

Food Waste Audit

What is a food waste audit? Simply a measure of **how much, how frequently, what kinds, and why** when it comes to your **preventable** household food waste. Use this easy sample chart to keep track of what you throw out.

Once you see what goes in the garbage most, take steps to reduce this waste! Leftovers? Eat them! Veggies? Cook them earlier in the week or freeze them! Moldy bread? Pop half the loaf in the freezer as soon as you get back from the grocery store.

Remember what can be measured can be managed! Click to download the EPA's Home Waste Audit [here](#). You can conduct an audit daily or weekly!

Storage Rules for Success

- First in First Out (FIFO)
- Add your own date labels ! Download "Eat First" labels [here](#). Or simply tape on the date.
- Research what your dates mean. Best before? Best by? None of these mean the food has spoiled! Don't lose food just because the label is confusing!
- Store Perishables at eye level.
- Use clear, airtight containers for leftovers
- Wash your fruits and veggies before they go in the fridge (not leafy greens)
- Keep a smoothie and a broth bag in the freezer for over-ripe fruits and veggie ends.
- When in doubt - Freeze it!



Did you know?

A family of four could save up to \$1500 annually by reducing their preventable food waste.



Don't Fear the Stink!

Sure, you know that composting is a great way to save money on your garbage bill, put your non-preventable food waste to work, and help out the environment . . . but honestly the stink just grosses you out! Fear not! Follow these tips to eek free composting.

YOU'VE GOT AN APARTMENT/ ROOM:

Invest in a 5 gallon tub with a lid and store it under the sink or outside in a shady dry space.

Add your coffee grounds! The nitrogen will help break down your waste more quickly.

Add food scraps like fruit and vegetable peels, grains, and nuts/seeds.

Store compost in the freezer if it will sit for longer than a week or in hot summer months. If you can't get to the transfer station every week consider starting a compost-pool with neighbors

Bring to Edgartown, West Tisbury, or Chilmark Transfer Station for disposal.

Take a break from dairy and meat in your pile. Save these bits for large scale composters.

YOU'VE GOT A YARD

Create your own compost bin using a plastic tote or 50 gallon trash bin. Drill 10 small holes into the lid and line the bottom with leaves and dirt.

Alternate between layers of carbon and nitrogen. Read more [here](#).

Store bin in a dry shady location. Don't soak your compost, just add a light spritz of water if your compost get too dry (too much moisture can lead to odors).

Mix your compost every few weeks and be sure to keep your pile covered.

Consider raising chickens! Chickens love food scraps and you love local eggs!



Recipes: Put your food scraps to work!

Carrot Top Pesto

1/3 cup toasted walnuts or pine nuts (or sunflower seeds for nut free!)
1 small clove garlic
1 cup chopped carrot tops
1 cup basil leaves
1 tbsp lemon juice
1/4-1/3 cup olive oil
salt, pepper, red pepper flakes,
parmesan cheese to taste.

In a blender or food processor, pulse nuts and garlic together. combine remaining ingredients. Add more olive oil as necessary.

Broccoli Stem Salad

Leaves and Stalks from one bunch broccoli (cut into batons)
1 tbsp extra virgin olive oil
1 1/2 tsp lime juice
Salt and pepper to taste
1/3 cup feta cheese



Use a vegetable peeler to shave broccoli batons into paper thin strips

Toss with oil, lime juice, salt and pepper, and cheese.

Bread Crumbs

Save ends of bread or crusts from school lunches in the freezer. Pulse in food processor. Add herbs/ seasoning to taste.

Candied Orange Peels

Peel from 3 oranges
1 - 1/2 cup granulated sugar.
3/4 cup water



Cut rinsed orange peels into 1/4 in strips with the white pith removed. Cover peels with cold water in a saucepan. Bring water to boil. Drain water. Repeat twice.

Whisk together water and sugar in saucepan. Simmer for 8-9 min.

Add orange peels. Avoid stirring. Simmer 45 min to 1 hr or until peels are translucent.

Drain syrup (save for use as a liquid sweetener), allow peels to cool for 4-5 hours before serving.

Easy Potato Skins

Potato skins
1/4 cup olive oil
salt and pepper to taste

Save your potato skins from boiled or mashed potatoes. Toss in olive oil. Season with salt and pepper.

Bake at 400 degrees for 25-30 min or until crispy.

Top with sour cream or cheddar cheese.





Food Scrap Household Uses



Banana Face Mask

- 1 brown banana
- 1 tsp honey
- 1/3 cup plain yogurt

Mash all ingredients together.
Lather on face for 10-20 min.
Rinse and enjoy

Coffee Face Scrub

Save coffee grounds and combine with sugar and olive oil. Rub over face and body to exfoliate and hydrate skin.

Red Wine Vinegar

- 1 Cup Leftover (spoiled) red wine
- 3 Tbsp Starter Vinegar

Pour wine into wide mouth bowl with large surface area. Add starter vinegar.

Stir vigorously.

Cover with towel and rubber band.

Leave out for 3 -4 weeks.

Taste. When it tastes like vinegar add to airtight container.

Check out the EPA's Get Smart Challenge for more tips and a downloadable toolkit [here](#)

Lemon, Lemon, Everywhere

Brighten clothes bleach free using 1/2 c lemon juice per gallon water. Soak clothes for 1 hour and dry in the sun.

Pour 1/2 cup baking soda and 1 cup lemon juice down the drain to unclog it.

Dip 1/2 an old lemon or grapefruit in baking soda and scrub your shower, sink, and counters.

Boil lemon rind with a tsp of whole cloves and a sprig of rosemary to deodorize your kitchen/home.

Run the rind of a lemon over a cheese grater to sterilize and clean.

Regrow Your Produce

- Carrot tops
- Celery bulbs
- Cilantro
- Basil
- Turnips
- Garlic
- Ginger
- Onions
- Pineapple
- Avocado
- Lettuce



Food scraps from all of these plants can be used to regrow produce. Why buy it twice? Check out this [post](#) for more information.