

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: June 13, 2022
Content provided by: Alberta Health Services

Reducing food waste

Roughly \$31 billion in food is wasted in Canada each year. Almost half of all food waste takes place at the household level.

Here are some ways to waste less and get the most from your food.

- Plan a menu for a few days or for a week.
- Use your menu to make a grocery list. Having a grocery list makes it easier to buy only what you need, which can help reduce food waste.

If you do have extra food in the fridge, try some of these ideas to put it to use.

Vegetables and fruits

- Add zucchini, mushrooms or spinach to a pasta salad or use as a pizza topping.
- Mix mashed sweet potato or yams into biscuits, buns, muffins, or pancakes.
- Add tomatoes or peppers to a sandwich or wrap.
- Add fruit to cereal, cottage cheese, yogurt, salad or a smoothie.
- Freeze overripe bananas to use in loaves, muffins or smoothies.

Grain foods

- Add cooked barley, couscous, rice, or quinoa to a casserole, salad, soup, or stir-fry.
- Make breadcrumbs or croutons from dried (stale) bread. Use crumbs to coat chicken or fish. Add croutons to a salad, casserole, or soup.
- Use leftover cooked pasta in a casserole, salad or soup.

Protein foods

- Freeze small containers of yogurt to have as a frozen snack.
- Add milk, yogurt or tofu to a smoothie.
- Add beans, boiled eggs, chickpeas, fish, poultry, lentils, nuts or seeds to a salad.



- Add ground meat, poultry or tuna to pasta.

For more ideas, visit [ahs.ca](https://www.ahs.ca) and search Reduce Food Waste.