

CITY OF MEMPHIS EMPLOYEES

#901SAVETHEFOOD



In celebration of Earth Month this April, the Office of Sustainability and Resilience and the Solid Waste Management Division would like to invite CoM employees to join the #901SaveTheFood campaign! In collaboration with Clean Memphis and other community partners leading the [Memphis Food Waste Project](#), we're working to reduce food waste in Memphis by 50% by 2030. Cutting the amount of food waste sent to landfills not only reduces our impact on the environment and climate change, it also presents opportunities to address food insecurity in our community. We'll be sharing weekly messages with tips on how you can reduce food waste in your daily life and support this community-wide effort.



40% OF FOOD IN AMERICA IS WASTED

COOK IT, STORE IT, SHARE IT.

[SAVETHEFOOD.COM](https://www.savethefood.com)

SHOPPING AND MEAL PREP

That's not a typo in the image above. 40% of food in the U.S. is wasted. Most of that food is lost in our own homes. Food goes bad and gets tossed, or we portion our sizes too big and we end up wasting it. Those tossed yogurts, vegetables, and other products then end up in our landfills and produce methane gas. Meal prepping allows us to plan our meals with the correct sized portions for any size family. We've provided 3 meal planning tips below to get you started; you can find more tips at [Save the Food](#). Don't forget to check out the [Meal Prep Mate](#) as well!

- ▶ **Tip #1:** Don't start from scratch. You probably have a few go-to meals. Repeat those every week or two. Then, if you're up for it, try something new once in a while.
- ▶ **Tip #2:** Check the fridge: Your fridge is the starting place for planning the next week's meals. What needs using up? Add the missing ingredients to the shopping list. Meal one. Check.
- ▶ **Tip #3:** Have kitchen essentials on hand: Having ~3 grains, cooking fundamentals, key spices and "hero" sauces like peanut or BBQ can bring new life to old meals.

Don't forget to test your knowledge on the [FOOD WASTE QUIZ](#), and [take the pledge to become a FOOD WASTE WARRIOR!](#) You can also learn more about the Memphis Food Waste Project on the [Clean Memphis website](#), as well as by following Memphis Transformed on [Facebook](#) and [Instagram](#).

FEATURED RECIPE: SCRAPPY MAC N' CHEESE

Looking for a way to use all those odds and ends of cheese, cheese rinds, and cream cheese hiding in your fridge? Are you a mac n' cheese fan? Check out this recipe on [SaveTheFood.com!](#)

