

CHEESE

TASTE **NOT** WASTE



Reduce Your Environmental Food Footprint

We don't intend to waste food, but unfortunately sometimes we do. By shopping smart, storing food properly, and understanding "best by" dates, we can keep food out of the landfill and lower our environmental impact.

From breakfast to dessert, cheese ranks high in yum factor. In addition to being tasty, it is a fermented food that is good for immune health; it also helps build and maintain healthy bones and muscles. All the more reason to taste and not waste.



MAKE A PLAN

Shop your fridge first.

Before you shop, check the fridge and your schedule, so you buy wisely and use what you have.

BEST BY

What does the "best by" date mean?

The best by date is the cheese makers suggested date for best quality. You can enjoy cheese after the "best by" or "use by" date, especially if you keep it cold.



KEEP IT COLD

32°- 40°F

To store cheese, wrap in parchment or beeswax paper and tape it closed to keep out air and moisture. Plastic wrap or tightly sealed containers also work.



Can you freeze cheese?

Yes, most cheese can be frozen but once it thaws, it becomes crumbly, and is best used in casseroles, sauces, and dips. Hard cheese thaws better than soft cheese. Thaw in refrigerator and use within 4 days.



How do I know if cheese is still good?

Use your nose. Many cheeses have a tangy aroma, but if it smells off, like ammonia or vinegar, throw it out. Keep an eye out for mold. If you see fuzzy or colored spots, take action!

Shredded cheese: toss it

Soft cheese: toss it

Block cheese: trim off at least 1 inch



*Food nourishes us while we enjoy its deliciousness.
Our role is to use it responsibly. Taste foods, don't waste them!*

Nutritious and Delicious

Calcium-rich cheese is also high-quality protein, plus brings phosphorus, vitamin A and zinc to the table. Add more nutrients to your day with these fun cheesy ideas.



Tasty starter

Marinate cheese cubes in Italian dressing for an easy appetizer or snack.



A family favorite: grilled cheese

Make it gourmet by blending 2-3 different cheeses and using flavored bread such as garlic, cranberry walnut, or Kalamata olive. Spread on jam, pesto, or drizzle with honey.



Stir, stuff, or melt

Stir cheese into mashed potatoes or stuff a baked potato. Melt to make a tasty queso dip. Note that low heat is best for cooking cheese so it stays creamy and prevents lumps.



Taste It, Don't Waste It Recipe

Fromage Fort Dip

Fromage Fort means "strong cheese" in French. This no-waste recipe is made with small bits of a variety of cheeses, so clean out your cheese drawer and whip up a dip that is good cold, room temperature, or hot!

INSTRUCTIONS

1. Cut soft cheese into ½-inch cubes. Grate the hard cheeses.
2. In a food processor or blender, add garlic and cheese. Pulse 8-10 times.
3. Add wine, pepper, and cayenne. Blend until smooth, approximately 1 minute, occasionally scraping down sides.
4. Serve immediately or refrigerate for at least 1 hour for flavors to develop.

INGREDIENTS

- ½ pound cheese* (about 1 ⅓ cups cubes), inedible rind removed
- 1 garlic clove, minced
- 2 tablespoons white wine (red wine, sherry or milk can substitute)
- ⅛ teaspoon freshly ground pepper
- ⅛ teaspoon of cayenne

*Use any variety of cheese that you have: Cheddar, Swiss, Parmesan, and cream cheese work well.

RECIPE TIPS



- Serve cold by spreading on a cracker or apple slice.
- Dollop on a baked potato, burger, or cooked vegetables.
- Spread it on baguette slices, broil for a couple of minutes until the cheese is bubbly.
- Bake in a heat-proof dish until the top is browned to serve warm.
- Refrigerate for up to a week or freeze up to six months.