



Food For Thought

TIPS ON TASTE NUTRITION & HEALTH

Study: Americans Throwing Away Tons Of Food

(NAPS)—According to an independent study by the University of Arizona, the average American household throws away 155 pounds of food per year. This means that nearly nine million tons of food are discarded in the U.S. annually.

“When people ask me how to save money in the kitchen, the first thing I tell them is to find better ways to store their food,” says Rita Held, home economist and president of Consumer Trends Forum. “All too often, food is wasted because it goes stale or gets freezer burn before it’s used.”

The culprit is oxygen. Oxygen degrades texture, flavor and nutritional value, and is the major cause of food spoilage. So the key is to remove the air. Unfortunately, most storage containers that claim to keep food fresh actually trap air with food. However, a technology called vacuum packaging solves this problem and is helping people keep food fresh longer.

One of the most popular vacuum packaging systems is called FoodSaver. This easy-to-use countertop appliance keeps food fresh three to five times longer in the refrigerator, freezer and pantry. This means less food goes to waste—saving money. The system eliminates air from special bags and containers, then seals the air out. The quality of the vacuum is



Vacuum packaging is a technology that keeps food fresh three to five times longer than other storage methods.

comparable to vacuum-packaged food you buy in the grocery store.

Vacuum packaging also prevents freezer burn. A recent study conducted by an independent microbiological research company concluded that vacuum packaging in FoodSaver Bags provided better protection against freezer burn than the leading brand of reclosable plastic food storage bags, by a wide margin.

Vacuum packaging also saves money because it allows shoppers to take advantage of bulk discounts, seasonal buys and grocery store specials. Freezing without the worry of freezer burn means even small families can purchase large quantities and not be concerned that food will go to waste.

For more information, including detailed storage advice and make-ahead meal ideas, visit www.FoodSaver.com.