



MORE FOR YOUR DOLLAR

BY CHARLIE WELSH

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MY WHY



Hi everyone! My name is Charlie, and I am 24 years old and living in Somerville, MA. When I moved here after college, I found myself adjusting to post-grad life. I love cooking, but one thing I noticed right away was the amount of individual waste I produce.

In my own experience, I have found that most grocery store portions are sized for more than one person. This can be convenient for dry goods, but difficult with produce. With produce, I feel like I have to either eat more than I want or eat the same meal every day if I want to consume it before it goes bad.

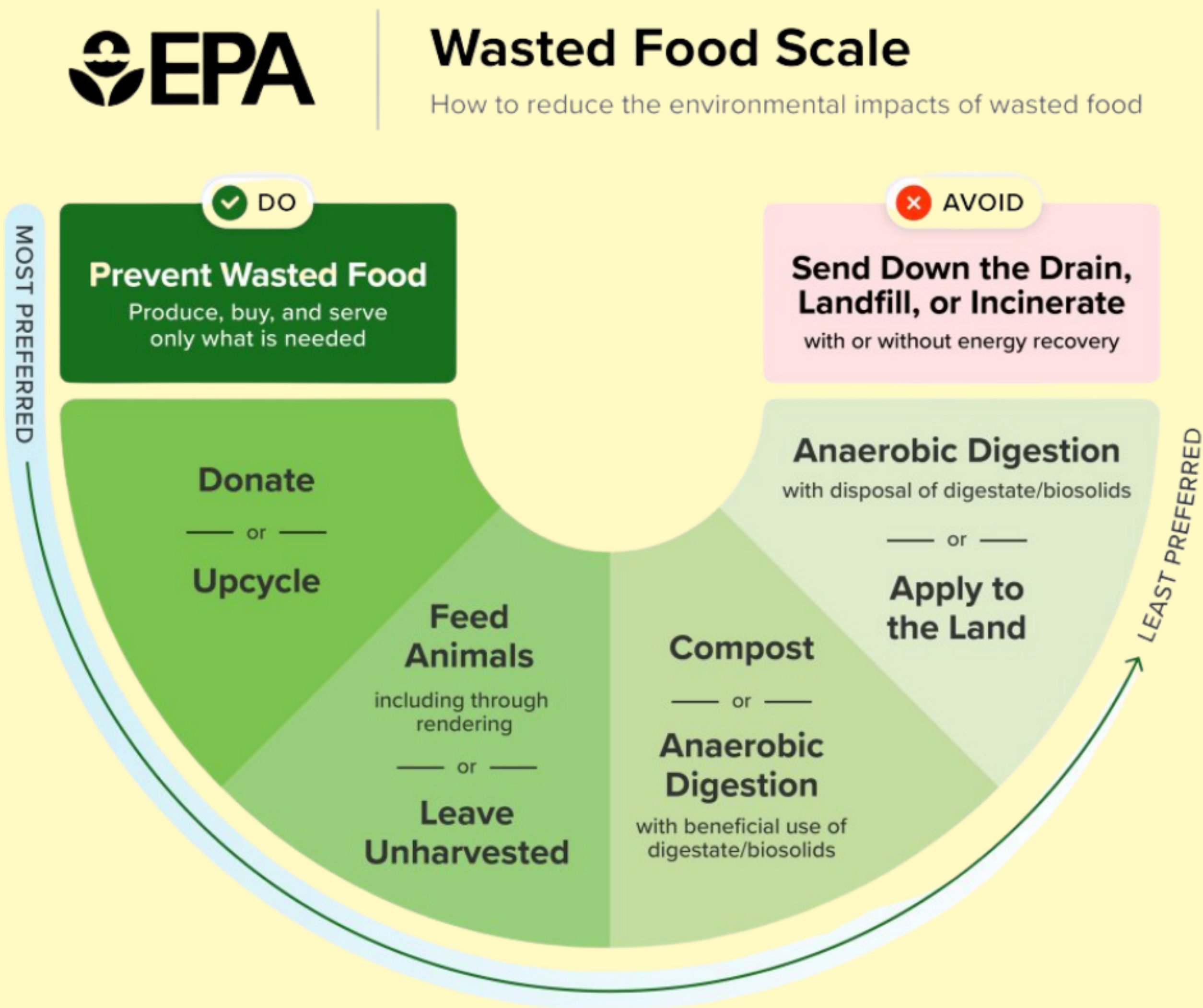
In More For Your Dollar, I want to show you how to stretch your spending per item and how to store food longer naturally.



THE FOOD WASTE SCALE

When trying to prevent food waste, I referenced the EPA’s Food Waste scale. In my life, I generally try to stay in the two greenest sections, but I think any initiative you take in your life is still helpful!

The foods I struggle with finishing before they go bad include leafy greens, bread, herbs, and fruit. The purpose of this zine is to explore ways to revamp these foods.

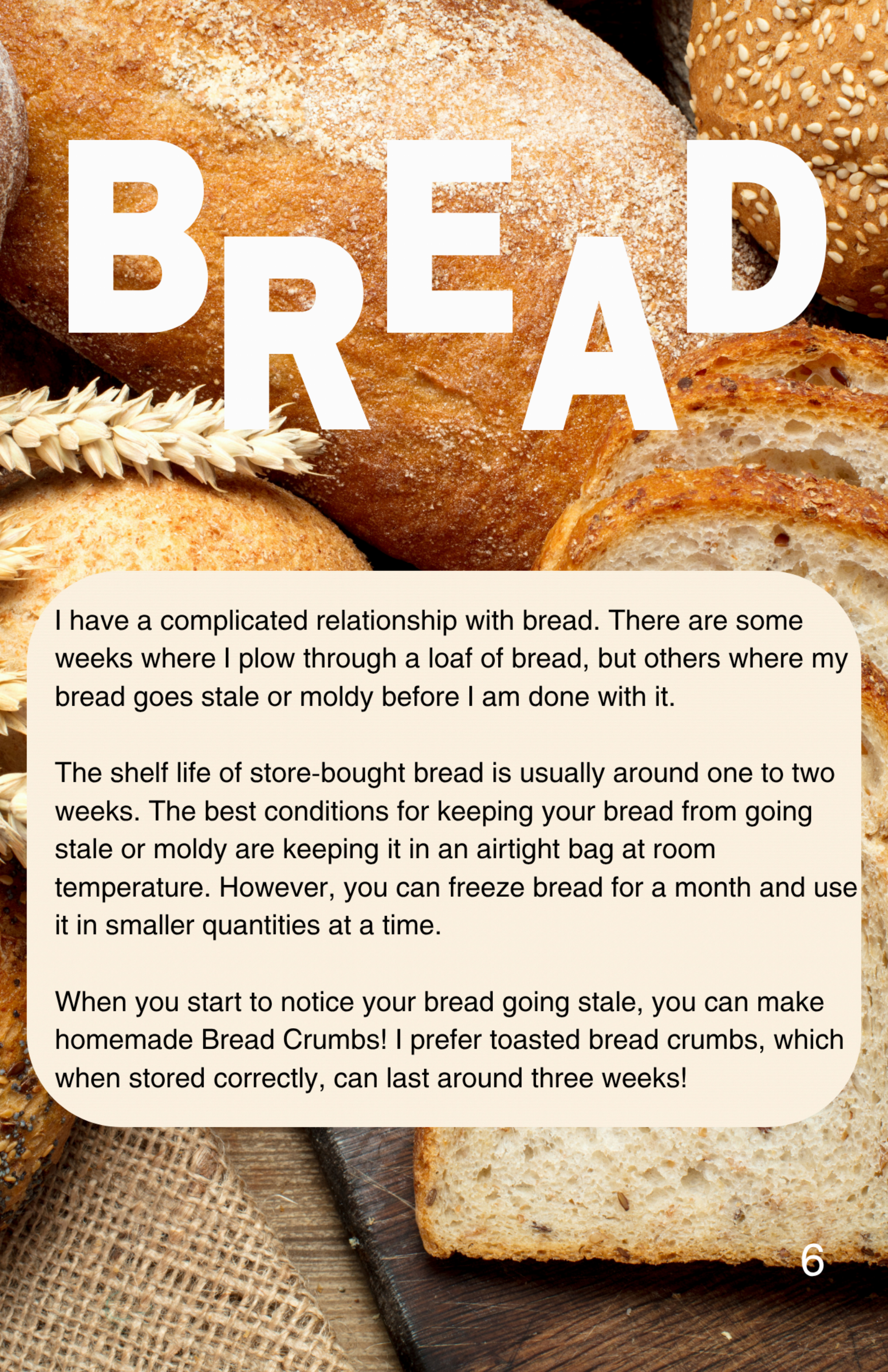


LEAFY GREENS

I have found that lettuce and leafy greens are always packaged in large quantities. In my own experience, the only way I can use them at once is if I am making a large salad for a group gathering. In my own daily cooking, I rarely use more than several pieces at once.

Obviously, to make your greens last as long as possible, you should store them in the fridge. However, through my own research, I learned some tricks on how to keep your greens from expiring quickly. First, do not wash the greens until you are ready to use them. You can use a bath of ice water to revive the greens if they look wilted but are not yet slimy.

When you start to feel that your greens have started to get slimy **HOLD ON**. You can add these greens to smoothies and juices, stir fry them, or make them into slaw.



BREAD

I have a complicated relationship with bread. There are some weeks where I plow through a loaf of bread, but others where my bread goes stale or moldy before I am done with it.

The shelf life of store-bought bread is usually around one to two weeks. The best conditions for keeping your bread from going stale or moldy are keeping it in an airtight bag at room temperature. However, you can freeze bread for a month and use it in smaller quantities at a time.

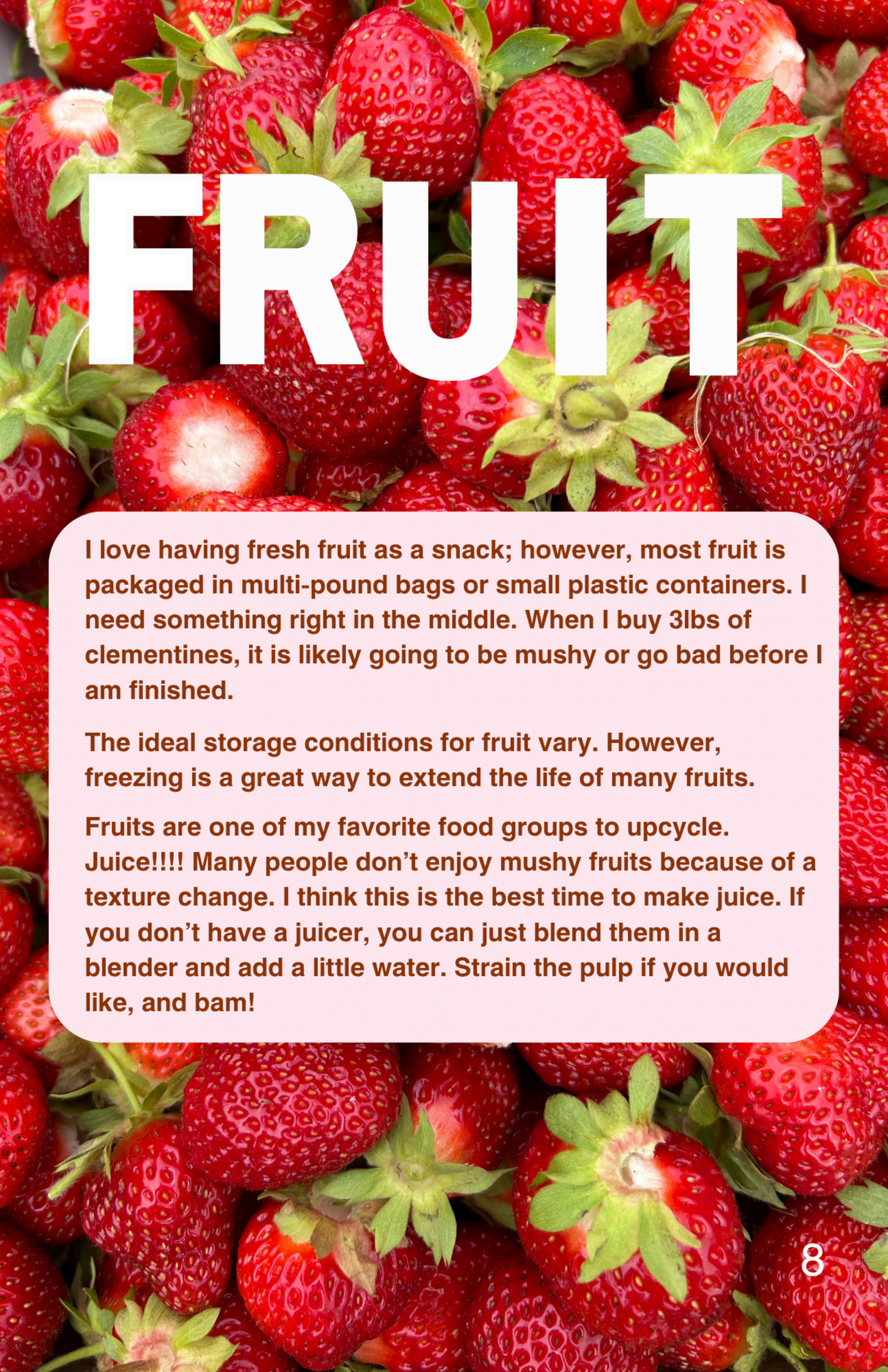
When you start to notice your bread going stale, you can make homemade Bread Crumbs! I prefer toasted bread crumbs, which when stored correctly, can last around three weeks!

HERBS

The ways to upcycle your herbs are some of my favorites, as there are so many creative ideas. Some ideas include making homemade cleaning supplies and adding wilted herbs to butter to make flavored spreads, drying them to use them as spices, and making homemade non-toxic pest deterrents.

I find I have a similar issue with herbs as I do with leafy greens. However, herbs seem to wilt much quicker. Most herbs will last about 2-3 weeks if stored correctly.

In regards to storing herbs, there are many different suggestions on how to extend their life. Unlike lettuce, many people do suggest rinsing your herbs to remove excess bacteria. Other tips include trimming stems, avoiding direct light, and storing them as if they were flowers.



FRUIT

I love having fresh fruit as a snack; however, most fruit is packaged in multi-pound bags or small plastic containers. I need something right in the middle. When I buy 3lbs of clementines, it is likely going to be mushy or go bad before I am finished.

The ideal storage conditions for fruit vary. However, freezing is a great way to extend the life of many fruits.

Fruits are one of my favorite food groups to upcycle. Juice!!!! Many people don't enjoy mushy fruits because of a texture change. I think this is the best time to make juice. If you don't have a juicer, you can just blend them in a blender and add a little water. Strain the pulp if you would like, and bam!

RECIPES!

L [https://www.loveandlemons.com › how-to-make-breadcrumbs](https://www.loveandlemons.com/how-to-make-breadcrumbs) ⋮

How to Make Breadcrumbs Recipe - Love and Lemons

ZERO WASTE CHEF [https://zerowastechef.substack.com › p › how-to-cook-every-last-scrap-of-produce](https://zerowastechef.substack.com/p/how-to-cook-every-last-scrap-of-produce) ⋮

How to Cook Every Last Scrap of Produce - Zero-Waste Chef

M [https://www.mondaycampaigns.org › meatless-monday › 10-clever-ways-to-use-your-leftover](https://www.mondaycampaigns.org/meatless-monday/10-clever-ways-to-use-your-leftover) ⋮

10 Clever Ways to Use Your Leftover Leafy Greens

L [https://www.loveandlemons.com › how-to-make-breadcrumbs](https://www.loveandlemons.com/how-to-make-breadcrumbs) ⋮

How to Make Breadcrumbs Recipe - Love and Lemons

RESOURCES



Garbage to Garden



TOO GOOD TO GO

MASSACHUSETTS

FOOD SYSTEM

COLLABORATIVE



spoonfuls



THANK YOU
THANK YOU
THANK YOU
THANK YOU

HAVE A NICE DAY