



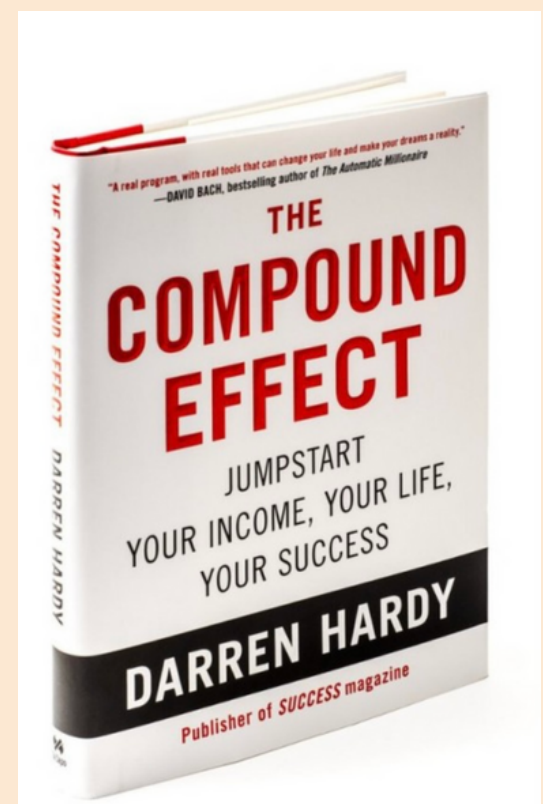
## THE COMPOUND EFFECT AND FOOD WASTE

A note from the editor:

On my Saturday morning visit with my mom we got into a discussion about wasting food, and how that can add up over time. My eyes lit up because I just finished reading a book called, *The Compound Effect* by Darren Hardy that speaks exactly to this idea. In a nutshell, the little things that we do (or don't do) over a sustained period, can end up having a major impact on our lives.

This doesn't only apply to our finances but to our relationships, career goals, fitness levels, health and the list goes on. To demonstrate how this works, let's look at your grocery bill imagining that you are a family of four. If you spend \$200 per week on groceries, and you waste just 5% by letting food go uneaten, the immediate impact is no more than a small twinge of guilt, but let's look at the financial impact over time using the graph on your right.

Whereas losing \$10 dollars a week seems insignificant, losing \$4 800 over the span of ten years puts it in perspective, especially when you look at what would happen to this same money if you invested it instead. After ten years of investing just \$10 per week, at a 5% interest rate, you would now have \$6 339 sitting in your bank account. This is the power of the compound effect.



Elapsed Time	Money Wasted
1 Week	\$10
1 Month	\$40
1 Year	\$480
5 Years	\$2 400
10 Years	\$4 800

*Example of food waste and its impact on your budget using budget of \$200 per week, wasting 5%.*



# THE COMPOUND EFFECT AND FOOD WASTE

It is for this reason that my mom feels so passionate about writing her blog. Times are tough, and the little things we do can have a huge impact on our overall budgets.

There are so many small ways we spend our food dollars that look insignificant – a morning stop at Tim Horton's for coffee, shopping on an empty stomach, allowing food to go bad, but when we hold them up under the lens of the compound effect, we can see that the dollars add up over time.

And so, in this week's blog, my mom shares another way to use up those wilting veggies and other leftovers to make delicious and nutritious soup.

Catherine Canzani  
-Editor



## Grandma's Veggie Soup



If you have leftover veggies, you can make the most wonderful soup that tastes a little different each time you make it. You can use any variation of veggies such as potatoes, carrots, squash, corn, zucchini, spinach, broccoli, asparagus, or a mixture of any of these.

Blend or mix 2 cups or more of cooked vegetables, add 2 cups of water and 1 tablespoon of flour. Add 1/2 Knorr Swiss bouillon cube and bring to boil, then simmer on stove. Before serving add 1/2 cup milk, pepper, salt or Herbamare spice.





**Optional:**

- When you start your soup, stir fry 1/4 onion and 1 tablespoon oil lightly to add to your veggies.
- Add two slices of cheese to the bottom of the bowl that will melt deliciously into your soup bowl and add protein.
- Add a little bit of Knorr dry mushroom or asparagus soup to blend with veggies.

## A LITTLE BIT OF MY HISTORY

I had just had my fourth birthday and again, it was maple sugar season. I was sitting outside the sugar house playing on a rock pile trying my hardest to catch chipmunks. All of a sudden a neighbor came running up to the sugar house, breathless, shouting, "Your house is on fire!"

I'll never forget the horror as I stood there with my family watching our house burn down and seeing my strong father cry.

We were flooded with love by neighbors and people from the village, offering us places to stay, food, furniture, love and comfort. It was spring so my parents emptied the woodshed and made a temporary home for us. We even had a woodstove to keep us warm and sawdust on the ground. Sheets were hung up to create rooms and to give us a homey feeling.

The outpouring of love and gifts from the community just didn't stop coming. I still remember my mother crying, saying, "I'm no longer a foreigner. I feel like I am home and I belong." This was a huge turning point for my parents where they truly began to see themselves as Canadians.



The new house - after the fire



Pauline 4 years old

-Pauline

"YOU ONLY NEED TO TAKE  
A SERIES OF TINY STEPS.  
CONSISTENTLY, OVER TIME,  
TO RADICALLY IMPROVE  
YOUR LIFE."

Darren Hardy