



JANUARY UPDATE

FRESH FRUIT & VEGETABLE PROGRAM

Reduce Food Waste!

We all play an important role in reducing food waste in America. Starting certain habits for you and your family can greatly reduce food waste, save money, and protect the environment! Grocery shopping as well as food storage and preparation are all key factors that can help reduce food waste.

- **Grocery Shopping:** Plan a grocery list ahead of time with meals/snacks in mind and stick to it. As you write your list, look in your fridge and try to use up as many foods during your weekly meals that you already have. Secondly, be careful buying in bulk, especially with perishable items.
- **At Home Storage:** Make sure the temperature of your fridge is set at or below 40 degrees F and your freezer at 0 degrees F to keep foods safe. If you think you won't use highly perishable foods such as produce in the fridge, freeze it! This will prevent spoiling and will not reduce the amount of nutrients in the food.
- **Use "ugly" fruits or vegetables in smoothies or soups:** Although certain foods at the store may not be attractive due to bruising or other physical imperfections, these are often sold at a reduced price. If you have ugly produce stored at home, use them for blending in smoothies or puree in soups. Foods with physical imperfections that are not damaged or rotten are still safe to eat!
- **Beware of the "Best if Used By" Label on Foods:** Confusion over date labeling on food accounts for 20% of food waste in America. The "best if used by" label on foods indicates the date that a food is at its best flavor and quality. However, this does not mean it cannot still be consumed safely. If something is past its expiration date, examine the product for changes in color, texture, or consistency. If you notice these changes, you may want to avoid eating it, otherwise it should be safe.

This institution is an equal opportunity provider.



What do we get to try this month?



- Bok Choy
- Parsnip
- Clementine Oranges
- Kohlrabi, Green
- Turnip
- Butternut Squash

Delicious and Nutritious!



Menu items subject to change based on availability.

Chicken Stir-fry with Bok Choy & Garlic Sauce



Serves: 4

Ingredients

- 3 medium boneless, skinless chicken breast
- 3 large bok choy (stalks and leaves)
- 1 tsp corn starch
- 4-5 tbsp oil (olive, peanut, or vegetable)

Sauce

- ¼ cup low sodium chicken broth
- 2 tbsp water
- 1 tsp white vinegar
- 1 clove garlic (finely chopped)
- ¼ tsp salt

Instructions

- Cut the chicken into 2 inch strips and cut bok choy leaves and stalks into thin strips
- Heat the pan and add 2 tbsp olive oil, add chicken until it turns white
- Remove chicken and add 2-3 tbsp oil in pan, adding the bok choy and sauce, stirring quickly to thicken