

Tossed Treasures:

How We All Can Waste Less Food

OUIZ:

- **1.** What is the recommended temperature for your freezer?
 - A. 32°F
 - B. 10°F
 - C. 0°F
- **2.** What temperature is recommended for your refrigerator?
 - A. 45°F
 - B. 40°F
 - C. 32°F
- 3. How hot should you heat leftovers to be food safe?
 - A. 140°F
 - B. 160°F
 - C. 165°F
- **4.** Keep doggie bag leftovers safe by refrigerating them within:
 - A. 1 hour
 - B. 2 hours
 - C. 4 hours
- **5.** Which vegetable(s) will maintain best quality if stored at room temperature?
 - A. Potatoes
 - B. Onions
 - C. Zucchini squash
 - D. All of the above
 - E. A and B



- **6.** The "best if used by date" is the:
 - A. Recommended date for best flavor or quality.
 - B. Last date recommended for use of the product at peak quality. If a food has this type of dating, follow that date.
 - C. The last date a store should sell that food.
- 7. How long will food stored constantly at 0°F remain safe?
 - A. 1 to 2 years
 - A. 5 years
 - C. Indefinitely

Answer Key

1.C 2.B 3.C 4.B 5.E 6.A 7.C

America wastes 40% of food!

When we waste food, we affect the following:

- Food security
- Our food budgets
- Natural resources
- Greenhouse gas
- Wasted water

What we all can do to waste less food:

1. Shop "refrigerator first"

- Eat food before it goes bad.
- Cook or eat what you already have at home before buying more.
- Refrigerate take-home food within 2 hours (1 hour when temperature is above 90°F). Use within 3–4 days. Reheat to 165°F using a food thermometer.

2. Keep perishable foods cold

Refrigerator: 40°F

■ Freezer: 0°F

3. Keep fresh food longer

- Do not refrigerate potatoes, onions, winter squash or garlic.
- Do not refrigerate tomatoes, avocadoes, bananas, peaches, watermelon, or nectarines.

4. Read the label

■ Food stored constantly at 0°F will always be safe.

"BEST IF USED BY"

- Not a purchase or safety date; food may be eaten after this date
- Product has best flavor and quality if used by this date
- A less specific date than "use by"
- Often found on canned fruits and vegetables

"SELL BY"

- Buy before "Sell By" date passes. Fairly set time period before food goes bad.
- Eat or freeze by the time on chart below unless the package gives a specific date
- Refrigerator/Freezer Storage Chart at http://bit.ly/ Refrigerator-Freezer-Storage-Chart

"USE BY"

- Refers to a **PEAK DATE** for best quality; not a specific safety date
- Form of date used on foods considered to be perishable from a microbiological point of view
- Gives **last date** when a food is expected to be at **peak** quality; eat by this date for best taste and quality
- Often found on fresh and chilled foods such as fruits, vegetables, salad mixes

