

# SEASONED

## *Ingredients for Healthy Aging*



### **Preventing Food Waste**

Nobody likes wasting food, but it happens to almost everyone. Not only does throwing food away mean people are spending more money on food than is necessary, it also has huge impacts on the environment. The Environmental Protection Agency (EPA) states that an average of 21.6% of discarded municipal waste is food. By preventing this food waste we can reduce carbon emissions and save resources that are being used to produce food that goes uneaten. Below are some simple changes that can benefit both your wallet and the environment:

- When shopping, take inventory of what you already have in the refrigerator and pantry. Plan meals that will use up any ingredients that are near their expiration date.
- Consider your plans for the week before going shopping: how many meals will you make at home?
- Prepare and cook perishable items, then freeze them for use throughout the month.
  - For example, bake and freeze chicken breasts or make lasagna and freeze individual pieces.
- Instead of wasting leftovers eat them for lunch the next day.
- Consider going meat free a few days a week. Producing meat takes a huge amount of resources. In fact raising livestock is responsible for nearly 20% of all greenhouse gases.
- Use the days you chose to be meat free to get more whole grains, legumes, fruits and vegetables into your diet.

## Spinach, Hummus and Bell Pepper Wraps

Makes 2 Servings

### Ingredients

2 Whole-grain flatbreads  
½ cup hummus  
1 small red bell pepper  
1 cup firmly packed spinach  
¼ cup crumbled feta cheese

### Instructions

1. Spread each flatbread with 1/4 cup hummus, leaving a 1/2-inch border around the edge.
2. Divide the bell pepper evenly between the flatbreads; top each with 1/2 cup spinach and 2 tablespoons cheese. Starting from one short side, roll up the wraps. Cut each wrap in half, and secure with wooden picks.

**Nutrition Information** per wrap:  
Calories 258; Fat 12.1g; Saturated fat 2.9g; Protein 15g;  
Carbohydrate 34g; Fiber 13g;  
Sodium 793mg; Calcium 78mg

### Sources/More Information



## Nutrition Question?

Consult with a registered dietitian! We offer nutrition counseling to Boulder County older adults (60+) and caregivers—at no cost (donations accepted). Call to ask a question or set up an appointment:

**303-678-6115**

**303-441-3910 En Español**

Also, workshops to support healthy living and falls prevention are available. Call 303-441-3955 for more information.

- <https://www.barillacfn.com/>
- <http://savethefood.com>
- <https://www.epa.gov/sustainable-management-food>
- <http://www.cookinglight.com/recipes/spinach-hummus-bell-pepper-wraps>

Information & Assistance for Aging Well

**303-441-1617**

[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)