

Ideas for Reducing Food Waste in April

April is Winning on Reducing Food Waste Month. Make it a goal this month to try one of these steps to reduce food waste.

- Understand what food expiration dates mean. Sell-by, use-by, and best-by dates are quality dates, not indications of when food becomes unsafe to eat.
- Become friends with your freezer. See chicken on sale? Freeze it! Have extra veggie scraps like celery tops, onion skins, or broccoli stems? Store them in a freezer-safe bag. When it's full, add water and herbs to make a low-sodium vegetable broth.
- Shop the home pantry and freezer. Make it a fun family game and see which meal you can create.

DEVILED EGGS

Ingredients:

- 6 large eggs
- 1/4 cup light mayonnaise
- 1/4 teaspoon salt
- 1 teaspoon yellow mustard
- Dash of black pepper or paprika

Directions:

1. Wash hands with soap and water.
2. Place eggs in a medium saucepan. Fill the saucepan with cold water, covering the eggs by 1 inch. Heat on high until boiling.
3. When water reaches a boil, cover the pan with a lid and remove it from the heat. Let the eggs sit in the covered saucepan for 11 minutes.
4. Cook eggs until yolk and white are firm, with an internal temperature of 160 F.
5. Drain hot water and place the eggs into cold ice water in a separate bowl. Let the eggs sit in cold water for 10 minutes. Peel off the shells and discard.
6. Cut the eggs in half lengthwise. The yolk and white should be firm, not runny.

Serving: 6 (2 egg halves per person)

7. Carefully remove yolks with a spoon and place them into a small bowl. Set whites aside.
8. Mash yolks until fine and crumbly. Add mayonnaise, salt, and mustard. Mix until well blended.
9. Generously refill hollows in egg whites with yolk mixture. Sprinkle with black pepper or paprika.
10. Refrigerate eggs until ready to serve.

Nutrition information per serving: 100 calories; 7 g fat (1.5 g saturated); 185 mg cholesterol; 1 g carbohydrates; 0 g dietary fiber; 6 g protein; 260 mg sodium.



Source: Illinois Extension – Eat. Move. Save. Deviled Eggs recipe.

April is Financial Literacy Awareness Month

Financial literacy is the ability to understand and apply basic money skills to make smart financial choices. It involves knowing how money functions, managing it effectively, and planning for the future. Some key components of financial literacy include:

- **Budgeting:** Knowing where your money goes.
- **Saving:** Setting money aside for future needs.
- **Borrowing:** Understanding how loans and credit work.
- **Investing:** Helping your money grow.
- **Managing taxes:** Knowing how taxes affect your finances.
- **Planning for the future:** Setting goals and preparing for long-term needs.

These components work together to help people make informed decisions and stay financially healthy. To learn more about finances and for financial tools, visit extension.illinois.edu/finances.