



California Company Encourages Cooking For Two To Avoid Wasting Food

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Los Gatos, California based Lodestone Consulting Services has recently released a post on cookingfortwo.org to encourage cooking for two as a way to avoid food waste. In light of World Food Day coming up in October, the company has posted ways to overcome the challenges of cooking for two and how to get portions right every time.

"Some people use leftovers for lunch," states Lara Fabans of Lodestone Consulting Services. "That's a great way to save food and money. These are the things that we're trying to help people to realize, that there are many ways to save when cooking for two."

According to a report by the World Resources Institute and the United Nations Environment Program, about a third of all worldwide produced food, worth nearly \$1 trillion, gets wasted or lost through production and consumption systems. In addition, consumers in industrialized countries typically waste as much food as what is produced in sub-Saharan Africa. In the United States alone, as much as 40 percent of the overall food supply turns to waste. This equals approximately 20 pounds of food for each person in the U.S. per month.

"Too much food is being wasted. With upcoming World Food day on October 16, we wanted to help people understand that it's best to cook what you need, as well as plan meals ahead to save money and to help save the earth," says Lara Fabans.

According to cookingfor2.org, there are a number of ways that consumers can cut down on their food waste, saving them money and saving that waste from being tossed into landfills. Tips provided by the company also include ways of cooking restaurant quality for two, outlining how to properly freeze and then cut meat strips for Asian dishes down to choosing fresh garlic over processed.

"There are so many ways to make food more delicious and to help cut down on what's thrown out," states Lara Fabans. "Even the most experienced cook can learn a thing or two about avoiding food waste."

More about the company and their cooking tips can be seen on the official cookingfor2.org website.

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