

# Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

## Reduce Food Waste at Home



“Waste not, want not” is a saying used in tight times—a reminder that what we save today we will have tomorrow. That holds true for food as well as money. Food waste is a big problem in the United States. According to Feeding America, nearly half of the food grown, processed, and transported in the United States goes to waste. Much of this food waste (43%) comes from our homes. We can fix that!

### Reduce food waste in planning, shopping, and cooking.

- **Plan meals** so you know what you need to buy. Check for foods that need to be used up and include them in your menus. Plan for ways to use the same dish twice—roast chicken for one meal and use cooked chicken in a salad the next day. Use the 5-Day Meal Planning Worksheet from Spend Smart. Eat Smart. to help you plan meals, [spendsmart.extension.iastate.edu/plan/menu-planning](https://spendsmart.extension.iastate.edu/plan/menu-planning).
- **Buy only what you need and can use** in a reasonable time. If you buy extra food that is on sale, have a plan for how you will use it or store it for future use.
- **Use the food you buy creatively.** Have ripe fruit? Make a smoothie. Have bits and pieces of cut-up vegetables? Create a ready-for-soup container and add chopped broccoli stems, cauliflower pieces, and leftover cooked vegetables. Have leftover meat or beans? Add them to a rice or pasta dish or to soup.
- **Properly store foods** to extend their shelf life. Store bread in the freezer that you won't be using soon. Eggs will keep in the refrigerator for three weeks after their sell-by date.

Sources: Let's Talk Trash, [www.feedingamerica.org/our-work/our-approach/reduce-food-waste.html](http://www.feedingamerica.org/our-work/our-approach/reduce-food-waste.html) and Reducing Food Waste at Home, [store.extension.iastate.edu/Product/15386](https://store.extension.iastate.edu/Product/15386)



## Confetti Rice and Bean Salad

Serving Size: 3/4 cup | Serves: 6

### Ingredients

- 1 cup instant brown rice, uncooked
- 1 cup tomatoes, chopped (1 medium)
- 2 carrots (finely chopped or grated)
- 2 tablespoons onion (finely chopped)
- 1 cup corn kernels (frozen or fresh)
- 1 can (15 ounces) black beans (drained and rinsed)
- 1/4 cup lime juice
- 1/4 cup oil (canola, vegetable, or olive)
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

### Instructions

1. Cook rice according to package directions. Let cool.
2. Wash and cut up tomatoes, carrots, and onion while rice is cooling and put into a large bowl.
3. Add corn and drained and rinsed black beans to the bowl.
4. Add cooled rice to the bowl.
5. Whisk together lime juice, oil, salt, and ground black pepper in a small bowl. Pour over rice and veggie mixture. Stir gently to combine.
6. Refrigerate at least 30 minutes before serving to let flavors mingle.

**Nutrition information per serving:** 260 calories, 11g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 310mg sodium, 36g total carbohydrate, 7g fiber, 3g sugar, 7g protein

Recipe courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)

