

NUTRITION BITS AND BITES

Reducing Food Waste



Did you know 58% of all food produced in Canada is lost or waste?

The average Canadian household wastes almost \$2,000 of food every year.

Surprisingly, best before dates are an enormous contributor to food waste! That's because we perceive them as expiry dates and that they're unsafe to consume, and we toss them!

Only five types of food in Canada have true expiry dates. They are:

1. Baby formula
2. Meal replacements or supplement bars
3. Meal supplement drinks
4. Formulated liquid diets
5. Foods used in low-energy diets

Best before dates only give information about the freshness and potential shelf-life of the unopened food you are buying. "Best before" does not mean "bad or unsafe after."

Not tossing food because it's past the Best Before Date can save us money and our environment.



Zero Waste Banana Bread-Pudding

From: Rosanne Rust MS RDN, www.rustnutrition.com

Ingredients

3 cups stale bread, cubed
3 ripe bananas
3 eggs
1/2 cup milk
1/2 teaspoon pure vanilla extract
1 teaspoon ground cinnamon
2 teaspoons brown or granular sugar
Fresh berries
Whipped cream optional



Instructions

Butter the bottom and sides of an 8x8-inch or 2-quart baking dish. Preheat the oven to 350F. Place cubed bread in dish.

Place eggs, banana, milk, vanilla and cinnamon into a high-speed blender or food processor. Blend until smooth and combined (about 1-2 minutes).

Pour the creamy banana-egg mixture over the bread cubes. Top with sugar and bake for 45-50 minutes, until center is set.

Cool slightly and serve (or eat at room temperature). Spoon into serving dishes and top with berries and optional whipped cream.

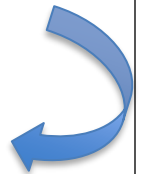


The bananas replace sugar in traditional bread pudding recipes. They add both sweetness and moisture.

Here are some ideas to use up food you may otherwise be tempted to toss:

- dice leftover apple slices or berries, add to pancakes, oatmeal, or muffins (or freeze and use later)
- freeze extra/leftover fruit, veg, avocado, yogurt, milk and use in smoothies
- freeze tomatoes and puree into soup or sauce
- freeze extra chicken/ham/turkey/etc. in small portions and use as pizza toppings, omelettes, casseroles, soups
- prevent an open avocado from turning brown by submerging it in water until you're ready to eat it
- slice lemon/lime or separate herbs and lay on tray to freeze. Once frozen pack them into bags and use for refreshing, naturally flavoured water (or club soda).

Scan the QR code to learn more [Still Good To Eat \(secondharvest.ca\)](http://StillGoodToEat.com)



For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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Created by Registered Dietitians from Southern Health-Santé Sud

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