



Food Waste

GREEN
BEE7

Today We Learned | Food Waste

- Food takes a lot of energy, resources, and money to produce.
- Americans waste 30-40% of our food supply – this means about 365 million pounds of food per day, every day!
- Food waste is a problem for three main reasons:
 - 1. Precious resources are used up to produce food that's never eaten.
 - 2. Decomposing food releases greenhouse gasses that cause climate change.
 - 3. There are about 37 million people in the USA who struggle with hunger and about 828 million people worldwide.
- Solutions to food waste fall into three main categories: Prevention, Recovery and Recycling

Breakfast Idea | Banana Oatmeal Muffins (Adapted from [The Lazy Dish](#))

When a banana develops too many brown spots, it tends to give some people the ick, but the truth is the banana is actually becoming sweeter and more digestible. Utilizing these very ripe bananas to prep these muffins will not only help reduce food waste but also provide you with a delicious and nourishing breakfast to kickstart your day. Here's how to make it:

- Preheat oven to 350° F
- Mix together 3 mashed bananas, 3 cups oats and 1 tsp vanilla extract.
- Add in the mix-ins of your choice, such as chocolate chips, blueberries and strawberries
- Spoon the mixture into a greased muffin pan
- Bake for 15-18 minutes

Tips and Tricks

1. **How ripe is too ripe** Utilizing over-ripe bananas is an excellent method to minimize food waste. When a banana has turned completely brown, with no trace of yellow remaining, and it starts to leak fluid, emit a rotten smell, and show signs of mold, it's best to compost it.
2. **Mixing it up** There's no need to restrict your batch to just one mix-in ingredient. Place your mixture into the muffin pan first, and then add your mix-ins to each individual muffin. You can give it a quick mix with a spoon or toothpick. By doing this, you'll have a variety of muffin options with minimal effort.
3. **Freeze and thaw** Got a super ripe banana but can't find time to make the muffins just yet? Freezing bananas is a great way to preserve them for later. Simply peel the bananas, store them in a ziplock bag or container, and use them whenever you please. Be sure to thaw them for 2 hours before using.

