

SMART APPS

# From Scraps to Scrumptious

Alarmed that 40 percent of all food in this country ends up wasted, intrepid companies are turning former discards into innovative artisan finds. By Carolyn Jung

Forget scrutinizing food labels and let your smartphone do the work. Navigate the tough questions at the grocery store with these apps.

By Jacqueline Parisi



**That cracker has 3 grams of fiber, but is it a healthy choice for me?**

Decode the nutrition facts with *ShopWell*. It highlights relevant nutrition info about food based on your personal health profile and the latest dietary guidance. Scan bar codes for healthier swaps and explanations behind why the alternative may be a better pick for you.



**What snack is crunchy, organic and in my diet?**

Let *Ingredient1* tackle this. Discover new foods based on your favorite flavors, dietary restrictions, allergies and even cravings. Plus, get a peek into the pantries of health and wellness experts with curated recommendations.



**What's freshest this time of year?**

Don't settle for sorry clementines when you could savor sweet strawberries with *Seasons*. Browse by food or month to get location-based data for 214 fruits, vegetables, herbs, mushrooms and nuts. It even flags when a season is about to end.

**ReGrained** Dan Kurzrock and Jordan Schwartz were avid home-brewers in San Francisco, churning out 5 gallons of beer at a time, only to be stuck with 15 pounds of spent barley at the end. Curious, Kurzrock took a taste. "It was like oatmeal, with a fibrous texture and maltiness from the grain," he says. "We tried baking with it and it imparted a great nutty flavor."

Excited about the barley's potential, they decided to turn it into granola-like bars: Honey Almond IPA and Chocolate Coffee Stout (and no, the bars aren't alcoholic). Each bar is built around spent grain (which has nearly as much fiber as a bowl of oatmeal) donated from three nearby craft breweries. (\$5.99 for two bars; [regrained.com](http://regrained.com))

**Tretap** One gallon of maple syrup comes from 40 gallons of sap, much of which is water that gets poured down the drain. Rather than waste this water that is naturally filtered by maple trees, Vermont-based Tretap is recapturing it for a low-calorie, low-sugar bubbly beverage. Tretap has four flavors: maple, cranberry, blueberry and cucumber, each lightly sweetened with maple syrup. "Our healthier alternative to soda comes from a trusted source of water that's not depleting any reservoir, spring or glacier," says Aaron Harris, founder and general manager. (\$7.99 for a 6-pack; [tretap.com](http://tretap.com))

**Fruitcycle** Strolling through a U-pick orchard one day, Elizabeth Bennett had an epiphany upon spying ripe fruit left to rot on the ground: surely there had to be a way to keep good apples from going to waste. So she created Fruitcycle, a Washington, D.C.-based company that buys discounted bruised and misshapen apples (mostly Fujis) from local farmers, trims them up and turns them into crisp, dehydrated apple snack chips.

Thanks to her, more than 15,500 pounds of apples—which would have been composted, fed to livestock or just dumped—are turned into snacks each year. Her company also makes a point of employing women who were previously homeless or incarcerated, because she believes that, like her apples, everyone deserves a second chance. (\$7 for a 2.4-ounce bag; [thefruitcycle.com](http://thefruitcycle.com))

**6 BILLION POUNDS**

The amount of spent grain produced annually from beer-brewing in the U.S., estimates ReGrained co-founder Dan Kurzrock. That's enough to make 125 of these bars for every American.

