of what meals you're making so you remember after you purchased everything
  - o Plan a few holes in the meal plan to account for days with leftovers
  - o Keep a running list of common meals somewhere so you always have your go-tos to refer to