

# Nutrition Times

June 2019 Nutrition Services



Food Waste CC BY-SA 4.0

## Reducing Food Waste

Food waste is a growing problem in Canada and around the world. In Canada alone, \$31 billion worth of food ends up in landfills and composters each year. The average Canadian consumer throws out approximately 170 kg of food each year. This is roughly equal to throwing away a quarter of the groceries you buy each time you grocery shop.

A few ways to reduce your food waste at home is to plan ahead, shop smart, and eat leftover foods whenever able.

- **Plan Ahead**

Plan your meals for the week to make the most of your groceries and avoid throwing out food. Plan to make dishes that use similar ingredients so food can be reused in multiple ways.

- **Shop Smart**

After you make your meal plan for the week, make a grocery list of the ingredients you will need to buy. Check the fridge, freezer, and pantry and then write down what you need to buy. Be sure to use up ingredients you have at home before buying new ones!

- **Eat It**

Cook extra food and freeze leftovers. Find creative ways to use up leftovers in other dishes, salads, and baking.



## Tips to Re-Using Leftovers

- Add leftover cut up vegetables to casseroles, soups, or stir-fries.
- Grate carrots, zucchini, or sweet potatoes into baking.
- Add fruit to yogurt or smoothies.
- Freeze overripe bananas to use later in baking.
- Use leftover cooked pasta in casseroles, salads, or soups.
- Grate cheese and freeze for future use.
- Freeze individual cups of yogurt to enjoy as a frozen treat.
- Add leftover beans, beef, fish, or chicken to stir-fries, casseroles, soups, and stews.

## Overripe Berry Lemonade Popsicles (serves 12)

Ingredients: overripe berries, 3 cups lemonade

1. Set aside 12-24 overripe berries.
2. Mash the rest of the berries in a large bowl. Stir in lemonade.
3. Put 2-3 berries into each popsicle mold.
4. Pour lemonade mixture into the popsicle molds. Add a popsicle stick and freeze until solid. Enjoy!



Popsicle  
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# Upcoming Nutrition Classes (most classes are free)

## Brooks:

**Alberta Healthy Living Program Classes:** Ongoing, see below.

## Medicine Hat:

**Nutrition and Healthy Eating During Pregnancy:** Find out about important vitamins and minerals during pregnancy, food safety, prenatal weight gain and more! **Mon. June 10, July 15, or August 19, 2019, 6 - 8 p.m.**

Register: [www.ahs.ca/prenatal](http://www.ahs.ca/prenatal) (use filters to look for nutrition in the course name) or 403-502-8215

**Infant Nutrition:** Information on feeding babies 0 to 12 months.

**Mon. June 24 or August 19, 2019, 2:45 – 4:00 p.m.**

Register: 403-502-1411 or at [ahsmedhatnutrition.eventbrite.ca](http://ahsmedhatnutrition.eventbrite.ca)

**Mealtime Struggles:** Tips and strategies for dealing with picky eaters.

**Mon. September 9, 2019, 7:00 – 8:30 p.m.** at Medicine Hat Public Library

Register: 403-502-8525 or at [ahsmedhatnutrition.eventbrite.ca](http://ahsmedhatnutrition.eventbrite.ca)

**Alberta Healthy Living Program Classes:** Ongoing, see below.

## Lethbridge:

**Baby Steps Infant Nutrition** Information on feeding babies 0-12 months. Ongoing. Register 403-388-6668.

**Alberta Healthy Living Program:** Classes are ongoing throughout South Zone to help manage chronic conditions. Topics include Diabetes, Weight Management, Stress Management, Healthy Eating to Reduce your Risk, Emotional Eating and more. For information on sessions available go to: [bit.ly/2CAfSnN](http://bit.ly/2CAfSnN)

To register call: Lethbridge and area, 403-388-6654

Medicine Hat, 403-529-8969

Brooks, 403-793-6659



## Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

2948 Dunmore Rd. SE 403-502-8200  
Medicine Hat, AB, T1A 8E3

440 3<sup>rd</sup> Street East 403-501-3300  
Brooks, AB, T1R 1B3

801 1<sup>st</sup> Avenue South 403-388-6666  
Lethbridge, AB, T1J 4L5

For more information on this or other nutrition topics, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)

