



When was the last time you wasted ice cream?

Never? Great! What if you treated the rest of your food that
way?





When you love your food, it's ALL good.

Waste happens.

We all know wasting food is bad and sad but let's face it — waste happens. In fact, 40% of all food gets wasted while 1 in 8 of us go hungry. Our communities in Mamaroneck and Larchmont are being asked to do better by: Reducing the amount of food we



waste; [Sharing](#) extra food when we can; and [Composting](#) what's left.

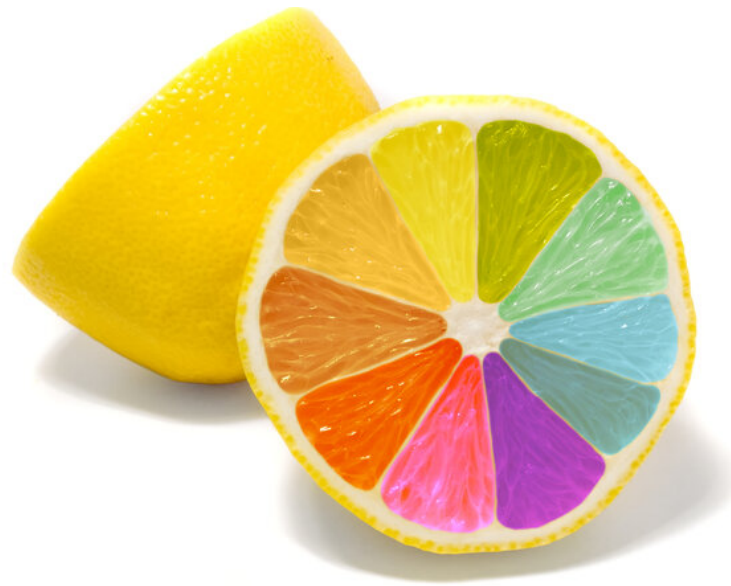
Tip of the Season

No matter what time of year, it is always in season to share with others less fortunate than we are – especially those experiencing food insecurity.

In addition to donating to our local food pantry [Larchmont Mamaroneck Hunger Task Force](#) here's a list of [other charities](#) to donate to as well.



Food for Thought





Larchmont Native Starts Community Fridges in Bronx

Nov 23, 2021

The Mott Haven Fridge Network grew out of the pandemic to encourage neighbors to help feed neighbors in need.

[Read More →](#)



Protect Long Island Sound by Composting Instead of Using Garbage Disposal

Nov 23, 2021

Composting food scraps helps keep our beaches open for swimming.

[Read More →](#)



Saving Taxpayers' Money by Recycling Food Scraps

Nov 23, 2021

The Larchmont-Mamaroneck Joint Sanitation Commission officially joined Westchester County's



Fourth Anniversary of Larchmont-Mamaroneck Food Scrap Recycling

Nov 23, 2021

The Town of Mamaroneck's Sustainability Collaborative and Larchmont Environmental

Residential Food Scrap Transportation and Disposal Program.

[Read More →](#)

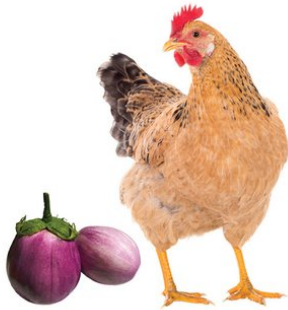
Committee thank sanitation staff for their vital work and tremendous efforts throughout the year.

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[Food for Thought Archives](#)

Community Postcard

Which comes **first**: the chicken or the eggplant?



This twist on an age-old question has new meaning.

Especially when you consider how much more land, energy and water is required to produce a chicken than an eggplant.

The next time you prepare a meal, check the fridge and use up the animal-based foods first. That way, all the resources used to produce that food – and the food itself – won't go to waste. This goes for meats, dairy products and eggs too.

TIP Don't bite off more than you can chew

When buying or defrosting animal-based foods, ask yourself if you'll be able to eat that amount before it goes bad. If not, take less.

Visit our website to learn how to reduce wasted food.

Get creative with different ways to use leftovers and turn last night's roast chicken into tonight's chicken eggplant curry.

And remember: when composting animal-based food scraps, put them into the municipal composting system, not your backyard pile.

Some answers are easy once you scratch below the surface.



Love Your Food
It's all good.



LoveYourFoodNY.org

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Let's reduce food waste together.

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