

CITY OF MEMPHIS EMPLOYEES

#901SAVETHEFOOD



We're continuing our Earth Month celebration with the next installment in our #901SaveTheFood campaign. This week we'll share some tips on how to use leftovers and soon-to-expire food items so that you save food and save your wallet! The Office of Sustainability and Resilience and the Solid Waste Management Division are working with community partners in the [Memphis Food Waste Project](#) to reduce food waste in Memphis by 50% by 2030.

As we work to cut the pounds of food sent to landfills each year, we also hope this effort brings about ways to help those in our community who don't know where they will get their next meal.



EVERY AMERICAN WASTES 290 POUNDS OF FOOD A YEAR

COOK IT, STORE IT, SHARE IT.

SAVETHEFOOD.COM



LEFTOVERS & SOON-TO-EXPIRE FOOD

Did you know that the average American wastes 290 pounds of food each year? What could your family do with that food instead? To inspire new habits, we've listed some creative ways to use leftovers for popular dinner meals. You can also find tasty recipes on [SaveTheFood.com](#) that cover how to cook with soon-to-expire ingredients and food scraps. Wait until you see what you can do with potato peels!

- ▶ **Make a "double duty" meal:** Purchase ingredients that you know can make two dinners instead of one. For example, turn that rotisserie chicken into a delicious spring chicken salad, then cut up the leftovers and add chopped bell peppers and seasoning to make fajitas.
- ▶ **Stick to your grocery list:** Even though the sales sticker is calling your name, leave the discounted produce alone if you know you won't eat it.
- ▶ **Buy frozen:** If you know that certain ingredients are used slower than others, buy it frozen. Freezing will keep certain vegetables and fruits, and even milk, from going bad in your fridge.
- ▶ **Find your forever staples:** Every family has several meals they love to eat. Keep the recipe and the non-perishable ingredients in stock at home and use them as quick weeknight dinners instead of going out.

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: SCRAPS FALAFEL

This falafel recipe lets you get creative with whatever's on hand. The measurements don't need to be exact, and you can always spice it up with cayenne pepper, cumin, and cardamom. Check out this recipe on [SaveTheFood.com!](#)

