



Financial Tip:

Stopping Food Waste Will Save You Money!

March is National Nutrition Month, so this month is dedicated to expanding awareness of eating healthy, moving more, and increasing a general sense of wellbeing. But our wellbeing not only includes the health of our bodies but that of our minds, spirit and even our wallets! Having a healthy relationship with your money is a good thing. Honing your skills of saving and spending wisely are essential. We try to spend less and save more; we reduce our impulse shopping, and are more critical of our wants versus our needs. These are all important. But what about after you made those wise decisions at the grocery store or local market? Now that your food is home and placed into your pantry and frig, are you doing all you can to make sure you use it and not waste it? When you cook, are you making too much and throwing away the leftovers instead of freezing them? Have you forgotten about the head of lettuce and broccoli in the back of the fridge? Or, are there cans of food in the pantry that have been sitting there beyond their sell by date? There are many things that can be done to save your food and therefore save your money! As reported by SavetheFood.com, 40% of food is wasted. We can all do better! If vegetables are starting to get soft, rehydrate them with a little cold water- this is great for carrots, celery, and broccoli. Blanch your leafy greens such as spinach and kale, squeeze out the extra water and freeze for later to add to your favorite soup or casserole. Those dates on your cans are not expiration dates; most canned foods are good 2-5 years from that printed date. Stale chips, crackers, and bread can find new life with a little help from your toaster. Shop with a plan and store with a plan! Check out some of these websites for more tips on keeping food longer, understanding those dates, easy-budget-wise recipes: www.savethefood.com, www.snap4ct.org, www.fsis.usda.gov

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