

TASTE IT, DON'T WASTE IT

Ways To Avoid Food Waste

PLAN YOUR MEALS

Identify a menu on a weekly basis using your family calendar, make a shopping list, and stick to it. Hint for beginners: plan for at least one "lazy" night meal and aim for leftovers!

STORE FOOD SMARTER

Keep soon-to-be expired foods near the front of the refrigerator, use airtight wraps to make food last longer, store ethylene-producing fruit (bananas, avocados) away from others as they quicken ripening.

USE A FOOD CALCULATOR

Try out an online food calculator, such as savethefood.com, to ensure you have just the right amount of food for your family meals. Then you will be a pro when social distancing ends and you may entertain again.

FREEZE FOOD

Freeze foods that you won't be able to use by the expiration date before it's too late! Wrap bread products in tinfoil, freeze items like berries separately before combining them, and label everything. It's better to have to defrost them than toss them.

PURCHASE IMPERFECT PRODUCE

Oddly-shaped produce tastes the same as their perfectly-formed cousins. Grab the crooked zucchinis and twisted peppers so that it is not thrown away after all the effort that went into growing and delivering it.

UPCYCLE GENTLY-EXPIRED ITEMS

Pickle vegetables, pesto-ize leafy greens, salsa-fy bruised tomatoes, turn stale bread into croutons or breadcrumbs, whip up a fruit smoothie, add veggies to a soup. Be creative!

EAT LEFTOVERS

Don't just save them and toss them when they go bad. Store leftovers in glass containers so you can see them. Label them. Try incorporating them into casseroles, soups, or stir fries.

DONATE FOOD

Share your soon-to-be expired food with soup kitchens and community centers that can use it to feed the food insecure. You may donate more than just dry goods -- drop off produce that you over-purchased too!

JOURNAL YOUR WASTE

Develop a greater appreciation for your food by journaling about it. Where did it come from? How did it get here? Aside from being a practical way to see what is going to waste, being more mindful may challenge old behaviors.

COMPOST

Despite best intentions, sometimes items perish and are no longer edible. Rather than throwing these items or food scraps in the garbage, compost them. Composting can divert up to 40% of materials from landfills, reduce greenhouse gas emissions, and lead to the creation of nutrient-rich soil enhancers.