



IT'S IN YOUR POWER. HELP REDUCE FOOD WASTE.

PLAN YOUR MENU & MAKE A STORE LIST

Take a minute to think through your week - will you cook each day? Will there be a night for leftovers? What will be served with each meal? Planning helps to curb purchasing excess items that just become waste. With a list, you're also less likely to impulse buy (saving money and the potential for items that will end up in your trash).

CHECK YOUR RECIPES & YOUR CUPBOARDS

Know how much of each item your recipes call for and see if you have something already on hand that you can use or substitute (you never know what a little tweak of ingredients may add to your beloved dishes). If you can, cross unnecessary items off your grocery list. You may also be able to avoid the dreaded half-used container by choosing a second recipe for the week that will allow you to use the rest of the product or buy a more appropriate size.

BE SELECTIVE AT THE STORE

If you're going to use produce right away, a bump or ding may be OK, and you may be the only one to see the product's value and save it from becoming waste. But, if it is for use later in the week, that bruise may lead to rot and you'll end up throwing it away. If you think you may not use all of the product or may not get to make the meal you're planning, choose a product with an expiration date farther in the future.

START WITH SMALL HELPINGS

You can always add more to your plate, but scraping uneaten food back to the communal bowl is definitely frowned upon and often finds its way to the garbage instead. You may even see an added benefit. If you have to choose to get more food, you'll also have to assess if you are still hungry, and it could reduce overeating.

SHARE, REPURPOSE OR STORE

Have food left even after preparing lunch leftovers for your family? Consider packaging it as a dinner for an elderly neighbor or asking a coworker if they'd like a homecooked leftover option for lunch the next day. If you have an item left over from a meal already prepared, add it as another side option or find a way to incorporate it into a snack or other dish you're making. Freeze or store food that won't be eaten before it may spoil. Find ways to make the food you prepare find its way to where it should be - into someone's diet, not someone's trash.

STICK TO YOUR MEAL PLAN

If you purchased food for six dinners but decide to skip one, you may start down a slippery slope of letting food spoil.

TALK TO YOUR HOUSEHOLD

Don't stock up on items that no one will eat. Know what people in your household want and avoid purchasing perishable items at times when they won't be used before they go bad.

