

REDUCE, REUSE, RECYCLE

WASTE NOT/ SPECIAL SERIES

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The Three Rs

*Reduce

*Reuse

*Recycle

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REDUCE, REUSE, RECYCLE

Often people focus their energy on the final three word of this ecological trifecta-but the first two are just as important (if not more so)!

To really tackle the issues of waste, consumers should reduce how much is used, reuse what they can, and ultimately recycle what is left over.

REUSE

“Clean, reusable takeout containers are great to store kitchen essentials, such as twist-ties, rubber bands and toothpicks.”

Kate Moran, RD,LDN



SUGGESTIONS



“Save the bag from boxed cereal to use for wrapping sandwiches, packing baked cookies and bars and separating food in containers.” Jean Haugen, RDN, LD

“Use plastic baggies as gloves when working with messy foods or greasing baking pans.” Tawnie Kroll, RDN

“Clean plastic takeout containers or jars to make kids’ maracas filled with dried beans, lentils or rice.” Jessie Ervin, MBA, RD, LD

SUGGESTION :

“Use egg cartons to start seedlings for fall vegetables.”

Nadine Pazder, MS,RDN,
LDN, FAND



WHEN USING :PARCHMENT AND WAX PAPER

Reduce > Can you use silicone baking mat instead?

Reuse > If paper isn't greasy, torn or burned, wipe off parchment with a wet cloth and allow to dry before reusing. When baking batches of cookies, you can reuse parchment paper until it gets dirty, dark, or brittle.

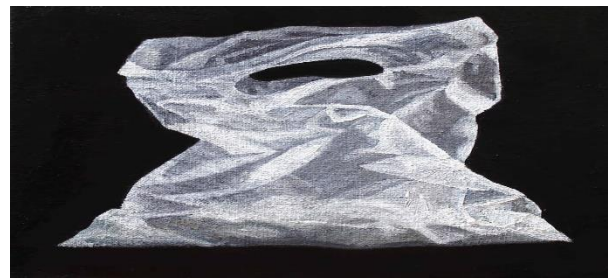
Recycle > Most parchment and wax paper cannot be recycled since it's coated in wax or silicone. Check the label to see if it is compostable.

WHEN USING: PLASTIC ZIPPER BAGS

REDUCE> Can you use a reusable container instead?

REUSE> If baggies held something other than meat or greasy foods, wash them in warm, soapy water and dry thoroughly. Use again for food storage, household organization or packing toiletries for a trip.

RECYCLE> Many curbside recycling pick-ups programs don't accept zip-close bags (or plastic bread, produce or grocery bags), but you can take them to a recycling center or retail store's bag recycling bin.



WHEN USING : ALUMINUM FOIL

REDUCE> Can you use a silicon baking mat or reusable container?

REUSE> Aluminum foil is top-shelf dishwasher safe and also can be gently hand washed with soap and water. If you don't want to reuse it for food, it makes a great scouring pad for cleaning the grill, can deter unwanted pests, birds and deer when hung in strips around a garden and even can remove tarnish from silverware.

(continued)

WHEN USING : ALUMINUM FOIL

RECYCLE>Although it is 100-percent recyclable, many curbside programs and recycling centers don't accept it for sanitary reasons. Those that do accept aluminum foil often require it to be clean and intact.

* More Than 1.3 Billion Pounds Of Aluminum Is Produced In The U.S.
Every Year.

*Americans Throw Away About Three Pounds Of Aluminum Foil Per
Person Annually.



TWITTER POLL:

@nutritionservice

How often do you reuse non-food kitchen staples like plastic zipper bags, aluminum foil, plastic wrap and parchment?

Always

Sometimes

Never



THANKS!