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The percentage increase in sales of Non-GMO Project-verified foods between June and August 2012—proving that more families than ever want eats that are free of genetically engineered ingredients.

If yours is one of them, head to justlabelit.org to learn how you can take action.

Ancient grains

Ancient grains like einkorn and freekeh might have funny names, but their impressive nutritional profiles aren't jokes. "Ancient grains tend to have more protein, fiber, vitamins, and minerals than many of the common grains we eat today," says New York-based dietitian Amy Shapiro. Three tasty ways to try 'em:



▶ JOVIAL FOODS EINKORN COOKIES

These organic cookies are made with einkorn flour, the higher-protein ancestor of modern wheat. Served alongside milk for dunking, their crunchy texture and subtle flavor fit the snack bill. (\$4.50 for 9 ounces, jovialfoods.com)



▶ VAN'S ANCIENT GRAINS HOT CEREAL

Ready in 4 minutes, this blend of oats, quinoa, kamut, and spelt will perk up any morning porridge routine. (\$3.50 for 2 servings, vansfoods.com)



▶ FREEKEH FOODS ALL NATURAL

ROASTED GREEN WHEAT Bored of brown rice? Try this 2,000-year-old grain that cooks in half the time. Use the original, tamari, or rosemary sage variety as a side dish, or in soups, stews, or pilafs. (\$4 for 8 ounces, freekeh-foods.com)



Fight food waste—and win!

Bet you wouldn't have thought that most of us toss a whopping 40 percent of our food in the trash, huh? At least we know we have a problem: Of all the un-green things Americans feel guilty about, like not recycling or forgetting to bring reusable bags to the grocery store, wasting food sits at the top of the list. Here's how to make wilted lettuce and moldy cheese a thing of the past:

Before you shop Plan meals and snacks for the week and make a grocery list based on what you need. (Bonus: No more scrambling at 5:30 to figure out what's for dinner!)

At the store Resist the temptation to toss extra stuff into your cart and buy only what's on your list. Those on-sale organic grapes might look tasty, but if you don't have plans to eat them, they could end up rotting in the crisper.

Once you get home Food is less likely to languish in the fridge if it's prepped and ready to go. Prepare raw ingredients and refrigerate or freeze them to add to dishes later, like roasting veggies to use in omelets or slicing up fruit for quick snacks.

At the end of the week Have a leftover day to use up all the odds and ends that are still in the fridge, like making soup with the last bits of roast chicken or French toast with stale bread. Then head out to buy more.

Found: Help for new parents

Baby on the way? Make it easier for well-meaning friends and family members to drop off those much-needed casseroles with **Meal Train**. The free online calendar tool simplifies meal scheduling by letting those who want to help know which days you need food, the best time to drop it off, and even what others are already planning on making. Get started at mealtrain.com.