



Tips to Reduce Food Waste

Did you know that over 40%¹ of the food produced in the United States is wasted? **Over 40%!** Edible food is thrown away at schools, restaurants, during manufacturing and farming, and at the grocery store. A large percentage of food waste comes from our own refrigerators at home, it's estimated we throw away more than 30% of the food we buy. Many resources go into growing, processing, transporting, and eventually disposing of all that wasted food, so when we throw something away, we're also throwing out the water, animal feed, and fuel that went into getting that food into our grocery cart. And food waste wastes money, too! A family of 4 could lose at least \$1,500 a year in wasted food.

- **Buy only what you need.** Sales and specials are a great way to save money, but if you don't have plans for all that food it could end up in the trash.
- **Keep a list** of foods you have in the fridge, freezer, and pantry. Look at this list when you plan your groceries for the week, so you don't buy food you already have.
- **Prep foods after shopping.** When you get home, take the time to wash, chop, slice, and dice fresh food items and store them in clear containers. This saves cooking time during the week and makes snacking easy.
- **Eat your leftovers.** Plan an "eat leftovers" night each week. Use leftovers in other recipes like casseroles, smoothies, soups, and frittatas.
- **Understand dates** on the food containers. "Best by" dates indicate quality, not safety, and most foods are safe to consume past the date.

1. [National Resource Defense Council: Save The Food](#)

Food Safety Tips

Many people are choosing reusable grocery bags when shopping. These can harbor bacteria if they aren't regularly washed.

- **Cotton/Fabric:** Machine wash on gentle cycle, line dry
- **Nylon:** Handwash in warm water and soap, line dry
- **Insulated:** Hand wash in warm water and soap or wipe down with disinfectant wipes



Healthy Incentives Program (HIP)

HIP puts money back onto your EBT card when you use SNAP to purchase fruits and vegetables from HIP farm vendors.

[Find program basics and FAQs here.](#)

Green Pea Falafel Patties



Ingredients

- **1/2 cup** dried green split peas
- **1/4 cup** dried brown lentils
- **1/2 cup** red onion, chopped
- **3 cloves** garlic, chopped
- **1/2 cup** parsley, chopped
- **2 tablespoons** lemon juice
- **1 1/4 teaspoon** cumin, ground
- **1/4 teaspoon** cayenne pepper (optional for spice)
- **1/2 teaspoon** paprika (smoked, if you have it)
- **1/3 cup** breadcrumbs (gluten-free, if desired)
- **1 teaspoon** oil

Directions

1. Place split peas and lentils in a medium saucepan and add 2 cups water. Bring to a boil, reduce heat and simmer until peas and lentils are tender, about 20-25 minutes. Drain, and let cool.
2. Place the cooled lentil and pea mixture, red onion, garlic, parsley, lemon juice, cumin, cayenne, paprika, and a pinch of salt/pepper into a food processor and pulse 6-8 times to combine. You want the mixture to be wet enough to stick together, but you don't want a paste.
3. Remove the mixture and place into a large bowl and add in breadcrumbs. Stir to combine. You may need to add more breadcrumbs, up to 1/2 cup in total.
4. Heat a large, non-stick skillet over medium-high heat and add 1 teaspoon oil.
5. For sandwich-size patties, use 1/4 cup scoop. For stackable patties, use 1/2 cup scoop. Scoop out the mixture depending on size needed and form into a flat, disc-shaped patty. Place in the skillet and lightly fry on both sides until golden brown and crispy, about 2-4 minutes per side. Remove from skillet and place on a paper towel-lined plate.

Nutrition Facts

Green Pea Falafel Patties
Amount Per Serving

Calories 56	Calories from Fat 9
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 37mg	2%
Potassium 139mg	4%
Total Carbohydrates 10g	3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	6%
Vitamin A	8%
Vitamin C	11%
Vitamin D	0%
Calcium	2%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.

LOOKING FOR RECIPE INSPIRATION?

Check out Click 'N Cook®, our online recipe database at clickncook.org

Makes 8 servings
Recipe adapted from USA Pulses





What can you do with: Corn on the Cob

Choosing: Corn is available frozen or canned year-round, but fresh corn is sweetest in the summer. When choosing fresh corn, look for green husks that are tight around the ear of the corn. The ear should have plump yellow kernels that are packed tightly together. Remove the husk just before cooking to keep it fresh.

Storing: Store corn cobs in their husk in the refrigerator, wrapped tightly in a plastic bag.

Preparing: Add corn to soup, salad, salsas, taco filling, or enjoy as a side dish.

- **Boiled:** Bring a large pot of water to a boil over high heat. Shuck the corn by removing the husk and silk (the threadlike strands) from each ear of corn. Add corn to the boiling water and cover with a lid. Cook until the corn comes back to a boil, about 3-4 minutes, then remove corn from the water.
- **Microwave:** Arrange 1 to 4 ears of corn, unshucked, on a plate in the microwave. For 1 or 2 ears of corn, microwave for 3 minutes. For 3 or 4 ears, microwave for 4 minutes. Set the ears on a cooling rack or a cutting board to cool. When the top leaves and silks are cool enough to handle, shuck the husks off the cobs and serve.

A CLICK N' COOK RECIPE
MORE AT: CLICKNCOOK.ORG

Oven Roasted Corn on the Cob



Ingredients

- 4 ears corn on the cob, shucked
- 2 tablespoons margarine or butter
- 2 cloves garlic, chopped
- 1 teaspoon black pepper
- 1/4 teaspoon salt

Directions

1. Preheat oven to 350 degrees F.
2. Tear off 4 pieces of aluminum foil (enough for each piece to wrap 1 ear of corn). Lay each corn on the aluminum foil.
3. In a small bowl, combine margarine or butter, garlic, black pepper, and salt. Microwave for 10 seconds to melt margarine or butter.
4. Pour mixture evenly over each corn cob.
5. Wrap each corn cob in aluminum foil and place on a baking sheet.
6. Bake 15 to 20 minutes, turning once.
7. Optional: Use your favorite spices, such as chili powder or cayenne pepper, for added spiciness.



Complimentary Vegetarian Proteins

Getting enough protein in our diet is important. Proteins are part of every cell, organ, and tissue in our bodies and they are made up of tiny amino acids. There are 20 amino acids, and our bodies can naturally make 11 of them, but we can't make the last 9. We need to get them from our diet. These are called **essential amino acids**, and when a food contains them, it is considered a **complete protein**.

Animal-based foods, like meat, eggs, and dairy, are complete proteins. If you eat these, you are probably getting enough essential amino acids every day. But if you follow a vegan or vegetarian diet, you may need to combine foods to make sure you are eating complete protein. When combining protein sources to create a complete protein, they are called **complimentary proteins**. It isn't hard to do, many meals we eat are already combined! You don't have to combine the proteins in every meal, if you eat enough variety throughout the day, you'll get what you need.

- **Legumes/Beans and Grains:** Peanut butter sandwich, hummus and pita, beans and rice, tofu and rice, bean burrito, lentil or split pea soup and crackers
- **Nuts/Seeds and Legumes:** Almond/peanut trail mix, salad with beans and seeds
- **Grains and Nuts/Seeds:** Oatmeal with walnuts or sunflower seeds, stir fried veggies over rice with sesame seeds, noodles with peanut sauce



August 2021

National Peach Month

National Sandwich Month

August 3

National Watermelon Day

August 8

National Zucchini Day

August 27

National Burger Day

August 31

National Trail Mix Day