



Reducing Food Waste & Why it Matters

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AT GEORGINA NURSE PRACTITIONER LED CLINIC

With the increasing focus on climate change in recent years, it's important to also include the topic of food in this conversation. From farming to consumption of our foods, each step in this food supply chain has an impact on our environment. In this issue of Minute Nutrition News, we will take a look at why reducing food waste in our homes matter for our planet.

According to the National Zero Waste Council, over one-third of food produced in Canada never gets eaten. This means that \$49 billion worth of food is either sent to the landfill or composted each year. This has a significant environmental impact due to wasted resources used to grow and distribute uneaten food, along with unnecessary greenhouse gas emissions produced at each stage of the food supply chain. At the household level, it has been estimated that 60% of food waste is avoidable, meaning these were foods that could have been eaten. This equates to an extra food cost of \$1100 to \$1500 each year per household.

With small changes implemented in the home, food waste and its impact on the environment can be reduced. A Canadian survey conducted in June 2020 during the COVID-19 pandemic showed that more households were changing their shopping habits like checking for foods already available at home, freezing foods for longer storage, and using leftovers. 24% of households reported throwing away or composting less uneaten food. By spending a bit of time on planning our meals and grocery shopping, we can make a difference for the planet.

Here are some tips and resources to get you started:

1. Store your food properly. Check out this great website (<https://lovefoodhatewaste.com>) for its pages "Storage A to Z" and "Chill the Fridge" to make sure your fridge settings and food storage method is optimal for keeping your foods fresh for longer.
2. Save your leftovers. Make a simple soup or get creative and turn leftovers into a different dish to enjoy. Visit <https://lovefoodhatewaste.com> for the leftover recipes section, or look up "Rock What You've Got: Recipes for Preventing Food Waste" on the internet for a recipe book by the Guelph Family Health Study.
3. Plan your meals and grocery shopping list for the week. That way you can be sure that you have something planned for everything you buy.
4. For a fun way to reduce waste, join The Good Food Challenge at <https://yrfn.ca/the-good-food-challenge/> over the month of February 2021 to learn and practice how to plan, shop, cook and store your meals!

Sources: 1. National Zero Waste Council. Food Waste. Retrieved from <http://www.nzwc.ca> on Jan 26, 2021. 2. Neighbours for the Planet. Reduce Food Waste. Retrieved from <https://www.neighboursfortheplanet.ca> on Jan 26, 2021. 3. York Region Public Health. Good Food. Retrieved from www.york.ca on Jan 26, 2021. 4. National Zero Waste Council, 2020. COVID-19 Driving Some Canadians to Waste Less Food: Survey. Retrieved from <http://www.nzwc.ca>



Roasted Cauliflower Fried Rice

4 SERVINGS

Recipe adapted from
www.lovefoodhatewaste.com

Nutrition Information (per serving):

462 Calories, Fat 20g (27% DV), Sat Fat 3.5g (18%DV), Protein 15g, Carbohydrate 58g, Fibre 8g (30% DV), Sodium 596mg (26% DV)

Ingredients:

4 cups brown rice, freshly cooked or from leftovers
4 tbsp oil
1/2 cauliflower, cut into bite-sized florets
1 onion, chopped
3 garlic cloves, minced
6 button mushrooms, sliced or diced
1/4 head of cabbage, finely sliced
2 tbsp low sodium soy sauce
2 tbsp hot sauce or chili oil of your choice
2 or 3 spring onions, finely sliced
2 tbsp coriander, chopped
4 eggs

*Note: Feel free to add any additional leftovers into this dish, any meat or vegetables will work!

Directions:

1. Cook the brown rice if needed according to packet instructions, drain, set aside and keep warm.
2. In a roasting or baking tray, add the cauliflower florets, 1-2 tbsp oil, and salt and pepper as desired. Toss to coat before spreading out in a single layer. Roast at 375F for 20 minutes.
3. While the cauliflower is cooking, heat 1-2 tbsp of oil in a frying pan over medium high heat. Add onions, garlic, mushrooms, and cabbage. Stir-fry until cabbage starts to soften.
4. Add the cooked or leftover rice and roasted cauliflower to the stir-fried vegetables. Add soy sauce and hot sauce / chili oil. Stir until evenly combined. Finally, stir in green onions and cilantro.
5. Just before serving, fry the eggs.
6. Divide the mixture into serving bowls and top with a fried egg.