



The Average Household Throws Out \$640 of Food Each Year

By Susan Wilson

Here are some ways to cut that number.

BE CHOOSY ABOUT BUYING IN BULK

While it makes sense to buy some household items like paper products in bulk refrain from buying perishables unless you can use them in a reasonable length of time. Oils including olive oil only have a 6 month shelf life and can easily go rancid after that. Spices lose their flavor within a year so it is smarter to buy less.

ELIMINATE LEFTOVERS

Some families just will not eat leftovers and tossing leftovers accounts for a large amount of food that goes to waste. If this is your family, learn to cook less or cook enough protein for 2 meals and turn each half into 2 completely different meals.

USE COMMON SENSE WITH EXPIRATION DATES

Since food labeling is confusing so many of us err on

the side of caution, wasting millions of dollars of food in the process. Since there's no universal standard for labeling products, reconciling the various terminologies can be next to impossible. After all, what's the real difference between the "Sell by" date? and the "Use by" date? And then there's the "best before" date, which is even more ambiguous.

These labels are food manufacturers' suggestions for peak freshness and taste rather than indicators of food safety or health concerns.

As general rule, most foods can be consumed days, weeks or even months past the dates printed. Just use common sense. If the product looks, smells or tastes funny, chuck it.

Sources: well.blogs.nytimes.com, GreenLivingtips.com, RealSimple.com, Seafood-Healthfacts.org.

Advocacy Committee Concept Weighed

By Judy Samuelson

In response to a heightened public interest in having a voice with our elected officials, the League is exploring how to help the Hamptons League and other groups as well to advocate for issues on which the League has positions, such as access to healthcare, (e.g., don't repeal the Affordable Care Act unless a better program will replace it). Board members invited those who contacted us to meet on March 21 to decide if an Advocacy committee is needed or perhaps just a three or four-person steering committee to direct each issue to the proper committee, (e.g. the Health Committee would write or visit legislators to urge an appropriate response instead of repeal of the ACA).

Some points discussed at the March 21 meeting

The original idea of "Advocacy group" was to coordinate a re-

sponse to legislation and regulations relative to League positions.

We don't want to add filters or extra layers by forming a separate new committee

We want to offer advocacy training to outside groups and train our members as well

The idea has attracted new people who want to help. This is exactly what we hoped for. We can direct those individuals to the committee that responds to the issue at hand. There, they can encourage attention and help advocate for or against a piece of legislation

Anyone presenting a visible "face" to our communities as an advocate would be unable to act as a presenter, for example, at that committee's educational events.