

Food waste piles up

Written by Holyoke Enterprise

Food waste is a major global issue that affects the environment, economy and food security. According to a 2012 report by the National Resources Defense Council, American families throw out 25 percent of the food they buy. That's roughly the equivalent of \$1,500 wasted each year.

Chef Alex Guarnaschelli, who participated in Food Network's "The Big Waste" special and serves as a judge on "Chopped," is encouraging food enthusiasts to love food more and waste it less, one day at a time.

"One of the most important steps we can take in an effort to reduce food waste is prepping ingredients properly right from the start," Guarnaschelli said. "Just take time on Sunday, the day when most people grocery shop and prep for the week ahead, to wrap and protect foods to help keep food fresh all week. This, combined with other steps like planning ahead and using leftovers, can go a long way in trimming food waste."

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Family Features. Information provided by Glad.

Holyoke Enterprise June 5, 2014