

WE CAN

STOP FOOD WASTE

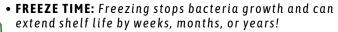
ONE DECISION AT A TIME

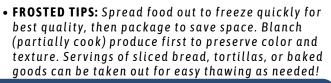
SAVING, PRESERVING, FEASTING!



MAINTAIN TASTE, QUALITY AND NUTRITION

FILL YOUR FREEZER





OF COURSE YOU CAN!

• AN EXTRA YEAR: Canning uses heat from boiling water or pressurized steam to stop bacteria growth and seal food in special jars for storage up to one year.

• CANNING 101: Boiling water canning is done on the stovetop with tools found at most grocery stores to preserve acidic foods like fruits, tomatoes, and pickles.

DRIED SNACKS AND INGREDIENTS

- **DEHYDRATING** food removes water for up to a year of storage. Rehydrate for cooking, or enjoy dried snacks like fruit and veggie chips, fruit leathers, jerky and more!
- ELECTRIC DEHYDRATORS use lower temperatures than home ovens and maximize airflow for easy drying. You can use your home oven, but watch that temperature and consider screened trays for airflow.

STORE THE SMART WAY

STAY FRESH: Seal food completely and keep out of humidity, high temperatures, and sunlight to maximize taste and quality!

EAT WELL, SAVE MONEY, WASTE LESS

76% of food waste comes from perishable foods

Why should WE care about food waste?

You can have a direct effect on reducing residential waste, which in turn has personal, local, and global impacts!



RESOURCES

HERE'S A FEW TO GET YOU STARTED



Book: Ball Book of Preserving

Online: ballmasonjars.com (canning & dehydrating directions)

fsis.usda.gov/food-safety

foodsafety.gov/keep-food-safe/foodkeeper-app



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