

Mayo Clinic Minute

3 tips to reduce food waste

Video	Audio
	Americans threw away roughly 90 billion pounds of food last year.
	All that waste hits our pocketbooks hard.
00:00:19 Kate Zeratsky Healthy Living Program Mayo Clinic	“Because the average family of four is throwing away \$1,500 worth of food each year. That’s the ... on the average, that’s like that family throwing a \$20 bill in the trash can every week and no one would ever do that.”
	Kate Zeratsky, a registered dietitian nutritionist with the Mayo Clinic Healthy Living Program, offers three tips to cut down on food waste.
	First is to make grocery lists and plan meals based on when you have time to cook and only buying things you know you’ll use.
	Second is portion control.
00:03:41	“And not overeating at any one given time. We’re likely to have leftovers, and if we do, those leftovers may be in our refrigerator for a few days. Take note. If you don’t think that you’re going to eat those leftovers, package them, date them and put them in the freezer.”
	Which brings us to Zeratsky’s third tip ...
00:01:57	“... maybe a day designated during the week that you’ll clean out the fridge and make good use of all that food.”
	She recommends finding creative ways to work leftover foods into new dishes like casseroles, salads or wraps.
	For the Mayo Clinic News Network, I’m Ian Roth.