

*There's an old adage:*

**People don't waste food...  
They save it until it goes bad.**

**And then they throw it away!**



# Scrappy Cooking with Leftovers

Tips on how to stretch your food budget



WSU EXTENSION  
Clark County



FVRLibraries  
FORT VANCOUVER REGIONAL LIBRARIES



[www.ClarkGreenNeighbors.org](http://www.ClarkGreenNeighbors.org)



SNAP-Ed  
WSU EXTENSION  
Clark County

*Material was funded by USDA'S Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the DSHS Community office at 877 501 2233; or go to <http://foodhelp.wa.gov>. USDA and WSU are equal opportunity providers and employers.*

# Stacey Tigner-Loy



WSU EXTENSION  
Clark County



## About Me

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WSU EXTENSION  
Clark County

# 78<sup>TH</sup> STREET HERITAGE FARM

## EXTENDING KNOWLEDGE

*Changing  
Lives*





WSU EXTENSION  
Clark County

# EXTENDING KNOWLEDGE

## *Changing Lives*



 **Master  
Gardeners**



  
**4-H**



 **SNAP-Ed**



  
**EFNEP**  
Expanded Food and Nutrition Education Program



**Commercial  
Agriculture  
Program**



**Community  
Gardens**

**Health  
Wellness  
and Nutrition**

**PREVENT2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES





# QUIZ!

How much money does the average U.S. household waste on food each year?

A) \$250

B) \$500

C) \$1,500

D) Over \$2,500

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According to the EPA, food waste costs the average U.S. consumer \$728 per year—or \$2,913 for a family of four. That's about \$56 a week!

**\$161 BILLION or 90 BILLION lbs.  
of food is thrown away each year in  
the U.S.**

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**Food is the single largest component  
taking up space inside  
US landfills producing methane gas**

**The US wastes  
enough food to fill a  
90,000 seat  
stadium each day**



**SEAHAWK'S  
LUMEN FIELD  
Is just  
68,000 seats**



**WASTED FOOD IS  
WASTED MONEY!**

# Everyone Is Feeling The Pinch

## Eggs (Grade A, Large, per dozen)

January 2020: \$1.51

February 2025: \$11.00

## Chicken Breast (Boneless, per pound):

January 2020: \$3.00

January 2025: \$5.49

## Ground Beef (100% Beef, per pound):

January 2020: \$5.00

January 2025: \$7.99

## Milk (per gallon):

January 2020: \$3.32

January 2025: \$4.89

*US Bureau of Labor Statistics*





# QUIZ!

**Where does most food waste happen in the US?**

**A) On farms**

**B) During transportation**

**C) In supermarkets**

**D) In restaurants and at home**

# QUIZ!

Where does most food waste happen in the US?

A) On farms

B) During transportation

C) In supermarkets

D) In restaurants and at home

Most food waste happens at home and in restaurants—but that means we have the power to change it. By planning, shopping, and cooking smarter, we can all help save food and protect the planet.

# DECODING EXPIRATION DATES



Confusing and misleading, many consumers and stores throw out perfectly good food every day because of food date labels.

According to the USDA, **Manufacturers provide food date labels** to help consumers and retailers decide when food is of best quality.

# DECODING EXPIRATION DATES

Understand Food Labels—Don't Toss Food Just Because of the Date. Use Your Senses!



**For best flavor and freshness**  
still safe if it looks, smells, and  
tastes okay - **not a safety date**



**Use for stocking and rotation only**  
For store use—tells staff how long to  
display - **not a safety date.**



**For peak quality**  
Best if used by this date for peak  
quality - **not a safety date**



**Expiration Date**  
Used for **formula, medications, and  
vitamins**—This is a **safety date** and  
**do not use after this date.**

**Trust Your Senses — When in Doubt, ~~toss it out.~~ COMPOST!**

 **Look:** Watch for mold, discoloration, or unusual texture.

 **Smell:** If it has an off or sour smell, it may not be good.

 **Taste:** If it tastes off, even a little—it's likely past its prime.

# NOT DONE YET

## **Packaged fruits and vegetables**

For packaged fresh produce, the "use by" date marks peak quality—it's often still safe to eat if it looks and smells fine.

## **Peanut Butter or Nut Butters**

If it smells fine (not rancid), stir and use!

## **Bruised or Soft Apples & Pears**

Cut out bad spots and use the rest.

## **Dry Pasta & Rice**

Safe well past "Best By" if sealed and dry.

## **Condiments**

(Ketchup, Mustard, Hot Sauce, Soy Sauce)  
Typically, last months past Best By, especially if refrigerated.

## **Frozen Foods**

"Best By" is about quality, not safety.  
Use within 6–12 months for best texture  
Watch for: Freezer burn (not unsafe, just dry)

## **Canned Food**

"Best By" = quality, not safety.  
Still safe if the can isn't:  
Bulging or leaking, free from rust and deep dents, smells and looks normal when opened

# NOT DONE YET



## Sour (but not spoiled) Milk

If it smells tangy (like buttermilk) *but isn't chunky or curdled*:

- Pancakes or Waffles – Use as buttermilk for light, fluffy texture
- **Quick Breads or Muffins** – Great in banana bread, cornbread or Irish soda bread
- **Biscuits or Scones** – The acidity helps them rise
- **Mac & Cheese** – Slightly sour milk works fine in béchamel sauce

## Stale Bread

Dry but not moldy? Don't toss it—transform it:

- **Croutons** – Cube, season, bake
- **Breadcrumbs** – Pulse in a blender, toast lightly
- **Strata or Bread Pudding** – Soak in egg/milk mixture and bake
- **Garlic Toast or Bruschetta Base**
- Panzanella Salad

# NOT DONE YET



## Chilaquiles Verdes with Tortilla Chips

Chilaquiles (verdes or rojos) are traditionally made with day-old corn tortillas, but store-bought chips—especially stale ones work great too!



## Yogurt & Soft Cheese

Often safe 1–2 weeks past “Best By” (check smell and texture)

### Use in:

- Smoothies, baked goods
- Yogurt sauces or dips ([Tatziki](#), [Raita](#))
- Soft cheese in scrambled eggs or melty recipes

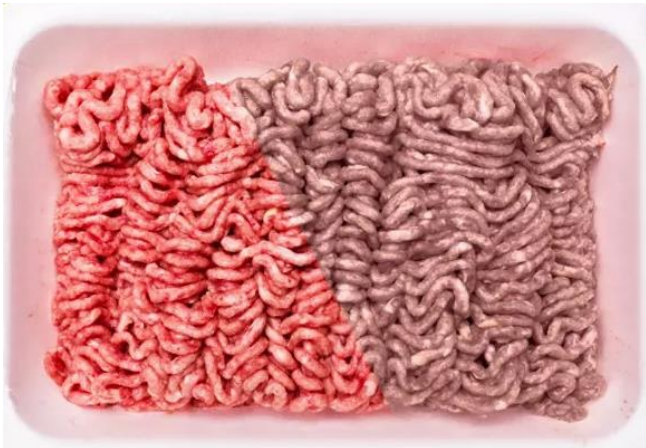
# NOT DONE YET



## Hard Cheese & Mold

If it's a **hard or semi-hard cheese**— (like cheddar, parmesan, or gouda):

- Cut off at least 1 inch around and below the moldy spot
- Keep the knife out of contact with the mold to avoid spreading spores
- The rest of the cheese is safe to eat!



## How to Tell if Ground Meat Has Gone Bad

**Look:**

- Gray or brown throughout.
- Any greenish spots or odd sheen.

**Smell:**

- A strong, sour, or rotten odor? That's a no-go.

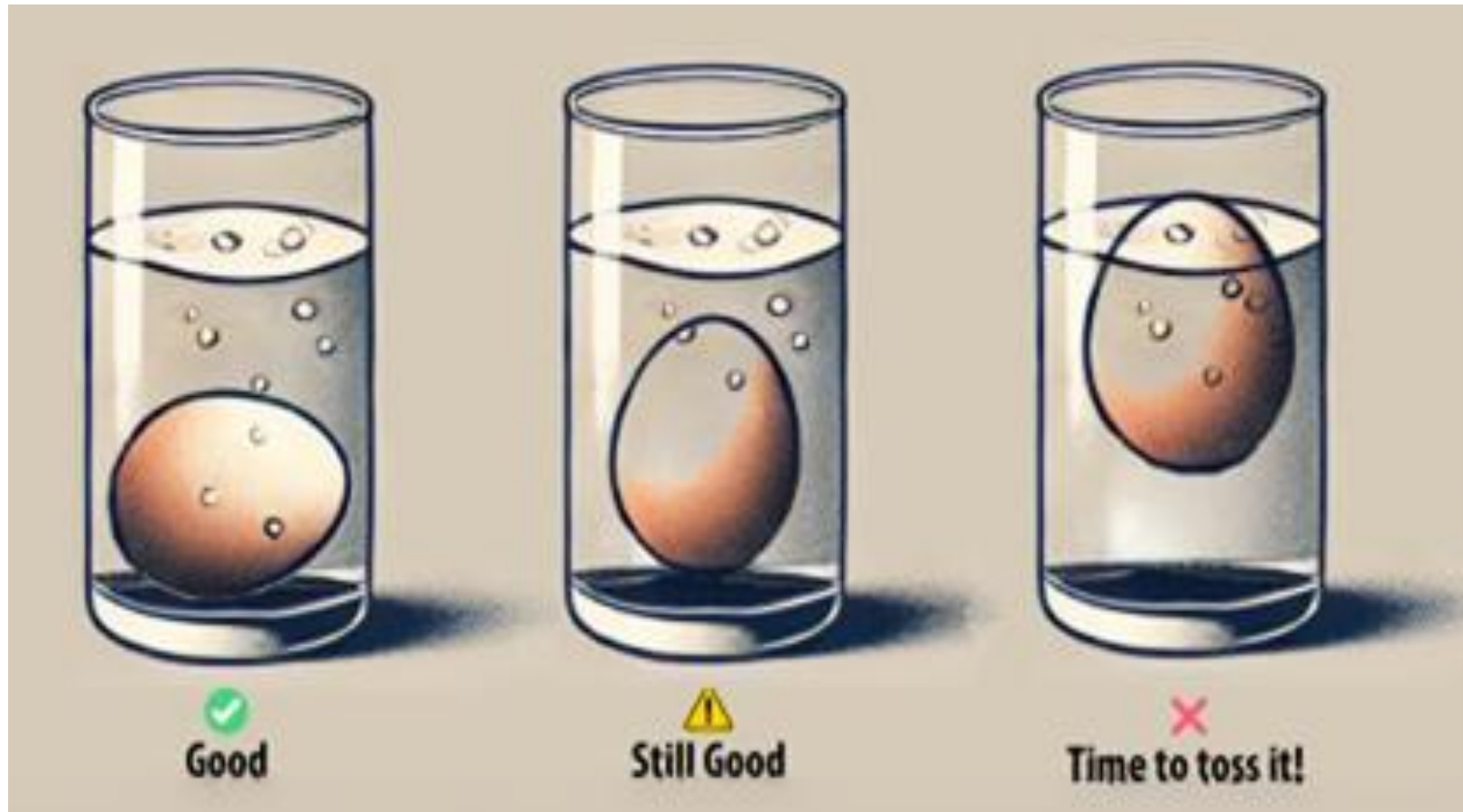
**Touch:**

- Sticky, tacky, or slimy texture? It's not safe.

# HOW CHECK YOUR EGGS

Still good weeks past their “Best By” if refrigerated.

How to check: Do the *float test*—if it sinks, it’s good!





# QUIZ!

**Microorganisms, like bacteria and yeasts, are always harmful.**

**True or False?**

# QUIZ!

**Microorganisms, like bacteria and yeasts, are always harmful.**

**False**

**Although many microorganisms can make us sick, some help us by aiding digestion or killing off other harmful microorganisms.**

These include fermented foods like kombucha, yogurt with live active cultures, pickled vegetables, tempeh, kimchi, miso, and sauerkraut.

# ORGANIZING YOUR PANTRY AND REFRIGERATOR

Organizing your pantry and refrigerator is one of the most powerful ways to:



- ✓ Use what you already have
- ✓ Save time finding ingredients
- ✓ Reduce stress around meal planning
- ✓ Save money by avoiding duplicate purchases
- ✓ Prevent food waste by spotting food before it expires

# ORGANIZING YOUR REFRIGERATOR AND FREEZER

## Plan Smart, Waste Less

- **Take an inventory** before shopping
- **Label leftovers with dates** – Helps you use them before they pile up
- **Don't overbuy** – Stick to your list
- **Freeze extras** – If you're running out of room, freeze before food goes bad
- **Don't overcrowd your fridge** – Air needs to circulate to keep food fresh and visible, plus... ***You won't eat what you can't see!***



# ORGANIZING YOUR REFRIGERATOR

## Check and Shift

- **Open your fridge once a day** –  
Make it a habit! A quick glance helps you stay on top of what's fresh and what needs attention.
- **Scan for produce and leftovers** –  
Spot meals or produce to use soon or freeze.
- **Notice what needs to be eaten soon** –  
Create a **“Use First” Bin** or shelf for foods that are close to their end. Make it easy to spot and grab from!



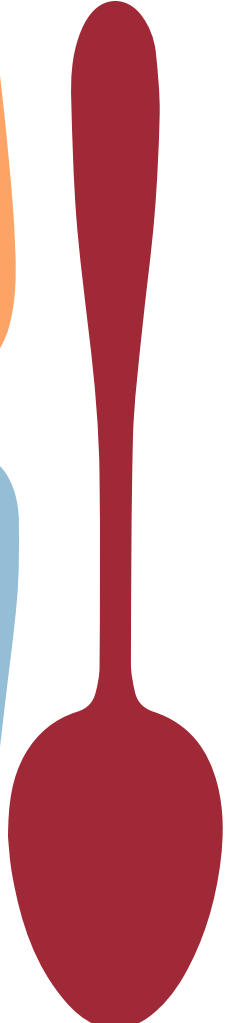
# ORGANIZING YOUR PANTRY

## Smart Pantry Habits

- Group like with like (grains, snacks, canned goods)
- Use clear bins & labels to see everything at a glance
- Rotate food – New items to the back, older to the front. First in – First Out (FIFO)
- Shop your pantry first when planning meals
- Keep a running grocery list of what you're low on
- Avoid overcrowding – if you can't see it, you won't use it
- Take inventory before shopping



# ORGANIZING YOUR PANTRY





**QUIZ!**

**It's better to shop when you're hungry**

**True or False?**

# QUIZ!

It's better to shop when you're

**False!**

Grocery shopping while **hungry**



<http://theoatmeal.com>

Grocery shopping while **full**



# MEAL PLANNING & SMART SHOPPING TIPS



## Plan Before You Shop



### Pick 3–5 Meals

Choose meals for the week based on what's already in your fridge or pantry.



### Plan Flexible Meals

Include versatile options like stir-fry, tacos, or soup—great ways to use up leftovers!



### Think About Your Week

Busy days? Choose quick meals. More time? Try a new recipe or make a larger batch.

# MEAL PLANNING & SMART SHOPPING TIPS



**Plan 3–4 flexible meals per week**

Plan for freezer-friendly meals



**Check your fridge and pantry before shopping**

Build your meals around what you already have



**Make a meal plan and a shopping list**

Stick to the list—even during sales!



**Include a “leftover night” to reduce waste**



**Keep a “Use Me First” bin in your fridge**



**Use a planner, app, or even sticky notes**

# APPS FOR SHOPPING AND PREVENTING FOOD WASTE

[To Good To Go](#) - an app that connects users with local businesses to rescue surplus food at a discount.

[Cozzo](#) – Smart kitchen app that helps you track groceries, plan meals, and reduce food waste.

[Remy](#) – AI Recipe Recommendation Kitchen Assistant.

[No Waste](#) – Tool to organize refrigerator and pantry.

[Frigo Magic](#) - Suggests recipes based on what's already in your fridge.

[Nosh](#) – allows user to scan barcodes to track items on hand.

[OLIO](#) - Connect with neighbors and businesses to share surplus food stores at a discount to help fight food waste.

[Love Food Hate Waste](#) – UK-based website that helps people reduce food waste through practical tips, recipes, and tools.





**QUIZ!**

**You can freeze milk and eggs.**

**True or False?**

# QUIZ!

You can freeze milk and eggs.

**True**

You can freeze milk and eggs.

**Do NOT freeze eggs in their shells!**

To freeze eggs, crack them into a bowl, whisk them, and then freeze them in ice cube trays or freezer-safe containers.

# HOW TO PRESERVE FOOD TO MAKE IT LAST

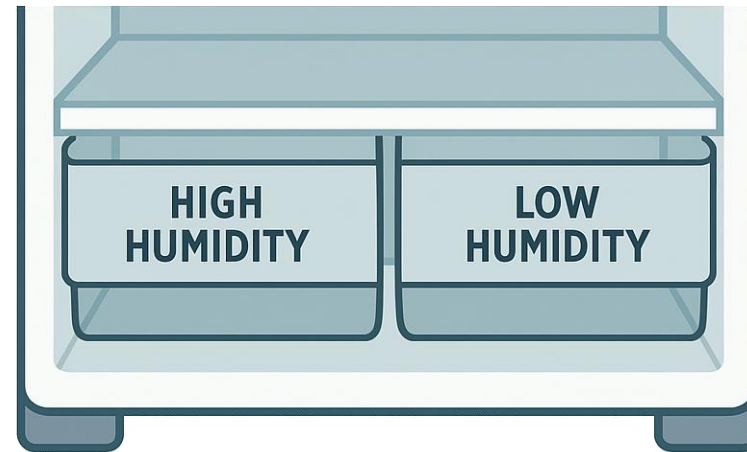
## Extend the Life of What You Buy

Preserve food properly to **save money**, **reduce waste**, and **enjoy more of what you already have**.

With simple storage and prep tips, you can keep food fresh and out of the trash.



# UNDERSTANDING YOUR CRISPER DRAWER



## UNDERSTANDING YOUR CRISPER DRAWERS

### High Humidity

- Keeps moisture in  
Leafy greens  
or produce most  
prone to wilting



### Low Humidity

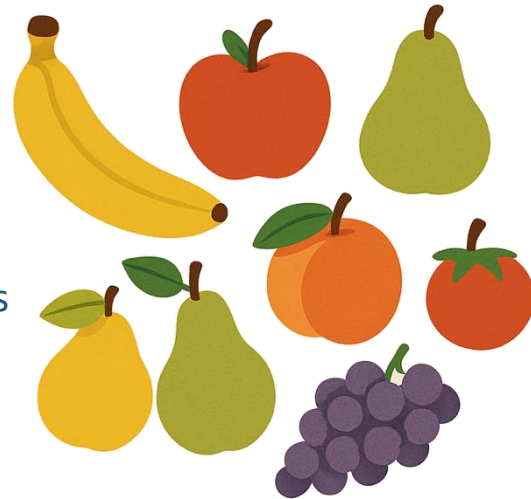
- Lets moisture out  
Fruits fruit, produce  
that go bad quickly



# SEPARATE ETHYLENE PRODUCERS AND ETHYLENE SENSITIVE PRODUCE

## Ethylene Producers

Avocados  
Apples  
Bananas (ripe)  
Figs  
Grapes  
Melons  
Pears  
Peaches and Nectarines  
Peppers  
Potatoes  
Tomatoes



## Ethylene Sensitive

Bananas (unripe)  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Cucumbers  
Leafy Greens  
Lettuce  
Onions  
Squash



# TAKE ADVANTAGE OF ETHYLENE PRODUCERS TO RIPEN AVACADO



**Best way to ripen avocados faster** is to place the unripe avocados in a brown paper bag with an apple or banana for two to three days until they are ripe.

# HOW TO EXTEND THE LIFE OF COMMON FOODS



## Leafy Greens

Wrap in a damp paper towel and store in a sealed container or bag

Keep in the high-humidity crisper drawer



## Broccoli & Cauliflower

Store in a vented bag or container with a paper towel

Or stand stems in water like a bouquet (for broccoli)



## Carrots

Remove the green tops right away. Store in high humidity humidly crisper drawer wrapped in a paper towel



## Bananas

Store at room temp.

Wrap the stems in foil or plastic to slow ripening.

Peel and freeze overripe bananas for smoothies or baking.

# HOW TO EXTEND THE LIFE OF COMMON FOODS



## **Berries**

Rinse in a solution of 1 part vinegar to 3 parts water, then dry thoroughly

Store in a container lined with paper towels (don't seal tightly)

## **Citrus Fruits**

Store lemons and limes in the low humidity crisper drawer not on the counter

Or slice and freeze for drinks or cooking

## **Cheese**

Wrap hard cheeses in wax paper or parchment first, then place in a bag.

Freeze shredded cheese to extend life.

## **Milk & Yogurt**

Store on a middle shelf, not in the fridge door

Close tightly and keep cold—move to the back of the fridge if needed

# HOW TO EXTEND THE LIFE OF COMMON FOODS



## Bread

Store at room temp if eating soon

Freeze slices or loaves to keep longer—toast straight from frozen!



## Eggs

Keep in their original carton, in the main part of the fridge (not the door)

Freeze extra eggs (cracked and beaten) if near the expiration date



## Onions

Store in a cool, dry, well-ventilated place

Keep away from potatoes



## Avocados

Store unripe ones on the counter.

Once ripe, put them in the fridge to slow down spoilage.

Freeze mashed avocado with lemon juice for later use.



# QUIZ!

Which of these are **NOT** safe to eat?

A) Broccoli stems

B) Carrot tops

C) Cauliflower leaves

D) Rhubarb leaves

# QUIZ!

Which of these are **NOT** safe to eat?

A) Broccoli stems

B) Carrot tops

C) Cauliflower leaves

D) Rhubarb leaves

Rhubarb leaves are toxic due to high levels of oxalic acid and should always be discarded. Only the stalks are safe and tasty to eat!



# DON'T TOSS THAT!



# Broccoli Stem Salad



- 1 large broccoli with stems  
(2 to 3 small heads)**
- 4 green onions, thinly sliced**
- 1/4 cup loosely packed fresh cilantro  
or parsley leaves, coarsely chopped**
- 1 cup currants, substitute any dried fruit**
- 1/4 cup apple cider vinegar or more to taste**
- 1 teaspoon sesame oil (Optional)**
- 1 teaspoon sugar**
- 1/4 teaspoon fine sea salt or more to taste**
- 1/4 teaspoon fresh ground black pepper or  
more to taste**

## ***Wash hands with soap and water.***

1. Remove the broccoli florets from the larger stems and cut into smaller pieces. Remove the woodiest part of the stem — usually 1/2-inch from the bottom — (Save for stock or compost). Using a vegetable peeler, peel away the thick tough outer layer of the stems, and then grate or slice into small matchsticks. Place the broccoli in a large bowl.
2. Add the sliced green onions, cilantro, currants, and broccoli and toss to mix.
3. In a separate bowl, vinegar, sesame oil, sugar, salt, and pepper together. Taste for acidity and seasoning then adjust as desired. Pour dressing over the slaw, and then mix well.
4. If the broccoli slaw seems dry, add a little more of the dressing. Eat right away or let it sit in the refrigerator for about an hour to let the flavors mingle.



**COMPOST WHAT YOU CAN'T EAT!**  
**Keep food waste *Out* of landfills**



**Find us on**  
<https://cutt.ly/NgRKBMZ>



**SNAP-Ed**

WASHINGTON STATE UNIVERSITY  
EXTENSION

*Material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the DSHS Community office at 877 501 2233; or go to <http://foodhelp.wa.gov>. USDA and WSU are equal opportunity providers and employers.*

# PLANOVERS = LEFTOVERS WITH A PLAN!

## Why it matters:

Leftovers save time and money—use them well to keep good food out of the trash.



# LOVE YOUR LEFTOVERS (or PLANOVERS)!

## Safety Check: Keep Leftovers Safe!



### 3-4 Day Rule:

Most refrigerated leftovers should be eaten within 3-4 days to stay safe.



### Label & Date:

Mark containers with the date so you know when to toss.



### Reheat Promptly

Refrigerate leftovers within 2 hours of cooking (1 hour if it's hot outside).



### Reheat Right

Heat leftovers to 165°F (use a thermometer if unsure).

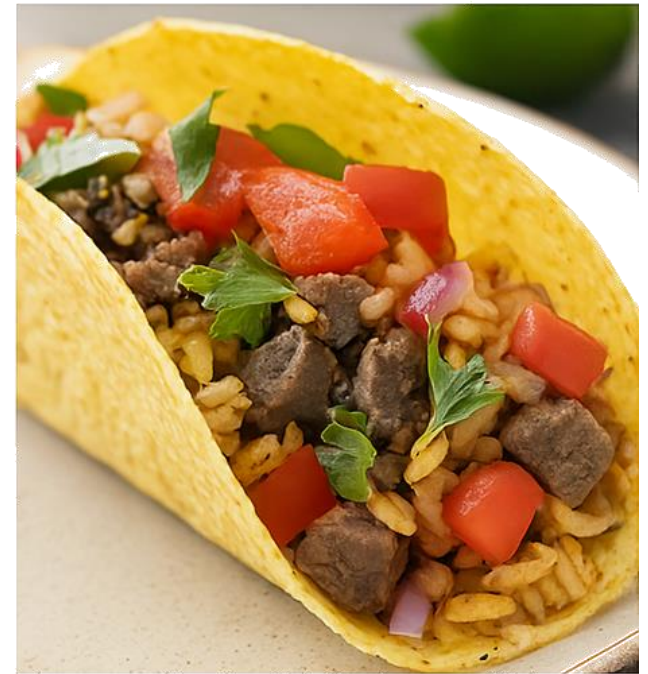


**When in doubt,  
throw it out!**

# PLANOVERS = LEFTOVERS WITH A PLAN!

## Meats

- Make a Shepherd's Pie with ground meat, potatoes, and veggies
- Add to soup, chili, stew or hash for extra protein
- Toss into tacos, fried rice, or wraps



# PLANOVERS = LEFTOVERS WITH A PLAN!

## Pasta & Grains

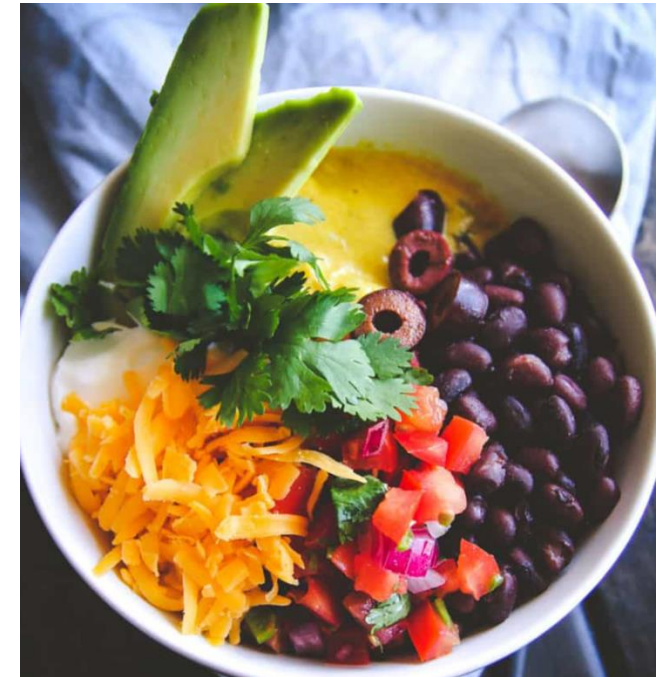
- Bake into casseroles with cheese and sauce
- Sauté with veggies for a quick stir-fry
- Add to soup to stretch into another meal



# PLANOVERS = LEFTOVERS WITH A PLAN!

## Veggies

- Blend into soup or sauce
- Make veggie fritters or patties
- Whole grain bowls



# PLANOVERS = LEFTOVERS WITH A PLAN!

## Fruit

- Freeze for smoothies
- Bake into muffins
- Simmer into compote/jam for toast or yogurt





# Savory Pancakes

## Pancake Filling

1-2 cloves **garlic**, minced

1 cup finely chopped **broccoli (or need to use soon vegetables or any leftovers that sound good in a savory pancake!)**

4 **green onions** finely chopped whites and green (or half a **white or yellow onion**)

3 Tablespoons finely chopped pickled vegetable like: **Pepperoncini, Sauerkraut, Kimchi, Chutney or Relish**

Sea Salt to taste

2-4 tablespoons **cilantro, basil or parsley**, finely chopped

1 tablespoon **oil** for cooking

\*Other options include:

**Cheese, meats, and or seafood.**

## Vegan Pancake Batter

1 1/2 cups **flour**

1 tablespoon **baking powder**

1/2 teaspoon **baking soda**

3/4 cup **milk or milk alternative** (plus more for thinning)

1 tablespoon **oil** for cooking

*Wash hands with soap and water.*

## Pancake Ingredients

1. Finely chop garlic, broccoli (or vegetable of choice), green onions, and pickled vegetable.

2. Add oil to the bottom of a cast iron (or non-stick) heavy bottom skillet, heat over medium-high until it shimmers. Add garlic, chopped vegetables or leftovers, green onions, and pickled vegetable. Season with a good pinch of sea salt. Cook over medium-high heat for a minute or two until everything is cooked through.

Set aside to cool

## Pancake Batter

1. In a medium mixing bowl add the flour, baking powder, milk\* S&P, whisk until smooth. \*Any plant-based milk will work,

2. Stir in the cooled cooked vegetables, green onion and cilantro.

3. Batter Tip: the batter is medium thick, if it's too thick, add a tablespoonful of milk or water to thin out (but not too much!). Don't over stir! Over stirring will cause the pancakes to be chewy not fluffy. Small clumps of flour are ok.

## Frying the Pancakes

1. Heat a tablespoonful of oil\* in a cast iron or heavy bottom frying pan over medium-high heat until it shimmers. (Use non-stick pan if oil-free.) \*or spray with cooking oil

2. Add 2 tablespoon scoops of batter to the pan, cook for about 2 minutes until puffed up and golden.

3. Flip and cook until golden on the other side. Another 2-3 minutes.

4. Transfer to a serving plate then continue cooking pancakes until all the batter is used up.

5. You may need to add more oil each batch if you are using a cast iron.

## To Serve

Top with extra green onion slices, chopped herbs, avocado chunks, and or tomato.

Experiment with other ingredients and toppings.

**Freeze extra and reheat in toaster.**



**COMPOST!**  
Keep food waste  
Out of landfills

# FROM SCRAPS TO SNACKS

Fried Potato Skins



Watermelon Rind Salad



Broccoli Stem Pesto



Sheet Pan Soup



Tomato Soup Mac & Cheese



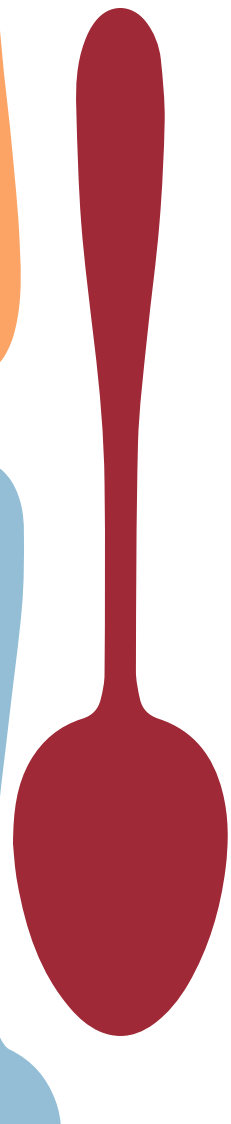
Leftover Lettuce Wraps



Chai



Apple Scrap Vinegar



# SCRAPPY BROTH

**Don't toss those scraps and ugly ends!  
Turn them into homemade broth!**

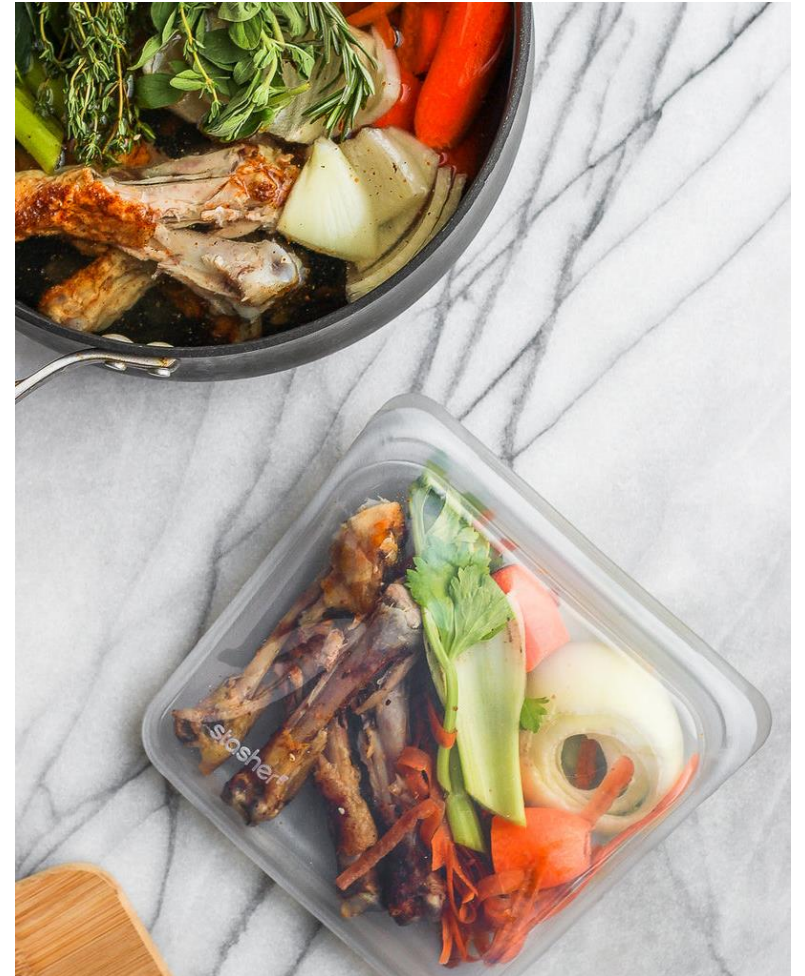
Keep a bag in the freezer and collect:

- **Carrot peels & ends**
- **Celery tops & limp stalks**
- **Onion skins**
- **Garlic bits & bruised cloves**
- **Chicken bones (optional)**

Yes—even the **ugly ends** can add great flavor!  
When the bag is full, simmer the scraps in water with salt and herbs.

Skip the bones for a flavorful veggie version.

- ***Parmesan rinds – Add to soups, stews, or sauces for rich umami flavor***



# FOOD WASTE PREVENTION LINKS

[Zero Waste Chef](#)

[Love Food, Hate Waste](#)

[Stop Food Waste Day](#)

[OzHarvest](#)

[Love Food Hate Waste](#)

[Spruce Eats](#) 28 Recipes to Use Up Food Scraps



[Avocado Spinach Grilled Cheese](#)  
Love Food Hate Waste



# WHEN ALL ELSE FAILS... WE COMPOST!

Some food waste is unavoidable  
Don't trash them — compost them!



## Why Compost?

- Cuts landfill waste & methane
- Feeds soil & gardens
- Lowers garbage bills



## Free Classes

Learn backyard or worm bin composting.

Sign up: [clarkcountycomposts.org](https://clarkcountycomposts.org)



— Available in Vancouver & Ridgefield  
Curbside Composting



**No Green Bin?** — Use a free **We Compost** drop-off hub!



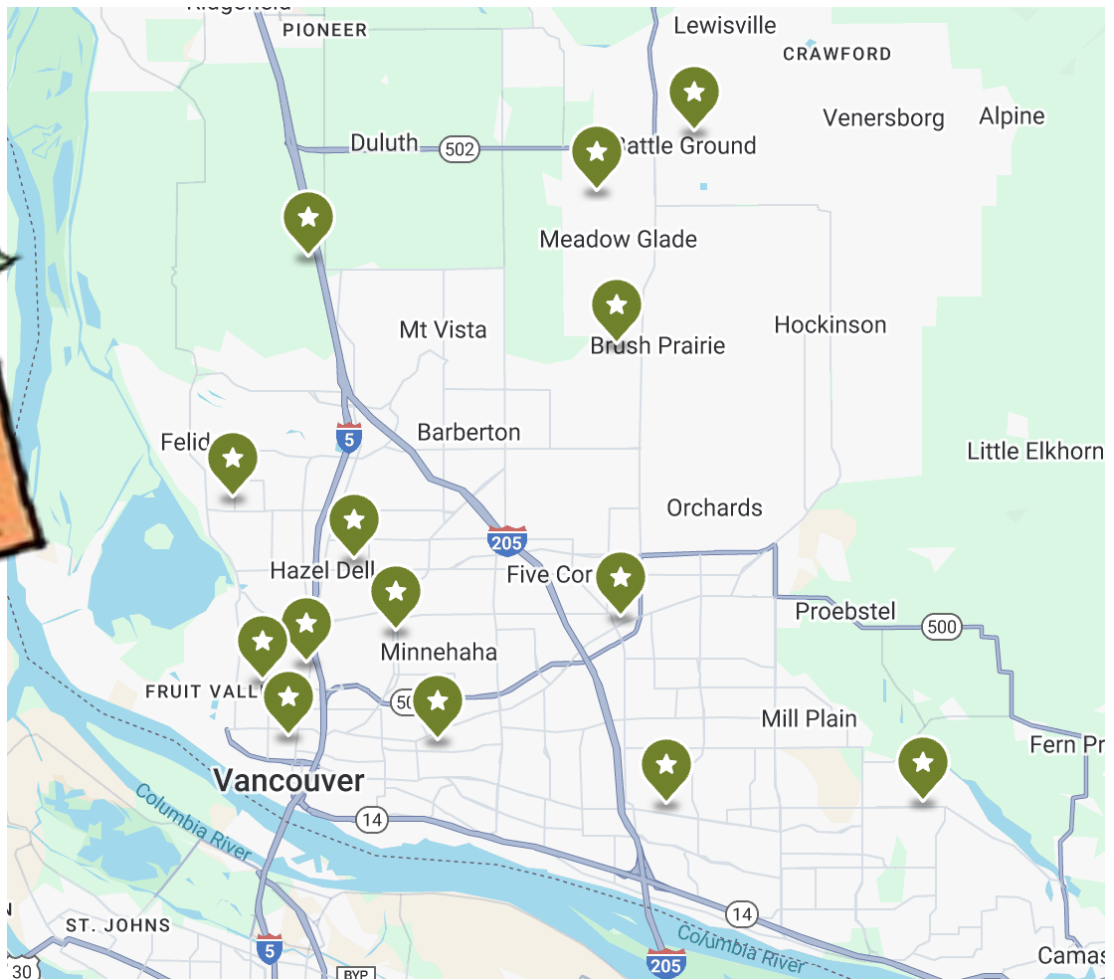




# We Compost Locations



[Visit the We Compost website](#)



# SCRAPPY ART

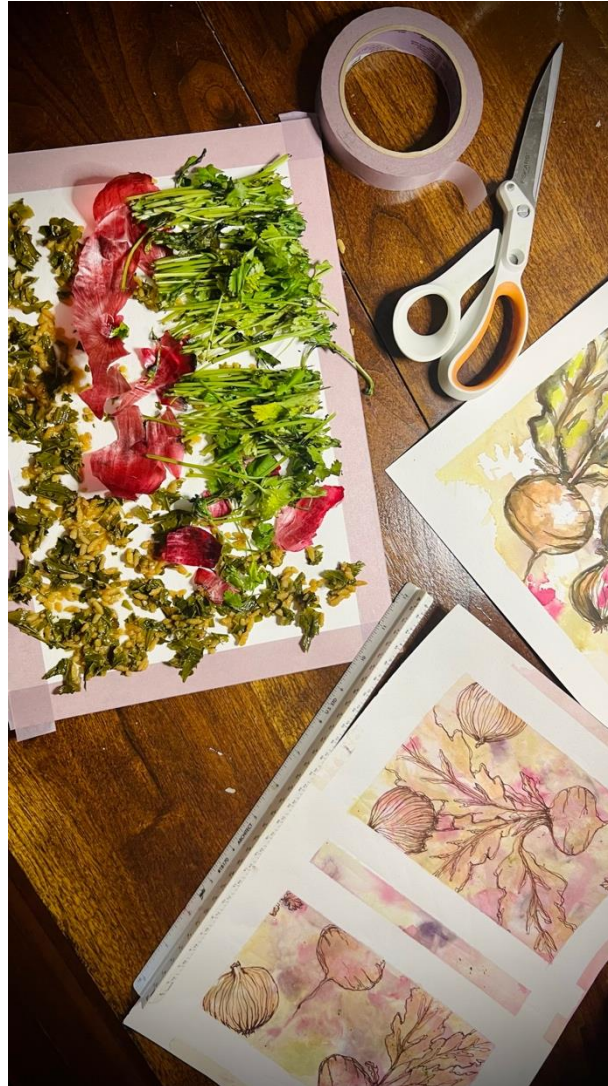
## Compost as Art

Turn colorful kitchen scraps into natural paint for paper art or dye for fabric and clothing!

Use colorful kitchen scraps like:

- 🍷 Onion skins – warm golds & purples
- 🥬 Beet tops – rich pinks and reds
- 🥕 Carrot peels – soft oranges
- 🫐 Blueberry – blues and grays
- 🌿 Spinach or herbs – earthy greens

Boil or soak scraps to release their natural pigment, then brush, dab, or press onto paper.



# Donate

If you have food that you know you are not going to eat – donate it!



Share



The Vancouver Free Fridge Project is a volunteer-run mutual aid network run BY the community FOR the community in Vancouver, Washington.

[vancouverfreefridgeproject.com](http://vancouverfreefridgeproject.com)

*\*Be sure to call ahead to the organization to confirm they are currently accepting donations and to find out what items are needed and any requirements.*

# BOOK LIST

Cooking with scraps : turn your peels, cores, rinds, and stems into delicious meals by Lindsay-Jean Hard

You can cook this! : turn the 30 most commonly wasted foods into 135 delicious plant-based meals by Max La Manna

Secrets of great second meals : flexible modern recipes that value time and limit waste by Sara Dickerman

Scraps, wilt + weeds : turning wasted food into plenty by Mads Refslund

Bread is gold : extraordinary meals with ordinary ingredients by Mossimo Bottura

The everlasting meal cookbook : leftovers A-Z by Tamar Adler

Now & again : go-to recipes, inspired menus + endless ideas for reinventing leftovers by Julia Turshen

Hack your cupboard : make great food with what you've got by Alyssa Wiegand

The complete book of vegan compleating : an A-Z of zero-waste eating for the mindful vegan by Ellen Tout

The waste not, want not cookbook : save food, save money, and save the planet by Cinda Chavich

Perfectly good food : a totally achievable zero waste approach to home cooking by Margaret Li

This book is not garbage : 50 ways to ditch plastic, reduce trash, and save the world! by Isabel Thomas

My zero-waste kitchen by Ruth O'Rourke-Jones

Eat it Up: 150 Recipes to Use Every Bit and Enjoy Every Bite of the Food You Buy by Sherri Brooks Vinton



# Thank You!

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