Tossed Treasures:
How We All Can Waste Less Food

QUIZ:

1. What is the recommended temperature for your freezer?
   A. 32°F
   B. 10°F
   C. 0°F

2. What temperature is recommended for your refrigerator?
   A. 45°F
   B. 40°F
   C. 32°F

3. How hot should you heat leftovers to be food safe?
   A. 140°F
   B. 160°F
   C. 165°F

4. Keep doggie bag leftovers safe by refrigerating them within:
   A. 1 hour
   B. 2 hours
   C. 4 hours

5. Which vegetable(s) will maintain best quality if stored at room temperature?
   A. Potatoes
   B. Onions
   C. Zucchini squash
   D. All of the above
   E. A and B

6. The “best if used by date” is the:
   A. Recommended date for best flavor or quality.
   B. Last date recommended for use of the product at peak quality. If a food has this type of dating, follow that date.
   C. The last date a store should sell that food.

7. How long will food stored constantly at 0°F remain safe?
   A. 1 to 2 years
   B. 5 years
   C. Indefinitely

Answer Key
D C B A C B A C
America wastes **40%** of food!

When we waste food, we affect the following:
- Food security
- Our food budgets
- Natural resources
- Greenhouse gas
- Wasted water

What we all can do to waste less food:

1. **Shop “refrigerator first”**
   - Eat food before it goes bad.
   - Cook or eat what you already have at home before buying more.
   - Refrigerate take-home food within 2 hours (1 hour when temperature is above 90°F). Use within 3–4 days. Reheat to 165°F using a food thermometer.

2. **Keep perishable foods cold**
   - Refrigerator: 40°F
   - Freezer: 0°F

3. **Keep fresh food longer**
   - Do not refrigerate potatoes, onions, winter squash or garlic.
   - Do not refrigerate tomatoes, avocados, bananas, peaches, watermelon, or nectarines.

4. **Read the label**
   - Food stored constantly at 0°F will always be safe.

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**“BEST IF USED BY”**
- Not a purchase or safety date; food may be eaten after this date
- Product has best flavor and quality if used by this date
- A less specific date than "use by"
- Often found on canned fruits and vegetables

**“SELL BY”**
- Buy before “Sell By” date passes. Fairly set time period before food goes bad.
- Eat or freeze by the time on chart below unless the package gives a specific date

**“USE BY”**
- Refers to a PEAK DATE for best quality; not a specific safety date
- Form of date used on foods considered to be perishable from a microbiological point of view
- Gives last date when a food is expected to be at peak quality; eat by this date for best taste and quality
- Often found on fresh and chilled foods such as fruits, vegetables, salad mixes

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