


BUY WHAT YOU NEED. EAT WHAT YOU BUY. COMPOST THE REST.

PLAN

STEP 1




Before you shop, check your fridge, freezer and cupboards. Plan meals with items you already have.

Shop with a list and use restraint to avoid buying more than you need.

STEP 2

STORE

STEP 3



Store food properly to make it last longer. (See back for food storage tips)

EAT

STEP 4

Cook and eat the meals that you planned.



Practice use-it-up methods, freeze it, or give it away to friends and family.


STEP 5

Get creative. Use up overripe fruit in a smoothie, or wilted veggies in a soup. Stale bread can become breadcrumbs or croutons.

STEP 6

COMPOST

STEP 7



Put food scraps that can't be eaten into your food and yard waste bin.

DID YOU KNOW

A **family of four** could save

\$1,500

a year by **wasting less food.**

Composting

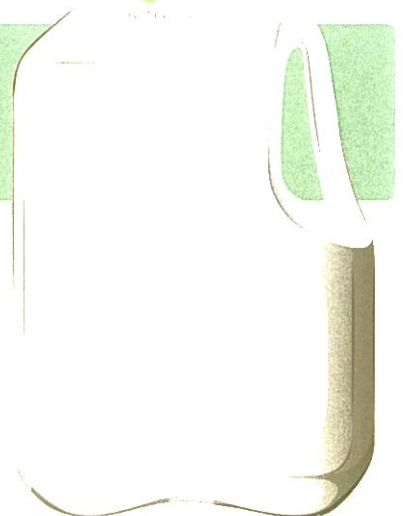
gives **new life** to food that would otherwise go to waste and helps **conserve natural resources.**



FOOD DATE LABELS DEBUNKED

Labels such as **“use by,” “sell by”** and **“best by”** are misleading and result in **90%** of people throwing away food too soon.

With the exception of infant formula, manufacturers use date labels to **indicate peak quality**, not food safety. Instead of tossing food out based on date, **trust your senses!** Does it look good? Does it smell good? If so, it's likely still delicious.



Food Storage Tips

Counter:



- Tomatoes and fruits that need to ripen first such as avocados, melons, pears and stone fruit. (once ripe, refrigerate)
- Store bananas away from other fruit – they give off a gas that ripens nearby fruit faster. (keep bananas connected)
- Store basil upright in a glass of water, cover top loosely with plastic bag.

Pantry/Cupboard:



- Garlic, winter squash and eggplant.
- Keep onions and potatoes separate from one another in a cool, dark place. Onions make potatoes sprout faster.

Freezer:

- Put bread in freezer if you won't use it up in a week.

Fridge:



- Apples and pears
- Berries, cherries, grapes and citrus fruit
- Leafy greens (in airtight container)
- Broccoli, cauliflower, carrots, parsnips (store in breathable or loosely sealed bag)
- Cucumbers, peppers (loose in drawer)
- Radishes, beets, carrots (remove leafy tops before storing, leave about an inch of stem)
- Zucchini, summer squash
- Other herbs, besides basil

SAVE The FOOD



DAY-OLD RICE

Add a tablespoon of water for every cup of leftover rice. **Cover** container and **reheat** in microwave. Or make fried rice!



STALE BAGUETTE

Rinse thoroughly under water (yes, really!), **place** in oven directly on rack at 300 degrees, and warm for 6-7 minutes.



OVERRIPE AVOCADO

Blend with a little olive oil, water, lemon juice, garlic and herbs to make a creamy salad dressing.



FRUIT THAT'S PAST ITS PRIME

Add overripe berries, apples or pears to muffins, breads or pancakes.



WILTED LEAFY GREENS

Place greens in large bowl of ice water. **Submerge** for 30 minutes. **Remove**, blot with towel and place in colander to dry.