

## Recognition Program

The Get Food Smart TN Recognition Program is a voluntary recognition program administered by the Tennessee Department of Environment and Conservation's Office of Policy and Sustainable Practices.

Participants in the program will be recognized for food waste conscious actions that they implement in operations. The goal of the program is to highlight best practices in food waste reduction, recovery, and/or diversion, and to encourage entities to take action in these practices.

**If you are interested in applying for the recognition program, please visit:**

[www.getfoodsmarttn.com](http://www.getfoodsmarttn.com)

**Get Food Smart TN is a new program from the state of Tennessee, which will provide Tennesseans with resources to reduce food waste and increase food recovery and diversion.**



# Get Food Smart TN



Promoting using food wisely and enhancing the sustainability of Tennessee's food resources

[www.getfoodsmarttn.com](http://www.getfoodsmarttn.com)

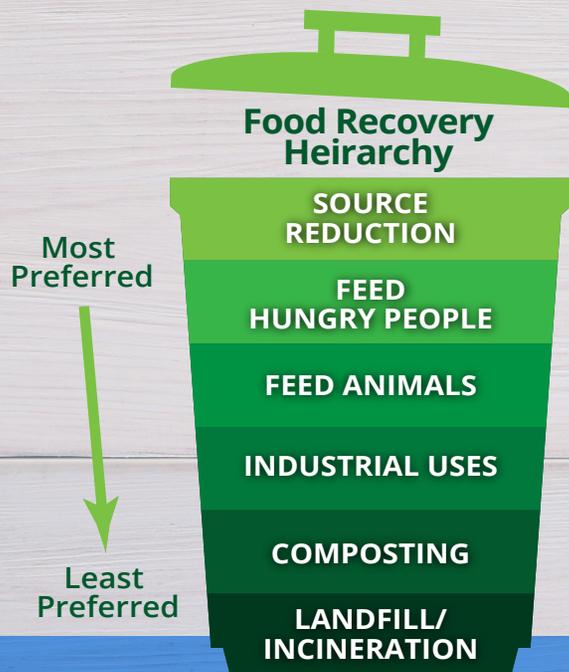
# What Can **You** Do to Reduce Food Waste?

## What are Food Waste and Food Recovery?

Food Waste occurs when nutritious food is lost or disposed of.

*About 1.3 billion tons of food produced for human consumption is lost or wasted globally per year, which is the equivalent of 200 million African elephants or 13,400 Nimitz Class aircraft carriers.*

Food Recovery is an approach that seeks to address and reduce wasted food and related impacts over its entire lifecycle.



### Create an "Eat First Box"

- Place a small wooden or cardboard box in a visible area of your fridge.
- Fill the box with items that need to be eaten first and/or quickly to prevent them from going bad.



### Store Food Properly to Extend its Shelf-Life

- Herbs: Store herbs with their stems in a glass of water.
- Store ripe avocados in the fridge until you are ready to use them.
- Freeze flour to keep it fresher longer.
- Wrap leftover cheese in loose wax paper, not plastic.



### Shop Smart and Realistically

- Plan out meals.
- Make detailed shopping lists with ingredients you'll need.
- Purchase locally sourced produce and other food from local farmers markets.



### Save Leftovers

- Save uneaten food when you either cook too much or you get too much food at a restaurant.
- Label your leftovers so you can keep track of how long they've been in your fridge or freezer.
- Incorporate leftovers into your daily or weekly routine.



### Avoid clutter in your fridge, pantry and freezer

- Keep things neat and visible.
- Use the "first in, first out" principle.
- After you buy new groceries, move the older products to the front so you consume them first.