

Words on Wellness

Be in the Know—Don't Throw! Tips to Avoid Food Waste



Did you know one-third of all food in the United States goes uneaten and ends up in the landfills or waste facilities? We can help achieve the national food-waste reduction goal of decreasing food waste by 50% by the year 2030 with a few tips.

Planning your weekly meals can save you time and money. Make a list of the foods you have in your refrigerator, freezer, and pantry and plan upcoming meals around them. Check the foods in your refrigerator often to be sure you use or freeze them before you need to throw them away. Leftovers and produce that are past their prime can be used in other dishes. Repurpose these into soups, casseroles, baked goods, or smoothies.

Wash your berries, cherries, and grapes right before you are ready to eat them to avoid molding. Be sure to store your produce properly for maximum freshness and less waste.

For more information download our free publication, [Food Waste at Home](https://store.extension.iastate.edu/product/15386), store.extension.iastate.edu/product/15386.

Sources:

[EPA](https://www.epa.gov), www.epa.gov

[US Food and Drug Administration](https://www.fda.gov/food), www.fda.gov/food

Mediterranean Tuna-Spinach Salad

Serving Size: 1 cup tuna salad, 2 cups spinach, 1 orange | Serves: 1

Ingredients:

- 2 1/2 tablespoons tahini
- 1 1/2 tablespoons lemon juice
- 1 1/2 tablespoons water
- 1 5 ounce can chunk light tuna in water, drained
- 4 Kalamata olives (pitted and chopped)
- 2 tablespoons feta cheese
- 2 tablespoons parsley
- 2 cups baby spinach, cleaned
- 1 medium orange (peeled or sliced)

Directions:

1. Whisk tahini, lemon juice, and water in a bowl.
2. Add tuna, olives, feta, and parsley; stir to combine.
3. Serve the tuna salad over the spinach, with the orange on the side.

Nutrition information per serving:

376 calories; 21g fat; 5.2g saturated fat, 0g trans fat, 46mg cholesterol, 664.8mg sodium, 26.2g carbohydrates, 5.8g dietary fiber, 14g sugar, 25.7g protein This recipe is courtesy of EatingWell Magazine, March/April 2016.

Put It Away—The Right Way!

We are spending more money on our food lately than we have in past years. Properly storing food at home saves food dollars, preserves the quality and nutrients, and prevents foodborne illness caused by harmful bacteria.

Many staples and canned foods have a lengthy shelf life. However, foods stored for longer than recommended times or beyond package date may change quality, color, and flavor. Periodically check for expiration dates and discard foods showing any signs of spoilage.

Store perishable foods in the refrigerator at a temperature of 40°F or below. Items like meat, dairy, poultry, eggs, and fish should be in the coldest part of the refrigerator. Store them in airtight wraps or containers to prevent juices from dripping and contaminating other foods.

Freezer temperatures should be maintained at 0°F or below. Package items for the freezer in moisture- and vapor-proof wraps or containers, using freezer-grade foil, plastic wrap or bags, or freezer paper or containers. Label all freezer foods with the date, food item, and weight or number of servings. For more information on how long foods last, check the [FoodKeeper App](#), www.foodsafety.gov.

Sources: [EatRight](#), www.eatright.org

[UNL Food](#), food.unl.edu

[Texas Agricultural Extension Service](#), nchfp.uga.edu

Physical Activity at Your Fingertips

Physical activity apps allow people to work out at home while still following guided workouts and being motivated by a trainer or instructor. Here are some factors to consider before downloading:

1. Credible instructors. For safety purposes and best results, choose an app with workouts that are created or led by certified fitness experts.
2. Fitness goals. Select an app that caters to your exercise needs
3. Budget. While some are totally free, most apps require a monthly subscription cost.
4. Equipment needed. Most apps offer classes that require some equipment, like yoga blocks, dumbbells, or kettlebells. Look for an app with classes that are compatible with your current home gym setup.
5. User reviews. Reading what other users think can be valuable as you decide whether a workout app will be the right fit for you.

There's nothing wrong with trying out a few fitness apps before settling on one—the most important thing is that it helps you reach your goals safely and effectively. One such app is [Spend Smart. Eat Smart.](#), spendsmart.extension.iastate.edu. In addition to recipes, Iowa State University Extension and Outreach's Spend Smart. Eat Smart. app has a variety of physical activity videos. There are seated and standing workouts, and minimal equipment is needed. Workouts are 20 minutes or less.

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AnswerLine

Call 1-800-262-3804

extension.iastate.edu/answerline

Spend Smart. Eat Smart.®

spendsmart.extension.iastate.edu

Human Sciences

extension.iastate.edu/

humansciences

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.

