

FOR IMMEDIATE RELEASE

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Go Further with Food

March is National Nutrition Month®

EAU CLAIRE, WI. – March 5, 2018- Whether it's starting the day off right with a healthy breakfast or enjoying dinner with your family, the foods you choose can make a real difference. "Go Further with Food" is the theme for National Nutrition Month®. The theme highlights how our food choices impact not only on our own health, but also the community and environment.

Conversations about food often revolve around health or weight. But people rarely talk about the foods we toss out. **It's estimated that Americans throw away up to 90 billion pounds of food each year** – either at home or when eating out. This amount doesn't include food that goes to waste at the grocery store.

"While many families struggle to get enough food to feed their families, the amount of safe food wasted in the United States is on the rise", says Susan Krahn, Public Health Nutritionist at the Eau Claire City-County Health Department. Food insecurity impacts about 13% of Eau Claire County residents. "On the other hand, obesity is a local health concern", Krahn adds. In Eau Claire County, 31% of adults are obese, compared to 29% statewide in Wisconsin. Three out of four Eau Claire County adults do not eat the recommended five fruits and vegetables per day. "By making small changes in planning and preparing meals in advance, we can help reduce food waste and save money. Planning ahead can also help you reach healthy eating goals and a healthy weight. "

While not all food that is thrown away could be saved and eaten, there are a lot of ways we can prevent food from being thrown away, especially at home.

- **Plans meals around the foods you already have on hand.** Check the refrigerator, freezer, and pantry for foods that need to be used up. Buy fresh fruits, vegetables, meats and dairy products that can be eaten within a few days. Buy more frozen fruits and veggies that are ready to use quickly and keep longer.
- **Get creative with leftovers.** Plan to use leftover meats and vegetables in soups, salads, or sandwiches later in the week. Use them as a topping on cooked grains like rice or pasta.
- **Learn about date labels.** Many dates on food packaging refer to the food's quality, not food safety. Easily find out if it is time to toss foods by using the American Academy of Nutrition and Dietetics' "[Is My Food Safe](#)" app or the USDA's [FoodKeeper App](#) online.

Each March, the Academy of Nutrition and Dietetics focuses nationwide attention on healthy eating through National Nutrition Month®. For more reliable nutrition information, visit www.eatright.org/nnm

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