Did you know that 40% of food in the United States is not eaten (Hall et al., 2009)? This equates to more than 20 pounds of food per person every month (Buzby & Hyman, 2012).

Lentils, peas, beans, and chickpeas are nutritious legume seeds rich in fiber, nutrients, and protein, which are also called ‘pulses’.

Strong evidence shows that diets that incorporate less meat consumption are necessary to avoid 2°C increase in global temperature (Hedenus et al., 2014).

Cut down on waste by buying food and ingredients in bulk instead of individual pre-packaged merchandise.

Many grocery stores and farmer markets welcome the use of your own containers such as reusable bags and leftover glass jars (don’t toss that pasta sauce jar).

Add 1/2 cup old -fashioned rolled oats to 1 cup liquid such as dairy milk, almond, cashew or coconut milk in a jar or container and stir them.

Don’t have time to cook rice or grains? Cook them quickly by soaking them in advance (with a 1:2 ratio of rice or grains to liquid)!

How to cook an affordable breakfast with no heat? Soak oats overnight in a container and eat the following morning.

Overnight Oats Recipe

- Add 1/2 cup old -fashioned rolled oats to 1 cup liquid such as dairy milk, almond, cashew or coconut milk in a jar or container and stir them.
- Refrigerate overnight for at least 5 hours
- In the morning add more liquid if you like to achieve a desired consistency.
- Suggested toppings: chia seeds, fruit (fresh or dried), granola, nuts, seeds, nut butter, coconut, spices, citrus zest and vanilla extract.

References

