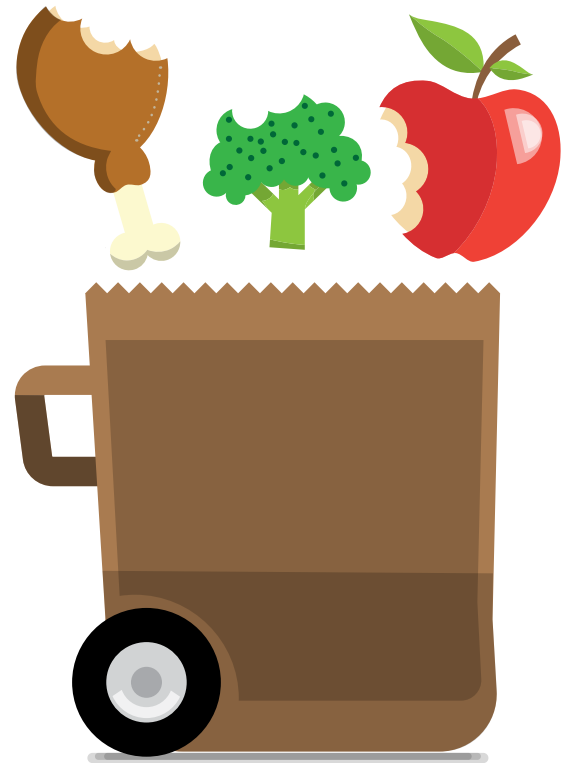


Tossed Treasures:

How We All Can Waste Less Food

QUIZ:

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

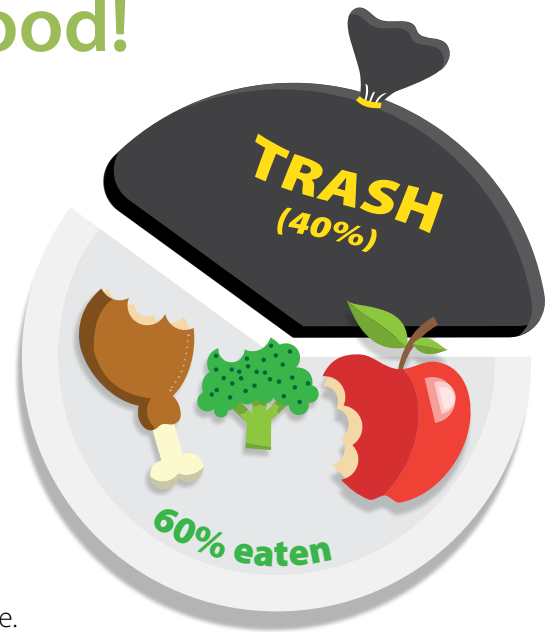
- Refrigerator: 40°F
- Freezer: 0°F

3. Keep fresh food longer

- Do not refrigerate potatoes, onions, winter squash or garlic.
- Do not refrigerate tomatoes, avocados, 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