

## PBH FOOD WASTE SOCIAL MEDIA POSTS

ONE HOUR until our #FoodWasteMatters WEBINAR with our pal, Judy Barbe, RD! You still have time to register -- learn ways to reduce food waste + more!

Repurpose your food to eliminate #foodwaste! You can create #wraps or #sandwiches, #quesadillas, #casseroles, and even pasta from your #leftovers! #FoodWasteMatters

Leftover #avocado? Toss with lemon or lime juice, store in airtight container, freeze. Thawed, it's a great #guacamole base or mash onto toast with sprinkle of chile flakes and salt. Reduces #foodwaste deliciously! #FoodWasteMatters @JudyBarbe

Look for a produce sale bin next time you shop. Give a bruised apple a home and save money. #FoodWasteMatters

Use the levers on your crisper drawers. An open lever allows moisture and gases to escape for apples, pears, peppers, mushrooms, and ripe mangoes and avocados. Closed lever keeps moisture in for lettuce, spinach, broccoli and strawberries. #FoodWasteMatters

Purchase with a purpose. Planning a weekly menu makes better use of your groceries. You'll spend less and save time when you shop with a grocery list. #FoodWasteMatters

#Leftover cooked pasta: Scramble with eggs, garlic and leftover vegetables, add a sprinkle of Parmesan. Or simmer in a soup of chicken broth, spinach, mushrooms or other vegetables. #FoodWasteMatters

#DidYouKnow if you find yourself throwing away fresh fruits and vegetables often, you can also use frozen, canned and dried? They're nutritious & delicious too! #FoodWasteMatters @JudyBarbe

Cook perishable foods first. The sooner you get to them, the easier it is to serve as snacks and meals through the week, saving time, effort, and money. #FoodWasteMatters

Post an "Eat First" sign in your fridge to let everyone know what foods need to go. Use these foods for lunches, snacks, or to re-purpose into another meal. Or make Sunday a clean-out-the-fridge meal. #FoodWasteMatters

Day old cornbread: Toast and top with yogurt and chopped fruit or cube to make croutons. #RepurposeYourFood #FoodWasteMatters

DYK, home is where the trash is? Forty three percent of food waste is generated at home. Let's talk about what we can do to stop this! Join us & @JudyBarbe on 4/27 @ 2pm ET! #FoodWasteMatters

Reduce wasted food by using your leftovers to make your BESTovers! Join us & @JudyBarbe on 4/27 @ 2pm ET for our #FoodWasteMatters Twitter Party!

Spoon chipotle peppers and dollops of tomato paste onto waxed paper, freeze in zip-top bags for later use. Freeze leftover broth or fruit juice in an ice cube tray. Once frozen, transfer to freezer bags and use to add a boost of flavor to any dish. #FoodWasteMatters

Registered dietitian @JudyBarbe is sharing tips and tricks to reduce wasted food at home. Join us to learn and share your tips and tricks on 4/27 @ 2pm ET! #FoodWasteMatters

Fruit that's past its prime? Stir it in as u cook #oatmeal to add natural sweetness & fiber. Or make #smoothie bags. Freeze fruit chunks in portions u normally use to blend w/ yogurt, milk & oats into smoothies. You can even add leftover #beans & green veggies! #FoodWasteMatters

See how one Supermarket RD shows the importance of shopping the entire store to help in the dilemma to get enough fruits and vegetables in the mix: <http://ow.ly/WHK030jCGCc> @CansGetUCooking #FoodWasteMatters

Today is #StopFoodWasteDay! Let's talk about what we can do to eliminate #foodwaste at our #FoodWasteMatters Twitter Party TODAY @ 2pm ET w/ @JudyBarbe

ONE HOUR until our #FoodWasteMatters Twitter Party with our pal, Judy Barbe, RD! Learn ways to reduce #foodwaste and more! NO RSVP!

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Mothers feel better when they know that all forms of fruits and vegetables can help them make great choices for their family's health and convenience. No more guilt shaming. @CansGetUCooking (Insert no guilt, no shame meme)