

The Nutritious Nibble

March 2018



Salisbury University Dietitian Newsletter

National Nutrition Month

March is National Nutrition Month. This year's theme is Go Further with Food.

Go further with how we use food to better our health and further in how we manage food's impact on the environment; the two are inseparable. Most of us don't really consider that what we eat affects our earth. Other than recycling a takeout container, we tend to look at our meals and snacks as a harmless personal choice. So what if we throw out that broccoli we never cooked? We just didn't have time and now it's limp and yellow. Following are some facts about food production and waste, it's impact on the environment and our part in the drama from [Further with Food](#); [Center For Food Loss and Waste Solutions](#).



The USDA estimates food waste at the retail and consumer level to be ~30% of our food supply. That amounts to 66.5 million tons at a cost of about \$1500 per person a year. Worldwide, food that is harvested but not consumed generates ~8% of global greenhouse gas emissions annually. If this were a country it would be the third largest greenhouse gas emitter behind China and the U.S. In the U.S., food is the single largest component of our everyday trash. So, as you can see, as individuals we do have an impact here!

The USDA wants to decrease food loss at the retail and consumer level 50% by 2030. Check out the [Feed People not Landfills infographic](#).

So what can we do as individuals and a community to ease this issue? Individually we can take advantage of the variety of foods around us and make choices towards a plant based diet; because these foods have a gentler impact on the earth than raising meat. This is reflected in the smaller carbon foot print emitted by plant food production. As a nation we have reduced our meat consumption. So take advantage of Meatless Mondays in the Bistro, fill more of your plate with vegetables and keep meat portions to 1/4 of your plate. Eat less meat and enjoy what the earth has to offer. Sustainable eating is about choosing foods that are healthful to our bodies and the environment.

Tips to reduce food waste and eat sustainability

Eating out:

- Box those restaurant leftovers. Refrigerate them within 2 hours of being served and eat within 3 days. Recycle containers.
- Order less food when eating out or share dishes with friends.
- [Try the World One Bite at a Time app](#).

At Home:

- Freeze ripening bananas to use in smoothies or blend to make an ice cream-like dessert.
- Have a 'use it up day/meal'. Make a soup, stew or stir fry.
- Don't throw out food before it's time. Use the [Is My Food Safe app](#) to determine if a food is safe to eat.
- Store food properly in the fridge. Keep fruits and vegetables in separate drawers. Have older foods to the front. View this [food storage infographic](#).
- Enjoy a weekly meatless day with some [lentils](#) or [beans](#) for protein.
- Carry a water bottle filled with filtered tap water instead of buying bottled water. [SU filling stations listed here](#).
- Grow some herbs, a patio tomato or a garden.

Shopping:

- Shop local Farmers Markets.
- Shop the kitchen before going to the grocery store.
- Check your garbage can. If the same foods are constantly being tossed; eat sooner, buy less, incorporate them into more recipes or freeze them.

SU Dining Services employs a reduced a liquid food composter which uses natural enzymes & bacteria to reduce post-consumer waste to an environmentally safe grey water. This has diverted ~70 tons of food waste from going to the landfill in a year! We also forecast production amounts to conserve resources and not waste food. Additionally, most menu items are served portioned to minimize food waste. Excess perishable Grab n Go items, are donated to local charities. The plastic cups used for parfaits in Commons are biodegradable. Our kitchen recycles cardboard, cans, glass and plastic containers. Waste oil is diverted to make bio-diesel fuel.



Join SU Garden Club

Meets Monday at 4:30
Garden across from Holloway Hall
on Camden Ave
New Members Welcome!

Legacy Cohort

Work with socially responsible
farms and environmentally
friendly businesses
www.outgrowthtoday.org

Terry Passano - University Dietitian

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For a personalized approach to eating sustainability and improving your health see Terry Passano. Appointments are free of charge to students, faculty and staff. Click [here](#) for healthy dining options.

Follow Us!

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