



13713 Frontier Court  
Burnsville, Minnesota 55337

Phone: 952-895-4559  
Fax: 952-895-4531

[www.DakotaValleyRecycling.org](http://www.DakotaValleyRecycling.org)

For Immediate Release

Sept. 20, 2017

Contact: Ellie Orrick  
Environmental Technician  
952-895-4515

## SAVE THE FOOD!

*Dakota County, Cities Launch Campaign to Reduce Wasted Food*

Discarded food – like last week’s leftovers – make up 17 percent of the waste in Minnesota. This year, Dakota County launched a new initiative to keep **good** food from hitting the trash.

Through the “Save the Food” campaign, Dakota County is collaborating with the Ad Council, Natural Resources Defense Council (NRDC) and area cities to help reduce the amount of food that goes to waste.

According to the NRDC, wasting food costs the average family \$1,500 per year. In the U.S., up to 40 percent of the food supply goes uneaten.

Community members have likely already started seeing “Save the Food” videos, print materials and advertisements in locations across the county. Through this initiative, residents are encouraged to learn more about the consequences of food waste – and find practical tools and tips on how to reduce wasted food.

### **Shop Smart to Save Food**

When leftovers are tossed, it wastes more than just food – it wastes the water, energy, labor, pesticides and land used to grow and transport it. Help save food, and energy, by following these simple tips:

***Feed the kids your food, and serve tiny portions.*** Don’t make multiple meals – and serve yourself a smaller portion knowing you’ll likely finish what the kids don’t. Start with small portions for kids to minimize untouched food.

***Plan meals but be realistic.*** Plan your activities for the week and figure out what days you actually need to cook.

*(more)*



13713 Frontier Court  
Burnsville, Minnesota 55337

Phone: 952-895-4559  
Fax: 952-895-4531

[www.DakotaValleyRecycling.org](http://www.DakotaValleyRecycling.org)

For Immediate Release

**Revive limp veggies.** A quick soak in ice water for 5 to 10 minutes is often enough to reinvigorate wilted veggies.

**Shop your kitchen first.** Check your pantry, fridge and freezer to see if you already have items on your shopping list to avoid buying double.

**Buy loose to save a ton.** If fruits or veggies are sold by weight—asparagus, bananas and grapes— you can break up the bunch and only buy what you need.

**Don't lose food in the fridge.** Move food that should be eaten soon to a designated area in the fridge and mark it with an “Eat First” sign.

**Use freezer power.** You can freeze almost anything – soups, pasta, sauces and bread. It's like pushing a pause button for a no-hassle meal later. Keep freezer burn out by keeping air out.

For more information and tips on reducing food waste visit [www.SaveTheFood.com](http://www.SaveTheFood.com).

###