

PUT THE ACTION INTO SOCIAL ACTION



GREEN TIP #10: PREVENT FOOD WASTE

The following information came from www.moremealslesswaste.com.

Did you know that the average American household throws away \$2,200 worth of food each year? Approximately 40% of all food produced is wasted. **That's** like buying five bags of groceries and leaving two in the parking lot.

Being smarter consumers of resources will help individuals and businesses maximize their food budgets. It will also empower us to make a positive impact socially, economically and environmentally.

Reduce food waste in your daily life with these helpful tips from our [Shelf Life Guide](#). Doing so will prevent the food you buy from going to waste. And **the food you don't purchase can be donated by growers and grocers, then redirected to our neighbors in need.**

Store food properly. Most fruits and vegetables should be refrigerated. It helps them last longer. And it usually makes them taste better. However, there are some exceptions:

- Produce: **Tomatoes taste best if they're not refrigerated. Cold storage can cause them to become grainy. Bananas should not be refrigerated unless they're fully ripe. And then they should be used within one or two days. Refrigeration will cause the banana's skin to blacken, but the fruit will not ripen while cold.** Apples, mangoes and stone fruits (plums, peaches, etc.) can be stored at room temperature If they are very fresh. These items should be refrigerated as they ripen. Hardy vegetables like onions, garlic, potatoes, sweet potatoes and winter squash can be stored in cool, dark places (instead of in the refrigerator's cooler section.)
- Dry Storage: Temperature should be between 50° - 70° F. Rotate stock so that older foods are distributed first.
- Refrigerator: Temperature should be between 32° F - 40° F. Set the refrigerator's air temperature at 39° F to maintain internal temperature of food at 41° F. Leave space for air to circulate between items.
- Freezer: Temperature should be 0° F (-18° C). Freezer can be as cold as -20° F if you have something like ice cream in it.



Give food. The food industry makes generous donations to food banks throughout the state, but certain important foods are often in short supply. You can help fill that gap and feed the hungry. A powerful way to bring together individuals, families and groups within the community, a food drive directly helps families in need. Thanks to your efforts to

organize and conduct a food drive, nutritious, high-quality food and groceries will be collected within a given time period and donated to the food bank of your choice. [Find a food bank »](#)

Give funds: 1 in 7 NJ children will miss more than one meal today. Every dollar you give provides **three meals. Honor a loved one and feed NJ's hungry**—in every community, including yours. An honor or memorial gift is a meaningful way to pay tribute to someone special while supporting hunger relief. [Find a food bank](#)



- Food and Fund Drives: Provide nutritious food and vital funds for our work while raising awareness about the issues of hunger and poverty in our state. Collect food and funds to support the cause – and have fun with it by adding a theme, setting goals and challenges, and coming up with creative ways to spread the word about your food bank of choice and hunger relief.
- Virtual fundraisers: **Want to hold a food drive but just can't find a good time or place?** You can offer food, help and hope by hosting a virtual food drive or fundraiser.
- DIY fundraising: Do It Yourself (DIY) Fundraising is a great way to help end hunger with family, friends and colleagues. Just come up with a creative idea and start fundraising! [Start Today](#)



Give time: Volunteer programs offer individuals, families and groups of many sizes a meaningful experience to make a direct impact on hunger in a positive and safe environment. Teach your children the importance of giving back and helping those in need. Get the entire family involved and reserve a time slot to volunteer together at your local food bank. [Find a food bank](#)

GREEN CRAFT: DECORATE THE ROSH HASHANAH TABLE

With the New Year soon upon us, your kids can help make apple desserts and use apples to decorate your table.



APPLE ROSE PASTRIES



[Apple Rose Pastries](#)

Make these delicious [Apple Rose Pastries](#) with the kids! This [video](#) provides step-by-step instructions.



[Apple Stamping](#)

Just a few simple items and the kids will be ready to create these [apple stamps](#)! You can stamp paper plates, a table runner, canvas bag or just about anything!



[Apple Votives](#)

Add a little apple ambiance to your table with apple votives!