

30 Days of Food Rescue

Goal: Increase awareness of importance of reducing food waste, and share practical and action-oriented messages for consumers to reduce food waste at home and in their communities.

Instructions:

1. Upload photo/graphic to social media of choice (Facebook, Instagram, etc.). *Graphics are provided as a PDF. To convert to PNG or JPG files, read instructions from [Adobe](#).*
2. In text section of social media post, include the text below, depending on which Day you are posting. Simply copy and paste from the table below. *Website addresses are provide in full and as shortened bitly links.*
3. Remember to tag Illinois Extension statewide – @ILExtension (Twitter), @UIExtension (Facebook) – and any local pages.

Day	Social Media Text	Tag Non-Extension Pages (Optional Webpage Links)
1	Join the “ugly” food movement and shop for the fun shapes foods can take on! #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
2	That can of black beans you lost in the back of the pantry might still be good quality! And safe to eat! Learn more at fsis.usda.gov and stilltasty.com #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	@FoodSafety.gov (Facebook) @foodsafetygov (Twitter)
3	Preserving is great for that extra pound of fresh green beans you bought! Learn more about preserving options from the National Center for Home Food Preservation at nchfp.uga.edu . #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	@UGA.Extension (Facebook) @UGAExtension (Twitter) @ugaextension (Instagram)
4	Habits take time to build, including checking your kitchen food inventory before going shopping. What helps you remember to check before you shop? #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
5	Did you not use that whole can of pumpkin puree? Or all that bottled salsa? No worries – your freezer can help! Learn more about freezing from the National Center for Home Food Preservation at nchfp.uga.edu . #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	@UGA.Extension (Facebook) @UGAExtension (Twitter) @ugaextension (Instagram)
6	Foods can have a long life. Learn more about food donations and food recovery from USDA at usda.gov and EPA at epa.gov . #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	@USDA (Facebook, Twitter) @usdagov (Instagram) @epagov (Instagram) @EPA (Twitter, Facebook)
7	Whether a short or long power outage, find out which foods can be saved and which ones need to be thrown out. Learn	@FoodSafety.gov (Facebook) @foodsafetygov (Twitter)

	more at fda.gov #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
8	See storage recommendations from NDSU Extension for fruits and veggies at ag.ndsu.edu . #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	@NDSUExtension (Facebook, Twitter) Web: https://www.ag.ndsu.edu/publications/food-nutrition/food-storage-guide-answers-the-question/fn579.pdf OR https://bit.ly/2Ww3L53
9	Refrigeration and freezing keep foods safe longer by delaying food decay and limiting most microbial growth. #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
10	Have you ever used broccoli stalks or the green tops of beets? Find ideas in cookbooks and from MSU Extension's "Are you throwing away valuable food?" #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	@MSUExtension (Twitter) @MichiganStateExtension (Facebook) Web: https://www.canr.msu.edu/news/are_you_throwing_away_valuable_food_part_two_produce OR https://bit.ly/3dhICBS
11	Not sure how long to keep a food, or the best way to store it for long shelf life? Use technology to answer your questions with "Save the Food" Skill on your smart speaker. If you prefer the website route, learn more at fsis.usda.gov and stilltasty.com . #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	@FoodSafety.gov (Facebook) @foodsafetygov (Twitter)
12	From traditional compost to vermicompost, use the nutrients in your leftover scraps to make plant food. Learn more from Illinois Extension's composting resources. #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	@ILExtension (Twitter), @UIExtension Web: https://extension.illinois.edu/global/composting-resources OR https://bit.ly/3beWfjf
13	Cooking less can be a challenge for empty nesters and small households. Check out the "Cooking for 1 or 2" lesson from NDSU Extension. #foodwaste #foodrescue #savethefood #shiftyourdailyhabits *Can eventually link to Susan's Cooking for 1 or 2 handout. No change as of 3/25/2020	@ndsuent (Instagram) @NDSUExtension (Facebook, Twitter) Web: https://www.ag.ndsu.edu/publications/food-nutrition/cooking-for-one-or-two/fn521.pdf OR https://bit.ly/3de4yO6

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14	When putting foods away, move them around so foods that are closer to “best-by” dates are in front. This way you are more likely to use them. Check out the FIFO comic from StateFoodSafety. #foodwaste #foodrescue #savethefood #shiftyourdailychabits	Web: https://www.statefoodsafety.com/Resources/article/category/Resources/article/april-cartoon-first-in-first-out-fifo OR https://bit.ly/3bd6CEb
15	Planning to eat leftovers for future meals is a great way to reduce food waste. Not all leftovers reheat well, so pick recipes that do. Remember, eat leftovers within 3-4 days. #foodwaste #foodrescue #savethefood #shiftyourdailychabits	@FoodSafety.gov (Facebook) @foodsafetygov (Twitter)
16	Tell us in the comments about your meal planning for the week. How do you do it? Get other tips from Meal Prep Mate at savethefood.com and ChooseMyPlate at choosemyplate.gov . #foodwaste #foodrescue #savethefood #shiftyourdailychabits	@MyPlate (Facebook, Twitter)
17	Start the conversation about where your food goes after trash pickup. Hint, it’s usually a landfill. Check out EPA’s “Feed People Not Landfills” video for more. #foodwaste #foodrescue #savethefood #shiftyourdailychabits	@epagov (Instagram) @EPA (Twitter, Facebook) Web: https://youtu.be/EwNpnUUSk4M
18	What is your favorite way to organize the refrigerator, freezer, or pantry? Check out ISU Extension’s “The Basics of Kitchen Organization” for tips. #foodwaste #foodrescue #savethefood #shiftyourdailychabits	@spendsmarteatsmart (Facebook) @SpendEatSmart (Twitter) Web: https://blogs.extension.iastate.edu/spendsmart/2013/01/07/the-basics-of-kitchen-organization/ OR https://bit.ly/2Wt4CGJ
19	Reduce food waste while dining out! Order lunch portions or take home part of your meal for leftovers. How do you eat smaller when enjoying food away from home? #foodwaste #foodrescue #savethefood #shiftyourdailychabits	
20	From municipal groups to universities to commercial waste disposal, check your local area for community composting. Read examples of “Food Scrap Composting” in Kane County Illinois and “Community Compost Partners” with Midwest Fiber. #foodwaste #foodrescue #savethefood #shiftyourdailychabits	Web: https://www.countyofkane.org/Recycling/Pages/foodScrap.aspx OR https://bit.ly/2vDi6BT Web: http://www.midwest-fiber.com/participating-companies-2.html OR https://bit.ly/2wet1IT
21	Learn more about the Food Recovery Hierarchy from the Environmental Protection Agency at epa.gov . What tasks have	@epagov (Instagram) @EPA (Twitter, Facebook)

	you tried? #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	Web: https://www.epa.gov/sustainable-management-food/food-recovery-hierarchy OR https://bit.ly/2IZWngK
22	Try out EPA's "Too Good to Waste" Challenge at epa.gov. Find out how much you waste at home and how to waste less. #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	@epagov (Instagram) @EPA (Twitter, Facebook) Web: https://www.epa.gov/sustainable-management-food/food-too-good-waste-implementation-guide-and-toolkit OR https://bit.ly/3a8vgpl
23	Restaurants often serve very large portions. Share to limit food waste – and have fun with your dining companion. What foods do you like to share? #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
24	Turn old and overripe produce into something new. Overripe bananas are great in banana bread. Soft, mealy apples make great applesauce or apple crisp. What ways do you like to repurpose older foods? #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
25	Not a fan of potato salad that your meal comes with? Ask about swapping it for a side you will enjoy. Don't eat tomato and lettuce on your sandwich? Let your server know to leave it off. #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
26	Reducing single-use packaging and food waste go hand-in-hand. Apply your food waste knowledge, and add in reusable packaging, like grocery totes or produce bags. Try making your own with upcycled materials! #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
27	Tell us a popular recipe you make that uses a mix of fresh, frozen, dried, or canned fruits or veggies. #foodwaste #foodrescue #savethefood #shiftyourdailyhabits *Can eventually link to Lisa's handout on using canned goods. No change as of 3/25/2020	
28	TIP 1 - Shop local farmers markets, roadside stands, and CSAs to buy just the amount you want. TIP 2 – Ask your local vendors if they might take back your food scraps. They can compost the scraps and use it to add some nutrients back to the soil.	

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	#foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
29	Notice how much food gets discarded during holidays, birthdays, and office parties. Serve less food, try a no-food event, or use your food waste knowledge to try something else. #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	
30	Eat the skins on produce to reduce food waste, consume more nutrients, and spend less time peeling fruits and veggies. Win, win, win! #foodwaste #foodrescue #savethefood #shiftyourdailyhabits	

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