

How to Reduce Waste & Save Money



Food Waste

It is estimated that over 90% of Americans throw out food before it has truly expired and 1/3 of the United States food supply is thrown out and unused due to food dating. This adds up to 1 trillion dollars!

Understanding Dates on Products

“Best by” dates: these dates simply refer to freshness rather than safety of the food. Foods with these terms should be safe to eat after the date has passed, but they may no longer be at their very best. Terms to look for: “best before,” “best by,” “best if used by,” “use by,” “enjoy by.”

“Sell By” Dates: you can ignore these dates as they are meant for store staff for inventory reasons.

Trust Your Senses

More times than not, you can trust your senses to know when food has gone bad. Think sight, smell, and taste – if the food passes these tests it is probably still edible. The products to be careful with are similar to those they tell pregnant women to avoid – like deli meats and unpasteurized dairy products – and anything with mold.



Examples

Eggs can be consumed 3 to 5 weeks after purchase. Milk and yogurt are usually okay up to a week after their date. Meat product should to be cooked or frozen within a few days of purchase. Bread and cheese can be consumed past their date if not mold is present. Fruits and vegetables will vary bases on smell, feel, and even taste. Canned and pantry goods have a longer life compared to fresh goods.

5 Ways to Cut Down Food Waste

1. Plan your meals – this will help make #2 easier.
2. Make a grocery list and stick to it – this will help prevent you from buying too much of something or buying things you do not need.
3. Organize your fridge so that food items that spoil quicker are towards the front – which will help you use those products first.
4. Love your leftovers – take leftovers for your lunch, freeze leftovers for a later date, or even repurpose them for another meal.
5. Remember, life is crazy – if a day’s meal plan changes, find ways to save the food items not used. For example, if you were planning on having chicken alfredo one night, but plans change – freeze the chicken and broccoli for another week.

Spot the spoiled food below:



**Breastfeeding Corner****When Returning to Work**

Employers with 50 employees or more are required to provide you

a place to pump and break times to do it. All employers are required to allow you time to pump but you may need to be creative when finding a private place to pump at smaller workplaces. It is best to discuss this with your employer before returning to work.

There are tools available on <https://wicworks.fns.usda.gov> to make this easier for you. Being more prepared will help you feel more comfortable approaching your supervisor. It has tips for educating employers on the benefits to the company when women continue to breastfeed after they return to work.

You can feel better knowing that continuing to breastfeed will mean a healthy baby and save you both money and your employer benefits from a happier, healthier workforce.

If you have questions about pumping at work, breast pumps or how much milk to leave for the baby, WIC can help. Marisela is available hours when WIC is not open, call or text her at 920-948-2759



WIC will be under construction in the early part of 2019 as we make changes to improve our clinic environment. WIC is committed to improving confidentiality and creating a clinic environment where you feel safe and comfortable. We appreciate your patience during this time.

**Fond du Lac County Immunizations**

If you have insurance through an employer, you should see your doctor for immunizations. If you have Badger Care/Forward Health, vaccines are available at the FDL County Health Department on the 2nd Monday of each month from 3:00-5:00 PM. Please call before coming to make sure vaccines are available. If you have any questions, please call the Health Department at 929-3085.



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