



Did you know that 40% of food in the United States goes unconsumed and gets tossed? That is \$165 billion that goes to waste on an annual basis, yikes. Learn some [simple steps to decrease food waste!](#)

Root-to-Stalk Cooking

Roots-to-stalk cooking is exactly what it sounds like—using the [whole fruit](#) or vegetable when we prepare dishes! This method of cooking greatly benefits the environment by minimizing waste and promoting our health. We've got in the habit of wasting many edible parts of food. Consider this, in many places people eat the [kiwi](#) and potato skins. So why not give it a try and tap into extra nutrients that these plant foods have to offer? Plus dabble into flavors you may never considered before. There is plenty of inspiration to draw from and here are a few ideas on how to make the most of your produce:

Use scraps for stock and extra flavor:

- [asparagus](#) stems
- corn cobs
- leek tops

Sauté as side dishes:

- broccoli & [cauliflower](#) leaves
- beet greens

Pickling:

- [cabbage](#) stems
- kale & chard ribs

By using produce in its entirety, you will be decreasing your [carbon footprint](#) and [saving money!](#) You will decrease your [energy consumption](#), waste in landfills, and greenhouse gas emissions.



Parent Power Tips from the SuperKids Nutrition Founder

Take your meals to the next level by adding tasty and nutrient dense [ancient grains](#) to your meals! Ancient grains are plants that have virtually remained unchanged over the last millennia. What makes them special is that they are high in both protein and [fiber](#) while also providing rich amounts of vitamins, minerals, and beneficial plant compounds called [phytochemicals](#). Try making a dish with some of these!

- Barley- Rich in selenium and thiamine—delicious in [soups](#) & stews.
- Farro- Abundant in [fiber](#) and magnesium—adds great chew to salads.
- [Quinoa](#)- Great source of iron and phosphorus—try cooking it like oatmeal!
- Freekeh- Plentiful in potassium and selenium—toss in [stir-fries](#) & risottos
- Bulgur- Packs a punch with fiber and manganese—add to casseroles!

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