

Environmental Health and Safety

October 31, 2014



Re-Using Your Pumpkins

Around 30% of food in the United States is thrown away every year. Imagine how many pumpkins we throw away that could have served a better purpose? This year, recycle your pumpkins after the holidays instead of tossing them in the garbage.



Toast the Seeds

Scoop out and clean your pumpkin seeds. Then bake them in the oven with a little salt and olive oil.

Use the 'Guts'

Use the innards to create pumpkin stock which can be used in soups and other recipes.

Pumpkin Puree

Using the flesh of the pumpkin, create pumpkin puree which can be used in many recipes, including pumpkin facials.

Compost

After you have used as much of your pumpkin as you can, compost it instead of throwing it in the garbage.

Donate to a farmer or feed your local wildlife

Farmers can feed the left over pumpkin to their animals. You can leave the seeds out for birds or the rest of the pumpkin for other wildlife.

Save the seeds to plant next year

You can always save a few seeds and plant them again the next year.



Created by Kara Meredith

For more ideas visit: <http://www.earth911.com/food/10-uses-for-your-pumpkin/>

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Promote Green Education and Practices**