In the US, around 30% of food goes to waste. Here are a few ideas to reuse food scraps instead of tossing them in the trash:

- **garlic skins or onion skins** added to soups or bone broth will add extra vitamins & minerals, just be sure to remove them before serving.
- **coffee grounds** are rich in nitrogen, which is great for seedlings and plants (especially roses). They can be used as pest control to help keep ants and slugs away. Also, placing coffee grounds in your refrigerator or freezer will help neutralize any odors.
- **egg shells** are high in calcium so sprinkling them on the soil below plants will boost growth.
- **avocado seeds** are rich in fiber & antioxidants. They can be dried, cut into pieces, & ground into a fine powder then added to smoothies.
- **meat bones** are great for making homemade broth by saving bones from roasting or slow cooking, store in the freezer until there is enough to make broth.
- **orange & lemon peels** can be frozen or dried for later use. Place in the freezer or in a spot to dry (at least 1 week). Combining citrus peels with water & vinegar makes for a homemade multi-purpose cleaner.
- **compost** is the next best thing if you don’t have the time to reuse your food scraps on the floor.

We’re **GOING GREEN** for April!
Every day during the month of April there will be a new post featuring different ways **Go Green in 2019**!

Week #1: **REDUCE**
Week #2: **REUSE**
Week #3: **RECYCLE**
Week #4: **GREEN INFRASTRUCTURE**

Stay tuned and Go Green in 2019!