

Daily Events Schedule: Natural Resources & Agricultural Education Tent: (2 & 5 p.m.)

Saturday, July 29: Pollinators, make seed balls & balloon animal bees: PCSWCD

Sunday, July 30: Farm equipment safety, the fiber industry: PC Farm Bureau

Monday, July 31: Pollinators & food production, food crafts: Three Valley Conservation District

Tuesday, August 1: The Little Red Hen, wheat—planting, harvesting, baking: FSA

Wednesday, August 2: Good nutrition, My Plate, 4-H info: OSU Extension Office

Thursday, August 3: Fun activities with National Trail FFA and Pork Fest Queen—Macel Stowers: Pork Festival

Friday, August 4: Preventing food waste, planting seeds in recycled food cans: PCSWD

Volume 1, Issue 2

Simply Green

Preble County Solid Waste District



New Natural Resources/Agricultural Education Tent at 2017

Preble County Fair to Inform and Entertain Fair Attendees....

There will be a new and exciting attraction at this year's 2017 Preble County Fair! Several offices and associations are involved in a joint effort to provide a new natural resources and agricultural education tent to inform residents about issues important to the conservation of natural resources and in sustainable and sound agricultural practices. The tent is meant to educate and to entertain people of all

ages but kids will especially enjoy the demonstrations and crafts that will occur twice daily at the tent. Hands-on activities and crafts will inspire budding farmers and conservationists. There will be lots of fun giveaways distributed and a raffle will also take place. You can take a break from the summer heat and learn some neat ways to take care of the Earth! The following offices/associations are sponsor-

ing this interesting attraction: Preble County Soil and Water Conservation District, Preble County Solid Waste District, Preble County Farm Bureau, Preble County Pork Festival, The Ohio State University—College of Food, Agricultural, and Environmental Sciences, USDA, and Three Valley Conservation Trust. Educational events and demonstrations each day at 2 p.m. and 5 p.m. (except Saturday, August 5th).

Food Waste Facts:

- Roughly 50% of the food supply in America is food waste, or approximately 60 million tons and \$160 billion worth of food in 2016.
- This might have been wholesome food that could have helped feed families but was sent to the landfill.
- Food is the single largest component of waste going into landfills and food waste gives off dangerous methane when it decomposes.
- The land, water, labor and energy used in producing, processing transporting, preparing, storing, and disposing of food waste could have been put to better use to keep the planet clean.

Hunger in America:

- 14% of households (17.4 million households) were food insecure in 2014 (national average). The state with the most households of food insecurity was Mississippi (22%).
- Ohio was the 6th most food insecure state at 16.9%.

20 Great Ways to Reduce Food Waste:



1. Shop smart. Plan meals, use grocery lists, and avoid impulse buys. You're less likely to buy things you don't need and are unlikely to actually consume. Buy items only when you have a plan for using them, and wait until perishables are all used up before buying more. Check out some apps for easy meal planning.
2. Buy exactly what you need. For example, if a recipe calls for 2 carrots, don't buy a whole bag. Use loose produce to scale down the recipe. Buy in bulk whenever possible and don't over-buy.
3. Be realistic. If you live alone, don't buy a whole bag of apples if you only want a couple. Don't stock up on food unless you plan to use it soon (it will spoil except for stocking up on staples such as baking powder, etc.).
4. Buy funny-looking produce. Many fruits and vegetables are thrown away because they are brown or bruised. But they are still perfectly good to eat. If you buy these items, you are using food that might be otherwise tossed.
5. Have a Plan B. Say you've bought food for a dish to serve at a dinner party that had to be cancelled. Don't toss the food. Choose a backup recipe and use the food up instead of letting it spoil or tossing it in the garbage.
6. Practice FIFO: "First In, First Out". Move older items to the front of the fridge or pantry and put new items in the back to use up the older stuff before expiration. Understand "expiration" dates. Most foods stay fresh a bit longer.
7. Monitor what you throw away. Write down for a week what you throw out on a regular basis. Tossing out a half loaf of bread weekly? Freeze half the loaf the moment you buy it so it doesn't go stale before you eat it.
8. Take stock. Note expiration dates on the food you already have on hand and plan meals around the closest expiration dates. Keep a list of freezer items and when they were frozen. Put the list on the fridge to use items in a timely manner.
9. Designate one meal per week as a "use it up" meal instead of buying new items. Use leftover foods to cook the meal that might be otherwise tossed. Eat smaller portions so that you don't throw away uneaten food.
10. Eat leftovers! Brown bag leftovers for work or school lunches. It can save you money too!
11. Use it all. When cooking use every piece of whatever you're cooking with whenever possible. For example, don't skin your cucumbers or cut off broccoli stems. Use them in a sauté mixture for example.
12. Store better. Invest in air-tight containers for items like crackers and cereal to prevent spoilage or staleness.
13. Repurpose leftovers & scraps. Use meat scraps and bones for soups and stocks.
14. Check the fridge for efficiency. Look for tight seals, proper temperatures, etc. to keep food fresh longer.
15. Preserve produce. Use soft fruits to make smoothies or wilting veggies in soups. Juice wilting fruits and veggies.
16. Donate what you don't want to use: Donate food you don't think you will end up using to a local food bank and you will help others while preventing food waste.
17. There are many ways to preserve food. Learn how to pickle, can, or freeze food to promote longer use.
18. Compost food scraps. There are many great designs for making compost bins on the internet.
19. Split large meals with others when you're not that hungry. Don't order more than you can eat. Use "doggie" bags.
20. Educate others about the importance of not creating food waste!